

WELLSPRING: Grounded in Care, Growing in Hope

Friday, November 14, 2025

9 am to 3 pm

OU Tulsa, Learning Center, Perkins Auditorium

8:30 am to 9:00 am

- Attendee Check In
 - Light Breakfast
-

9:00 am to 9:15 am

Welcome & Opening Remarks / Perkins Auditorium

- **Presenters:**
 - o Dr. David, McLeod, Director & Professor, Anne and Henry Zarrow School of Social Work at OU & Chair, Oklahoma Children of Incarcerated Parents Advisory Committee (Video)
 - o DeJon Knapp, Director, Director, Haruv USA at Tulsa
 - o Annette Jacobi, Executive Director, Oklahoma Commission on Children and Youth
-

9:15 am to 9:45 am

Children of Incarcerated Parents & Families: An International, National, and Oklahoma Perspective / Perkins Auditorium

- **Presenter:**
 - o Isabel Coronado, Research Scholar
- **Session Description:**
 - o This session will explore the landscape for children of incarcerated parents (CIP) and their families through international, national, and state lenses. Drawing from research, policy analysis, and lived experience, the presentation will highlight global recognition of CIP, including acknowledgment by the United Nations and the work of the International CIP Coalition, alongside national trends and Oklahoma's progress. Participants will gain a deeper understanding of how Oklahoma's initiatives align with, and can be informed by, international and national

strategies to better support children and families impacted by incarceration.

9:45 am to 10:45 am

Keynote Presentation ~ *Be the Light*

Perkins Auditorium

- **Presenter:**
 - o Dr. Christopher S. Culver
- **Session Description:**
 - o *Be the Light* is an inspiring, research-driven, and practical journey into how kindness, compassion, and hope are not just ideals—but powerful strategies for belonging and connection. Dr. Culver weaves together personal stories, brain science, and actionable practices to highlight how small, intentional choices can create ripple effects of transformation. Participants will walk away with everyday strategies that reframe challenges, ignite belonging, and empower people to lead with authenticity and courage.

10:45 am to 11:00 am

Break

11:00 am to Noon

Breakout Sessions

- 1) **Restorative Circles: Strengthening Trust, Repairing Harm, and Fostering Community / Room 137**
 - **Presenter:**
 - o Xavier Graves, Restorative Justice Institute of Oklahoma
 - **Session Description:**
 - o Circle groups offer a safe and structured space for dialogue, reflection, and relationship-building. Grounded in the restorative justice framework, circles help participants strengthen connections, foster accountability, and repair harm in ways that honor every voice. This session will introduce the principles of restorative circles, explore their

role in promoting healing and equity, and share practical strategies for facilitating circles that support trust and belonging.

2) Breath, Balance, and Renewal: Yoga & Meditation for Everybody / Room 221

- **Presenter:**
 - o Kendra Guthrie, Humble Warrior Collective
- **Session Description:**
 - o An inclusive, trauma-informed yoga and mindfulness session designed for everybody's body, heart and mind. Through gentle movement, mindful breathing, and guided meditation, participants will restore balance, build resilience, and connect with inner calm in a supportive community setting.

3) Memory as an Ocean: A Workshop in Memory Poetics / Room 222

- **Presenter/s:**
 - o Jerakah Greene & Portlyn Houghton-Harjo, Writers & Artists
- **Session Description:**
 - o This interactive session invites participants to explore the power of creative writing as a tool for reflection, self-expression, and connection. No writing experience required—just an open mind and a willingness to create.

Noon to 1:00 pm

Lunch

1 pm to 1:30 pm

The Power of Resilience: Supporting Parents and Caregivers Through Protective Factors / Perkins Auditorium

- **Presenter:**
 - o Shannon Luper, Girl Scouts Beyond Bars, Girls Scouts of Eastern Oklahoma
- **Session Description:**
 - o This session will explore the critical role of parental resilience in promoting child and family well-being. Participants will gain a deeper understanding of how resilience buffers stress, support positive parenting, and connect with other protective factors. Together, we will identify everyday practices and system-level strategies that strengthen resilience and empower caregivers to thrive, even in challenging circumstances.

1:30 pm to 2:45 pm

Voices of Lived Experience: Families Impacted by Incarceration / Perkins Auditorium

- **Facilitator:**
 - o Tia Waldrop, PhD, Rise Consulting, LLC
- **Panelists:**
 - o Gina Powell
 - o Mia Powell
 - o David Littlesun
 - o Isabel Coronado (alternate)
- **Session Description:**
 - o This panel discussion will feature the voices of individuals directly impacted by incarceration, including children of incarcerated parents and formerly incarcerated parents. Through their stories and insights, participants will gain a deeper understanding of the unique challenges families face and the strengths they bring. The conversation will emphasize practical ways service providers can respond with empathy, strengthen protective factors, and create more effective support for children and families navigating the justice system.

2:45 pm to 3:00 pm

Closing Comments & Evaluation

- o DeJon Knapp, Director, Director, Haruv USA at Tulsa

Presentation topics and presenters are subject to change without notice. Presentations are intended for educational purposes only and do not replace independent professional judgment. Statements expressed are those of the presenters and participants individually and, unless expressly stated to the contrary, are not the opinion or position of the Oklahoma Commission on Children and Youth, its co-sponsors, or its committee. The Oklahoma Commission on Children and Youth, Haruv USA at OU-Tulsa, Oklahoma Children of Incarcerated Parents Advisory Committee, and the Dodge Family College of Arts and Sciences Anne and Henry Zarrow School of Social Work at the University of Oklahoma does not endorse the presenters or their products, and assumes no responsibility for the content, accuracy or completeness of the information presented.