

# 2025 AHVN LEADERSHIP RETREAT:

## REFLECTIVE SUPERVISION & LEADERSHIP

**AUG 20-22, 2025  
THE VINES CENTER  
LITTLE ROCK, AR**



Arkansas Home  
Visiting Network  
STRONGER FAMILIES. BRIGHTER FUTURES.

# Reflection Dissection



# 2025 AVHN LEADERSHIP RETREAT

## EVENT INFO

### Purpose

#### Get Ready to Lead, Reflect, and Recharge!

Welcome to the 2025 AVHN Leadership Retreat—a dynamic kickoff to the 2025–2026 program year! Whether you're a seasoned supervisor or a new coordinator, this retreat is designed to energize, equip, and connect you with fellow home visiting leaders across the network.

Over the course of three powerful days, you'll dive into practical strategies, engage in collaborative sessions, and spark fresh ideas to take back to your teams. Day 1 kicks off with essential program updates, administrative tools, and financial insights to help you navigate the year ahead with clarity and confidence. Then, Days 2 and 3 invite you to slow down and go deeper, with immersive Reflective Supervision training led by the AVHN Training Institute—designed to strengthen your leadership presence and staff support skills. Through interactive sessions, real-world strategies, and collaborative learning, you'll strengthen your ability to support staff in meaningful, intentional ways.

Expect hands-on activities, meaningful conversations, moments of laughter, and a few surprises along the way. Pack your curiosity, your questions, and your favorite pen—because this retreat is not just a training... it's your launchpad for a successful year!

### Pre-work

To help us make the most of our time together, all participants are asked to complete the pre-retreat online training modules on Reflective Supervision. These foundational modules will ensure everyone arrives with a shared understanding of key concepts, allowing us to jump right into skill-building, real-world tools, and deeper application during the retreat. Completing the modules ahead of time sets the stage for richer discussions, more hands-on learning, and a stronger start to the reflective supervision journey.

Your time, effort, and ongoing dedication to your role does not go unnoticed! Finishing the training prior to attending the retreat demonstrates your dedication to professional development and lays the groundwork for a retreat that's both meaningful and interactive for all participants.

(See last page for pre-work details)

# 2025 AVHN LEADERSHIP RETREAT

## LOCATION INFO

### Location

The Vines Center  
#1 Four-H Way  
Little Rock, AR 72223  
(501) 821-4444



### Accommodations

Each participant will be assigned to a basic hotel room with:

- private bathroom
- linens and towels provided
- free wifi
- (no refrigerator, coffee pot, or hair dryer)



### Dining & Amenities

Meals and snacks will be served at designated times (see agenda) with continuous beverage service.

Outdoor pool and canoeing on the lake will be available at designated times.



Contact us with any questions or concerns at  
[HomeVisitingTI@uams.edu](mailto:HomeVisitingTI@uams.edu)



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# 2025 AVHN LEADERSHIP RETREAT

## AGENDA

Wed  
Aug  
20

9-10 AM Check-in  
10am - 12pm AHVN Session  
12-12:45pm Lunch  
1-5pm AHVN Session  
5 - 6pm Move into lodging  
6-6:45pm Dinner  
6:45-9pm Activities



Thu  
Aug  
21

7:30 -8:15 AM Breakfast  
9-12 AM AHVNTI Session  
12-12:45pm Lunch  
1:30-5pm AHVNTI Session  
6-6:45pm Dinner  
6:45-9pm Activities

Fri  
Aug  
22

7:30 -8:15 AM Breakfast (Room checkout by 8 AM)  
9am-12pm AHVNTI Session  
12-12:45pm Lunch  
1-3pm AHVNTI Session



## Arkansas Home Visiting Network

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# 2025 AVHN LEADERSHIP RETREAT

# THE VINES CENTER

## Facility Rules

The outdoor pool will be available for use during designated times. Swim at your own risk, no lifeguards will be provided.

Lifejackets must be worn at all times while canoeing.

Unauthorized possession or use of firearms is prohibited.

Alcoholic beverages are not permitted in public areas. This includes the lobby, hallways and grounds. Alcoholic beverages are only permitted in guest rooms and reserved space. Arkansas State Law requires that a person be a minimum of 21 years of age to consume alcoholic beverages.

Other than prescription drugs that are in their original bottle or container, no persons shall be allowed to have any prescription or non-prescription drugs on the 4-H Center property.

Each group agrees to pay for damages to the Arkansas 4-H Center property (beyond that of normal wear) caused by any of its members. Damage will be assessed at departure and billed to your group.

NO SMOKING or SMOKELESS TOBACCO inside any building! Smoking is permitted in designated areas only. Individuals who use tobacco products are responsible for their proper disposal in the appropriate disposal receptacles.

NO PETS ALLOWED unless they are a certified service animal.

If EMERGENCY SERVICES are called, please report to the front desk immediately.

The Arkansas 4-H Center reserves the right, at all times, for any of its staff to enter into and upon all Arkansas 4-H Center facilities being used by a group for the purpose of inspection of the premises, to observe a group's use thereof, to provide maintenance of the premises, and for any other reasonable purpose.

All criminal activity is prohibited and the 4-H Center reserves the right to request that any person accompanying group suspected of engaging in any criminal activity be immediately removed from the 4-H Center. Upon such request, it shall be the responsibility of the Group to remove the person suspected of engaging in criminal activity. No refund of fees shall be made to the Group for any persons asked to leave due to suspicion of criminal activity.



# 2025 AVHN LEADERSHIP RETREAT

## PRE-WORK

There are some existing online training modules that will provide supervisors with a solid foundation prior to our retreat in August so that we can get the most out of our 3 days together!

Please go to the website below and complete the 4 training modules shown here by Aug 1, 2025



go to: [institutefsp.org](https://institutefsp.org)

Register for an account and select “all modules” at the top. You can then search for the modules shown here.

### Family Support Supervision: Values-Oriented, Strength-Based, and Model-Specific



Supervisors will learn how to develop a relationship with staff that promotes family-centered and strength-based services for families. Leadership that guides and directs in the context of a support professional relationship allows the family support professional to then build supportive relationships with the families they serve.

Launch Module

SUPPLEMENTAL MATERIALS

Learning Guide

Resource Guide

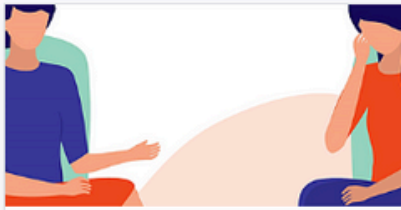
ESTIMATED TIME TO COMPLETE  
120 minutes

SKILLS ADDRESSSED



#### Reflective Supervision 1: Reflective Practice for Family Support Professionals

This 45-minute module will introduce FSPs to their role in reflective supervision, including...



#### Reflective Supervision 2: Foundations in Reflective Supervision for Supervisors

This 45-minute online module introduces supervisors to the basic principles of reflective su...



#### Reflective Supervision 3: Best Practices in Reflective Supervision for Supervisors

This 45-minute online module introduces supervisors to best practices and strategies for ref...

Need help? Contact us at [HomeVisitingTI@uams.edu](mailto:HomeVisitingTI@uams.edu)



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TRAINING INSTITUTE

# 2025 AVHN LEADERSHIP RETREAT

## COMING UP

Beginning  
September  
2025



### MONTHLY ZOOM GROUP MEETINGS

JOIN US FOR  
REFLECTIVE SUPERVISION AND LEADERSHIP  
**Community of Practice**



**We are excited to begin offering monthly Reflective Supervision and Consultation Group Meetings for Arkansas' home visiting program supervisors!**

These meetings will be small Zoom sessions facilitated by Training Institute staff, and are designed to support your growth as a reflective leader. These 1.5 to 2-hour meetings, held once a month, provide a safe and supportive space to process your work, explore challenges and successes, strengthen your ability to support staff and families, and address vicarious trauma through intentional self-care.

**We will work to provide a consistent space to pause, process, and connect with your peers.**

**We appreciate your ongoing commitment and look forward to offering this valuable opportunity for support, connection, reflection, and professional development.**

**More info will be provided during the retreat!**



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