



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education & Training Center



# Building Blocks of Blended Families

Presented by Alyssa M. Payne, M.S.

Wednesday, June 24, 2026

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## Registration Fee:

There is no cost associated with this presentation

## Continuing Education:

No CE credits will be offered

## Registration Link:

<https://www.surveymonkey.com/r/QQJSFMZ>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on June 23, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

## Description:

Blended families often refer to families formed when a biological parent remarries or cohabits with a non-biological stepparent. An increasing number of youth are embedded in blended families and find the strengths of a widened support system. However, unique strengths come with unique challenges as family members navigate changing roles, relationships, and expectations. This presentation will define the concept of blended families while exploring the developmental stages and family dynamics that may occur. Common challenges in familial adjustment, such as co-parenting, boundary setting, loyalty conflicts, and attachment, will be explored. By approaching blended families from a family systems perspective, participants will learn evidence-based strategies and interventions to increase family togetherness, improve open communication, and foster resilience.

## Learning Objectives:

1. Define and describe blended families along with their formation and dynamics.
2. Identify common challenges unique to caregivers and youth in blended families.
3. Implement strategies and interventions to foster familial attachment and resilience.

## Presenter:



**Alyssa Payne, MS**, earned her bachelors of science degree in Psychology and Behavioral Neuroscience and her bachelors of arts degree in Spanish from the Harriet L. Wilkes Honors College at Florida Atlantic University (FAU). She currently holds a master's degree and is in route to a PhD in Clinical Psychology from Nova Southeastern University (NSU), where her dissertation research focuses on the role of parental accommodating behaviors in child anxiety. Alyssa specializes in working with children, adolescents, and families. She has provided therapeutic services in collaboration with licensed psychologists and psychiatrists in community-based agencies across Broward and Palm Beach Counties. Alyssa is currently a doctoral intern with the Palm Beach County Youth Services Department, where she serves Palm Beach County families by providing bilingual Spanish-English outpatient family therapy, Parent-Child Interaction Therapy (PCIT), and psychological testing services. She enjoys collaborating with fellow professionals in pursuit of knowledge, empathy, and empowerment.

**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbc.gov](mailto:CMontepeque@pbc.gov)

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