

2017 Trauma Informed Care Conference
“Standing in the Eye of the Storm”
Tuesday, September 26, 2017

7:00am – 8:15am	Continental Breakfast Registration	
8:15am – 8:30am	Welcome and Opening Remarks	
8:30am -10:00am K1	<p><u>The Neurobiology of Stress, Trauma & Victimization</u> <i>Nicholas Rutledge, LCSW</i> This workshop will provide a basic overview of brain structure and function as it relates to the human stress response system, the neurobiology fight, flight or freeze while experiencing or immediately after a traumatic event. Practical strategies for first responders and law enforcement officers responding to and working with victims will also be discussed.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to label and identify the parts of the brain. Objective 2: Participants will be able to define physiological structures implicated in the human stress response. Objective 3: Participants will be able to discuss the physiological impact that trauma has on the brain and body.</p>	201 - 202
10:00am-10:15am	Break	
10:15am-11:45am K2	<p><u>Question, Persuade, Refer (QPR) – Suicide Intervention for First Responders</u> <i>Linda Vasquez, PhD</i> Law enforcement officers and all emergency services professionals can benefit from QPR training. The content includes discussion of stigma, law enforcement stressors, symptoms of depression and the role of alcohol in suicide risk. Linking untreated depression to suicide risk is emphasized and major symptoms are covered.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to describe QPR and why everyone needs to know how to do QPR. Objective 2: Participants will be able to provide an overview of suicide in America and in law enforcement. Objective 3: Participants will be able to learn, practice and demonstrate knowledge and skill of QPR.</p>	201 - 202
11:45am-1:00pm K3	<p style="text-align: center;">Luncheon Keynote Presentation</p> <p><u>Partnering with your Local Community Mental Health Center</u> <i>Brent Hurley, MSW</i> The collaboration of first responders and mental health providers has</p>	201 - 202

	<p>become imperative to appropriately serve the needs of individuals experiencing a mental health crisis. This presentation will provide insight on the rationale, benefits of collaboration, and an overview of crisis services and supports offered by the local community mental health centers.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss the rationale and benefits of collaboration between first responders and behavioral health professionals.</p> <p>Objective 2: Participants will be able to discuss crisis services and programs offered by the local Community Mental Health Centers.</p> <p>Objective 3: Participants will be able to identify how to access crisis services and supports offered by local Community Mental Health Centers.</p>	
1:00pm – 1:15pm	Break	
1:15pm – 2:45pm K4	<p><u>Trauma-Informed Care and the Criminal Justice System</u> <i>Lin Hogan, PsyD</i></p> <p>There is a consensus that high percentages of justice involved men and women have experienced trauma throughout their lifetime. The effects of traumatic experiences challenges a person's capacity for recovery and poses significant barriers to accessing services often resulting in increased risks of contact with the criminal justice system.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to define and discuss the need to increase the understanding of trauma.</p> <p>Objective 2: Participants will be able to create and define an awareness of the impact of trauma on behavior.</p> <p>Objective 3: Participants will be able to discuss, define and list trauma-informed responses.</p>	201 - 202
2:45pm – 3:00pm	Break	
3:00pm – 4:30pm K5	<p><u>Self-Care for Law Enforcement: Protecting your Own Mental Wellness</u> <i>Tiffany Anderson-Washington, LPC</i></p> <p>Law enforcement is a stressful occupation. The daily operations of the profession, exposure to prolonged periods of stress, and the experience of trauma within the police culture can contribute to a decline in officer wellness. Lack of self-care places officers at risk for developing self-destructive coping strategies and ongoing psychological and physiological problems. This presentation will highlight the existence of risk factors associated with PTSD and other emotional problems in the law enforcement culture. The prevalence of emotional conditions within law enforcement will also be</p>	201 - 202

	<p>discussed. Finally, this presentation will conclude with wellness recommendations to improve officer wellness.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss the prevalence of emotional conditions and the types of conditions experienced by LEOs.</p> <p>Objective 2: Participants will be able to discuss risk factors associated with PTSD and other related conditions within the law enforcement culture.</p> <p>Objective 3: Participants will be able to discuss wellness and ways that officers can maintain wellness.</p>	
4:30pm – 4:45pm	Closing Remarks	

**2017 Trauma Informed Care Conference
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 Wednesday, September 27, 2017**

	Wednesday, September 27, 2017	
7:00am – until	Registration	Room
7:45am-8:30am	Continental Breakfast	Exhibit Hall A
8:30am- 9:00am	Welcome and Opening Remarks TBA	Exhibit Hall B
9:00am-10:00am K6	<p style="text-align: center;">Opening Keynote</p> <p><u>Calming the "I" of the Storm</u> <i>Glenda Crump, MS</i></p> <p>Evidence of "compassion fatigue" can be difficult to recognize in oneself or even in others. Compassion fatigue, or secondary traumatic stress disorder, is a natural but disruptive by-product of working with traumatized clients according to an article by the Administration for Children and Families. It is a set of observable reactions to working with people who have been traumatized and mirrors the symptoms of post-traumatic stress disorder (PTSD). Many professionals may be vulnerable to developing this type of stress, though research shows a subset of such workers experience it. Could you be among that subset? This engaging keynote presentation concentrates on the "I" --you and equips you with knowledge about the impact of trauma-informed care, signs that you may be experiencing symptoms, and practical and relevant approaches and interventions. If not addressed, these symptoms can result in problems with mental and physical health, strained personal relationships, and poor work performance.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to identify signs and symptoms of compassion fatigue.</p> <p>Objective 2: Participants will be able to discuss ways trauma-informed care can impact their physical, mental and emotional health.</p> <p>Objective 3: Participants will be able to identify relevant interventions and approaches to minimize secondary traumatic stress.</p>	Exhibit Hall B
10:00am-10:15am	Break	Exhibit Hall A
10:15am-11:45am	Breakout Sessions A	
A1	Evidenced Based Practices for Post- Traumatic Stress Disorder	

A2

(PTSD) in the Veteran Population

Kristi L. Crane, PsyD/Dana Gilbert LCSW

In the United States, PTSD has a lifetime prevalence rate of 8.7%. For veterans returning from combat this rate is twice as high at 15-20% screening positive for PTSD. With this trend, there is an increased need for trauma focused treatments. Within the VNDOD health system, the most commonly used evidenced based psychotherapies for PTSD include, Cognitive Processing Therapy, Prolonged Exposure, and Eye Movement Desensitization and Reprocessing. This presentation will provide an overview of PTSD as well as education on these treatments. Discussion will include efficacy of treatment, influential cultural factors, and treatment modalities.

Session Objectives:

Objective 1: Participants will be able to identify symptoms of PTSD, discuss prevalence rates, and discuss risk and prognostic factors.

Objective 2: Participants will be able to discuss evidenced-based trauma treatments (CPT, PE, EMDR) and their utilization within the veteran population.

Objective 3: Participants will be able to discuss cultural implications.

Trauma-Informed Practices for Juvenile Offenders in the Child Welfare System

Ingrid Cloy, MSW, MS/Juan Cloy, BS

The goal of this workshop is to define complex trauma and deviancy and educate practitioners on the correlation between the two. This workshop will explore how the domains of impairment in children exposed to trauma are similar to the risk factors that contribute to juvenile delinquency. Youth who have come in contact with the child welfare and justice systems, referred to as Crossover Youth, will be the focus of the conversation. Subgroups referred to as Dually-Involved and Dually-Adjudicated Youth will also be discussed. Presenters will discuss practice models that law enforcement, mental health and child welfare practitioners should implement to improve service delivery to trauma exposed youth. Presenters will also discuss how to advocate for trauma exposed youth who have come in contact with the justice system.

Session Objectives:

Objective 1: Participants will be able to define and explain complex trauma and its relationship to deviancy.

Objective 2: Participants will be able to define crossover youth and discuss research related to these youth.

Objective 3: Participants will be able to discuss evidence-based

<p>A3</p>	<p>practices that should guide service delivery.</p> <p><u>Bloom: An ACEs Embedded, Resilience Focused Approach to Parent/Caregiver Programs for Families with Children Ages 0-5</u> <i>Lucy Morse Roberts, MA</i></p> <p>The Family Hui (hoo'ee) Mainland presentation will focus on brain science related to adversity and resilience. This is a strength-based presentation and is designed for those working with adults with children (0-5.) Helping parents understand the impact of ACEs and the importance of and possibilities for resilience can transform individual lives, family life, and communities. Family Hui recently received a grant from the California Office of Child Abuse Prevention to break cycles of abuse and build resilient communities. Our presentation will draw from our work in California. Participants will learn, reflect, and create action plans for positive programs and organizational change.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to learn ACE's basics and the effects on early childhood development and parenting.</p> <p>Objective 2: Participants will be able to learn resilience science basics and how to intentionally integrate resiliency building.</p> <p>Objective 3: Participants will be able to discuss strategies for becoming trauma-informed.</p>	
<p>A4</p>	<p><u>Educating Front Line Providers Regarding Sexual Assault Issues</u> <i>Shalotta Sharp, RN</i></p> <p>It is vital that Front Line Providers understand the complex issue relating to sexual assaults. The overriding priority for caring for victims of sexual violence should always be their health (mental and physical) and well-being. This session will provide participants information on injuries associated with sexual assault, the neurobiology of trauma related to sexual assault and psychological response to sexual assaults.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to identify and describe mechanisms of injury commonly associated with sexual assault.</p> <p>Objective 2: Participants will be able to understand the neurobiology trauma related to sexual assault.</p> <p>Objective 3: Participants will be able to describe the psychological response to sexual assault (including the impact of variables, such as age and gender).</p>	

A5	<p><u>Telehealth: Bridging Access and Creating an Infrastructure of Trauma Care</u></p> <p><i>Julio C. Cespedes, Jr., MBA</i></p> <p>In 53 of Mississippi's 82 Counties, people must drive 40 minutes or more for specialty care. Telehealth brings patients specialized treatment into their own communities. Telemedicine in trauma can be used to provide care in severe environments and during large-scale disasters; to remotely monitor patients; and to provide temporary, emergent, or long-term access to mental health services. It also provides unique pathways to deliver trauma-focused education. Systematic adoption of telemedicine and telehealth promises increased access and continued improvement in quality trauma care, while reducing costs. This presentation will provide an overview of telehealth, examples of its care applications in trauma situations, and an overview of virtual mental health care delivery. We hope to empower attendees to begin to innovate and discover how telehealth applications can better support a trauma informed system of care in their own professional environments.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to define and provide an overview of telemedicine/telehealth.</p> <p>Objective 2: Participants will be able to provide and demonstrate an overview of telehealth applications for disaster caused community-based trauma.</p> <p>Objective 3: Participants will be able to provide an overview of virtual mental health care delivery models to empower strategic thinking of using telehealth to build access and strategic network of trauma-informed care.</p>	
A6	<p><u>Integrating Disability Into Emergency Management</u></p> <p><i>Christy Dunaway, MS</i></p> <p>The MS Emergency Management Agency (MEMA) created an Office of Disability Integration in 2016 to meet the needs of people with disabilities in Mississippi affected by disaster. The Response And Recovery for Everyone (RARE) Advisory Committee, composed of disability rights advocates, was created shortly thereafter. Learn about our strategic plan for ensuring that people with disabilities receive equal access in all aspects of emergency management and how you can be better prepared for an emergency.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to explain the history of disability integration into emergency management.</p> <p>Objective 2: Participants will be able to identify how to integrate disability into emergency management.</p>	

<p>A7</p>	<p>Objective 3: Participants will be able to list what individuals and families can do to be better prepared for an emergency.</p> <p><u>Introduction to Mindfulness and Practices to Consider If You Find Yourself Asking , "So, Is This Trauma? Now What Should I Do?"</u> <i>Mary T. Schmitz, LICSW.</i> Mindfulness, intentionally bringing awareness to the present moment, has been receiving a lot of attention. The presenter will help participants understand what Mindfulness is and why it makes sense to integrate mindfulness practices as a means to foster resiliency. By considering neuroscience research as well as what we know about how children learn, Schmitz will share how Mindfulness may be an anecdote. Additionally, the presenter will create a fun, safe space for participants to learn some Mindfulness practices for self-care.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to increase understanding of Mindfulness and the neuroscience of attention, learning and behavior.</p> <p>Objective 2: Participants will be able to describe cognitive, social and emotional benefits of Mindfulness Practices</p> <p>Objective 3: Participants will be able to engage in some Mindfulness Practices so as to experience present moment awareness in mind, body and emotions.</p>	
<p>11:45am-1:30pm K7</p>	<p style="text-align: center;">Luncheon Keynote Presentation</p> <p><u>Supporting Youth and Young Adults, a Trauma-Informed Method of Engagement</u> <i>Eric C. Lulow, BSW</i> This presentation will focus on the importance of engaging youth and young adults in supports and services and well as in systems reform activities in a manner that is trauma-informed. By the end of the presentation participants should be better equipped to support youth in engaging in their own case planning, as well as engaging in various youth oriented system reform activities. In addition, participants will learn of resources designed to help support this type of engagement as well as strategies they can start developing in their own organizations to better engage youth.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to recognize the importance of self-efficacy in youth engagement.</p> <p>Objective 2: Participants will be able to discuss the impact of trauma in youth engagement.</p>	<p>Trustmark C-E</p>

	Objective 3: Participants will be able to properly engage youth in both their own case management and in systems reform activities in a way that increases self-efficacy and decreases traumatic experience.	
1:30pm-2:00pm	Break	Exhibit Hall A
2:00pm-3:30pm	Breakout Sessions B	
B1	<p><u>When your ACE Score Exceeds your Age: Intervening with Infants and Toddlers in Foster Care</u> <i>Lucy Hudson, MS and Josie Brown, BA</i> Your adverse childhood experiences (ACE) score correlates with how healthy you are as you grow up. Scores of 4 (four) or more put you at great risk for adult diseases and early death. In Forrest County, Mississippi, the Safe Babies Court Team is counting the ACE scores of infants and toddlers in foster care. They are finding scores of 4 (four) and higher in all too many cases. Learn what they are doing to improve the life prospects of these children.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to understand the vulnerability of infants and toddlers in foster care.</p> <p>Objective 2: Participants will be able to describe the challenges these babies will face as they grow up.</p> <p>Objective 3: Participants will be able to define strategies that can alter this life trajectory.</p>	
B2	<p><u>Trauma and its Relationship with Substance Use Among Adolescents</u> <i>Dyelicia Ball, LMSW</i> Over 50% of teens use substances by the time that they are seniors in high school. Research has shown that teens who have experienced trauma are more likely to engage in substance use. A person's brain is not fully developed until they are 25 years old. The impact that trauma and substances have on a child's life is detrimental considering their brains are not fully developed. The objective of this presentation is to help participants learn ways to address trauma early on, recognize signs of substance use, and seek care for those teens impacted by substance use.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to discuss trauma among adolescents.</p> <p>Objective 2: Participants will be able to identify signs of substance use among adolescents.</p> <p>Objective 3: Participants will be able to identify trauma among adolescents that use substances.</p>	

B3

Creating a New Language: Healing through Mindful Movement and Dance

Genevieve Garrett, LCSW

The seven primary attitudes of mindfulness will be applied to the art of mindful movement. Participants will be introduced to the basic concepts of mindfulness and will learn how to practice mindful movement and dance as a tool to accompany traditional trauma work.

Session Objectives:

Objective 1: Participants will be able to list the seven attitudes of mindfulness.

Objective 2: Participants will be able to discuss how to apply the seven attitudes of mindfulness to movement and dance.

Objective 3: Participants will be able to demonstrate mindful movement/dance techniques.

B4

Are you a Trauma-Informed Therapist? Learn Eye Movement Desensitization and Reprocessing (EMDR) and Other Emotional Regulation Techniques

Roy Thomas, LCSW and Jacqueline Loggins, LCSW

Trauma and PTSD are associated with both behavioral health and chronic physical health conditions. The Department of Justice reported in 2014 that 82.8% of individuals in the U.S. were exposed to a traumatic event. Considering this data and intergenerational transmission of trauma, as seen in the offspring of holocaust survivors, practitioners must become trauma-informed and seek to reduce retraumatizing clients by providing emotional regulation skills and techniques. Participants will be introduced to specific skills to assist with emotional regulation recommended by Dr. Bessel van der Kolk. Demonstrations on EMDR preparation, biofeedback, HeartMath, DBT and progressive relaxation will also be discussed.

Session Objectives

Objective 1: Participants will be able to provide research and statistics on behavioral and chronic physical health conditions resulting from trauma and PTSD.

Objective 2: Participants will be able to demonstrate the effectiveness of particular emotional regulation techniques through video and volunteers.

Objective 3: Participants will be able to verbalize and discuss the effectiveness of particular skills demonstrated.

<p>B5</p>	<p><u>What Doesn't Kill Me.....My Story of Overcoming Historic Trauma</u> <i>Melody Worsham, BAAS</i> From domestic violence and alcoholism, to abandonment and mental illness, Melody wants to share her story of survival from generational trauma and its impact on her life today. She will also share the tools she has used to beat the odds and keep herself out of institutions and into a meaningful life.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to describe Historic or Generational Trauma.</p> <p>Objective 2: Participants will be able to discuss the examples of generational and historic trauma in Melody's life and their long term impact.</p> <p>Objective 3: Participants will be able to describe the wellness tools used by Melody for Recovery and Survival from generational and historic trauma.</p>	
<p>B6</p>	<p><u>Wraparound: Building Partnerships that Transform the Trauma Identity</u> <i>Vanessa Huston, LPC</i> Individuals react to trauma in many different ways. Fortunately, there are qualities that can be built upon to help youth and families manage their reactions to traumatic events. Through participation in the Wraparound process, at-risk youth and families are able to build characteristics that not only help to manage current crises, but also help them to be better prepared to manage their response to trauma in the future. Facing challenges that may in the past have seemed impossible can become manageable through the qualities that are identified and enhanced through the Wraparound process. This presentation provides a brief overview of the Wraparound process, identifies emotional characteristics that, when enhanced, provide powerful responses to trauma, and shows how Wraparound functions to transform how youth and families see their ability to cope with whatever challenges come their way.</p> <p><u>Session Objectives</u> Objective 1: Participants will be able to develop understanding of the definition, process elements and target population for Wraparound.</p> <p>Objective 2: Participants will be able to learn about personality characteristics that help in managing trauma.</p> <p>Objective 3: Participants will be able to learn about how the Wraparound process guides youth and family towards sustainable changes in how they see their capacity to manage trauma.</p>	

<p>B7</p>	<p><u>A Neurodynamic Model of Trauma-Informed Care: Putting the “Bio” Back into Biopsychosocial</u> <i>Nick Rutledge, LCSW</i></p> <p>This presentation will explore clinical practice models that support biologically respectful, developmentally sensitive, strengths-based, solution-focused approaches to helping child trauma victims and their families. This approach is strongly informed by principles of the interpersonal neurobiology of child development, attachment, the social environment, traumatic experiences, and the deleterious effects these experiences can have on the brain, body, behavior, and relationships. The proposed "neurodynamic" model of trauma will demonstrate how behavioral health and child welfare professionals can significantly improve the quality, efficiency, and effectiveness of services to trauma survivors in increasingly challenging organizational environments by moving from "trauma-informed" care to "trauma-applied" care.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to list and define the neurobiological structures responsible for the human stress response system.</p> <p>Objective 2: Participants will be able to demonstrate a fundamental knowledge of how traumatic experiences affect brain-body-behavior relationships.</p> <p>Objective 3: Participants will be able to identify concrete strategies by which to consolidate and apply the presented knowledge in daily practices/agencies.</p>	
<p>3:30pm – 3:45pm</p>	<p>Break</p>	<p>Exhibit Hall A</p>
<p>3:45pm – 5:00pm K8</p>	<p>Afternoon Keynote <u>Managing Vulnerability: Integrating Ethical Principles in Trauma Treatment</u> <i>Damien Thomas, DPC</i></p> <p>The treatment of trauma has historically been considered difficult and emotionally demanding for clinicians. Various inherent risks are assumed on behalf of both the client and counselor. Examples of such risks consist of problems associated with professional boundaries, vicarious trauma and retraumatization. If these factors are not addressed, counselors could be faced with board complaints, burnout, and/or harm to client being treated. The purpose of this presentation is to highlight various factors associated with ethical dilemmas in trauma treatment and to discuss the integration of ethical principles to promote the highest level of care for the clients we serve.</p>	<p>Exhibit Hall B</p>

	<p><u>Session Objectives</u></p> <p>Objective 1: Participants will be able to conduct literature review regarding various ethical dilemmas in trauma treatment.</p> <p>Objective 2: Participants will be able to explain and demonstrate the integration of various ethical tools that can be used to minimize risk and promote a healthy client-counselor relationship.</p> <p>Objective 3: Participants will be able to present a case study associated with managing potential ethical dilemmas in trauma treatment.</p>	
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Thursday, September 28, 2017

7:00am - until	Registration	Room
7:45am -8:30am	Continental Breakfast	Exhibit Hall A
8:30am – 10:00am K9	<p style="text-align: center;">Morning Keynote</p> <p><u>The Impact of Childhood Experience on Adult Health and Well Being</u> <i>Vincent J. Felliti, M.D.</i></p> <p>The presentation covers a study that compared 10 common, though typically unrecognized categories of adverse childhood experiences (ACEs) in 17,337 individuals with health status of those individuals approximately 40-50 years later, and then followed them for 20 years to confirm further outcomes. The relationships were powerful, biologically plausible, and had a major dose response effect. ACEs had a major effect on reducing life expectancy whereas their recognition and acknowledgement significantly reduced medical care costs.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss origins of the ACE Study in counter-intuitive findings in Obesity Program.</p> <p>Objective 2: Participants will be able to discuss other biomedical, psychological, and social outcomes of ACE’s.</p> <p>Objective 3: Participants will be able to discuss how to integrate ACE’s into clinical practice with major benefits.</p>	Exhibit Hall B
10:00am-10:15am	Break	Exhibit Hall A
10:15am-11:45am	Breakout Sessions C	
C1	<p><u>It’s a Brain Thing! Ethical Practice with Traumatized Children</u> <i>Nick Rutledge, LCSW and Hollie Jeffery, LMSW</i></p> <p>Developmental and Complex Trauma in children and adolescents can severely impact neurobiological development, which impairs developmental, cognitive, emotional and social functioning. However, trauma and its neurobiological consequences is only minimally assessed (if at all) during mental health intake assessments. This leads to a misdiagnosis in children and adolescents, unnecessary psychotropic medications and hospitalizations and interventions that do not work or only produce minimal results because they do not address all the neurobiological effects trauma has caused. Many local, state and federal resources are utilized with minimal results that can leave the victims helpless, hopeless and at-risk. Research supports a multidisciplinary approach to assessment and treatment of complex and developmental trauma in children and adolescents.</p>	

	<p>Who needs to be on the team and what are the challenges of bringing them together? What are our ethical responsibilities to making sure ALL disciplines are present so that assessment and treatment are comprehensive and effective?</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to understand complex and developmental trauma’s effects on the brain.</p> <p>Objective 2: Participants will be able to learn why practicing with competency is important.</p> <p>Objective 3: Participants will be able to discuss how treating complex trauma is a trans-disciplinary effort.</p> <p><u>Mental Health and Climate Disruption: What We Can Expect? What We Can Do?</u> <i>Michael Forster, PhD, LCSW</i> Material effects of mounting environmental disruption will fall most heavily on the most vulnerable – the poor, the aged and disabled, migrants and refugees, people of color, the homeless and the mentally ill. Moreover, the eco-crisis will certainly arise in a context of increasingly severe stressors: income inequality, severe shrinkage of material, social and mental health service supports, and a range of highly disruptive political-economic and ideological conflicts. It is imperative that mental health professionals educate themselves on the anticipated impacts of ecological disruption and prepare to struggle strenuously on behalf of marginalized populations most affected.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to identify major health and mental health related impacts of climate disruption.</p> <p>Objective 2: Participants will be able to recognize the intersection of political pressures and mental health stress associated with climate disruption.</p> <p>Objective 3: Participants will be able to articulate three mental health practitioner responses to stress related to climate disruption.</p>	
C2	<p><u>Trauma in Children and Youth in the Foster Care System: Hope for Healing</u> <i>Mary Redding, LCSW and Carolyn Quin, LMSW</i> The training will provide an overview of trauma faced by children in the Foster Care System. A working definition of trauma will be provided. Age related trauma experienced by children and youth will be discussed in terms of symptoms and therapeutic interventions.</p>	

	<p>Counseling techniques will be highlighted as effective means of providing hope for healing. Levels of trauma will be identified and effective treatment approaches will be introduced as aids to the healing process. Maintaining resiliency in children and youth who have been traumatized and focusing on stable, durable, and permanent placements that are less likely to be disruptive will be discussed. Resiliency and permanency will also be discussed in relationship to professional and parental roles.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to provide overview of trauma in children and youth.</p> <p>Objective 2: Participants will be able to discuss the importance of maintaining resiliency and focusing on stable, durable, and permanency.</p> <p>Objective 3: Participants will be able to list highlights of therapeutic intervention and counseling techniques.</p> <p><u>The Transformative Gift of Trauma</u> <i>Jessica Whatley, BS/Krystal Bradley, BS</i> Trauma affects us all, and this is a look at how we can use trauma as an opportunity for personal and even professional growth. Through two personal accounts, of very different experiences, Jess and Krystal will candidly speak about how they found purpose in the pains of the past, and not only survived, but have come to thrive. The presenters will examine how the same trauma that once made life seem unbearable, now is the foundation for a strengths based, client centered, and trauma-informed professional practice.</p> <p><u>Session Objectives</u> Objective 1: Participants will be able to identify how trauma can lead to opportunity.</p> <p>Objective 2: Participants will be able to expand knowledge about the recovery process.</p> <p>Objective 3: Participants will be able to conceptualize how to better empathize with their clients and peers.</p>	
C5	<p><u>Mental Health Awareness and Suicide in Teenagers: The Benefits of Peer Support Specialist</u> <i>Tim Abram, PhD/Shekena Bowie, MS</i> Peer support for teens with similar life experiences have proven to be tremendously important towards helping many move through difficult situations. The purpose of this presentation is to discuss, analyze, and bring awareness to the transformational services</p>	

C6	<p>provided by peer support specialists in the area of mental health and suicide prevention training for teenagers and youth. Peer specialists who are current or former consumers of behavioral health services are part of a paradigm shift in behavioral health.</p> <p><u>Session Objectives</u></p> <p>Objective 1: Participants will be able to understand the influence and benefits of effective transitional support through peer support.</p> <p>Objective 2: Participants will be able to become aware of the severity of teen suicide and alternatives to combat the issue.</p> <p>Objective 3: Participants will be able to understand the relationship between physical, cognitive, emotional, social and developmental factors that contribute to emotional behavior difficulties and mental illness.</p> <p><u>Global Trauma Narratives with Women-Children-Families: Creating a Community Based Intervention Framework</u></p> <p><i>Fred Hall, EdD</i></p> <p>Understanding trauma and the many ways it is seen in women, children, and families in developing countries is gaining much attention. The effects of war, abuse, poverty, and governmental neglect all contribute to traumatic narratives for many in the Afro-Caribbean Diaspora. Clinical treatment framed in a population based community intervention strategy is a promising way of addressing wide-scale psychological impacts of trauma around the world. This presentation will outline a model for developing community partnerships to address trauma and psychological well-being in Africa and the Caribbean.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to identify the various means of trauma and the impact they have on the global family.</p> <p>Objective 2: Participants will be able to develop skill assessment, diagnosis, and treatment of clients with trauma.</p> <p>Objective 3: Participants will be able to develop competency in initiating collaborations, identifying community based resources, and implementing interventions</p>	
11:45am – 1:15pm K10	<p style="text-align: center;">Luncheon Keynote</p> <p><u>Soul Damaged</u></p> <p><i>Maximus Wright, BA</i></p> <p>The topics of molestation, prostitution, abuse and others are considered taboo in many of our cultures. These topics could not be</p>	Trustmark C-E

	<p>discussed in or outside the home as they were considered “family secrets”. The presenter's personal experience along with his natural talent of storytelling will provide the participants practical strategies to live their best life.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to discuss cultural beliefs of taboo subjects.</p> <p>Objective 2: Participants will be able to discuss the importance of self-help, utilizing strengths, and other supports to improve well-being.</p> <p>Objective 3: Participants will be able to discuss strategies to live your best life.</p>	
1:15pm-1:30pm	Break	Exhibit Hall A
1:30pm – 3:00pm	Breakout Sessions D	
D1	<p><u>Self-Injurious Behaviors: A Challenge for Children and Adolescents</u> <i>Patricia Calabrese, PMHNP</i></p> <p>This presentation will review various self-injurious behaviors, with an emphasis on direct cutting done by adolescents. We will review DSM-5 criteria and self-injurious behaviors related to suicidality issues. Also discussed will be issues related to the internet and contagion.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to define and discuss self-injurious behaviors.</p> <p>Objective 2: Participants will be able to list and discuss 3 DSM-5 Criteria for Self-Injurious Behaviors.</p> <p>Objective 3: Participants will be able to list and discuss 3 Co-Morbid Diagnoses</p>	
D2	<p><u>Emotional Emancipation from the Lifelong Impact of Trauma</u> <i>Barbara Simpson-Epps, BA, BS/Dorothy Simpson-Taylor, PhD</i></p> <p>The presentation will look at neurobiology, epigenetics, historical trauma, multi-generational and intergenerational, and the healing of emotional wounds that are the result of trauma. We will discuss the ACE Study, creating safe sacred spaces for spiritual healing and solution focused trauma informed care. In conclusion, we will interact with the participants around healing and hope from the individual, institutional, and professional lens.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to discuss the importance of naming the issues and impacts – emotional wounds, • Framing the</p>	

<p>D3</p>	<p>questions • Communities Impacted • Current Interventions.</p> <p>Objective 2: Participants will be able to discuss discernment including understanding the intersections of spirituality, invisible wounds and trauma informed care.</p> <p>Objective 3: Participants will be able to discuss healing and hope as it relates to secular ‘psychological’, sacred ‘healing moral injury’, prescriptions for the organization, the individual and/or the provider.</p> <p><u>After the Storm - Mental and Behavioral Disorders after Trauma</u> <i>Susan Buttross, MD</i></p> <p>Trauma, whether by a natural disaster or personal one, can cause not only mental difficulties but also physical issues. Anxiety, sleep problems, weight changes, depression and even post-traumatic stress disorder can be the result. Part one of this session will focus on recognizing the signs and symptoms of significant trauma and understanding when help is needed. We will also review the different therapeutic modalities available for the treatment of trauma induced disorders including mindfulness training, cognitive behavioral therapy, alternative treatments and medication. Evidence-base and efficacy of the treatments will be discussed.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to understand the effects of trauma on both mental and physical health.</p> <p>Objective 2: Participants will be able to review the signs and symptoms of anxiety disorders, depression and post-traumatic stress disorder.</p> <p>Objective 3: Participants will be able to understand the possible therapeutic interventions for trauma-based disorders.</p>	
<p>D4</p>	<p><u>I Got You! Healthy Life Choices for Teens</u> <i>Frankie Johnson</i></p> <p>I Got You! Healthy Life Choices for Teens (IGU), is an educational community outreach program in partnership with area schools and several local and state agencies. IGU reaches 4000 students annually and addresses Cyber Bullying, Suicide Prevention, Alcohol and Drug Prevention, Healthy Relationships, and Self-Injury, which are relevant to teens in Mississippi.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to recognize how the perception of mental illness varies among diverse ethnic, gender, and age groups.</p>	

D5	<p>Objective 2: Participants will be able to identify current mental health topics relevant to teens today including suicide prevention, dating violence, self-harm, alcohol and drug prevention, cyber bullying, and coping skills.</p> <p>Objective 3: Participants will be able to help teens better cope with challenging situations, know when and why it is important to seek help, and what resources are available.</p> <p><u>Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)</u> <i>Diane Braman, LCSW, Valerie McClellan, LCSW, Noreen Davidson, LPC, Kelli Leo, LPC and Matt Anderson, LCSW</i> SPARCS is a 16 session, 60 minute group that was designed to help adolescents learn how to build on their strengths and resilience, identify their abilities to make better life choices, identify what gives their life purpose and meaning and learn to cultivate healthy relationships to help them heal. SPARCS was specifically created for adolescents who have been traumatized, often repeatedly, and who continue to live with high levels of stress. As a strength-based approach, SPARCS was designed to help adolescents find the wisdom in their responses, support skills they already possess, and foster new ways of coping. The SPARCS skills of cultivating awareness, coping in the moment, problem solving and creating meaning, and communication and connecting with others, will be unpacked to demonstrate how they can be applied to various populations, including increasing self-care.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss and provide an overview of the SPARCS Model.</p> <p>Objective 2: Participants will be able to discuss how to apply SPARCS in different settings.</p> <p>Objective 3: Participants will be able to identify tools for the road: Core Skills.</p>	
D6	<p><u>Creating a Trauma-Informed Organizational Culture for Staff and Clients Alike</u> <i>Vicki Hummer, LCSW and Nina Esaki, PhD</i> Research suggests that organizational culture impacts the success with which trauma-informed, evidence-based practices are implemented. This presentation provides details, including research findings, of the impact of the Sanctuary Model, an evidence-supported organizational change model that has supported the creation of trauma-informed cultures in human service agencies worldwide. Building on the concept of therapeutic communities, in</p>	

	<p>which staff and clients collectively participate in creating a system of healing, the Sanctuary Model is a blueprint for clinical and organizational change that promotes safety and recovery from adversity through the active creation of a trauma-informed community.</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to discuss the need and impact of trauma-informed organizational change.</p> <p>Objective 2: Participants will be able to describe the Sanctuary Model and implementation in a variety of human service agency settings.</p> <p>Objective 3: Participants will be able to cite an overview of Sanctuary Model impact research findings.</p>	
3:00pm – 3 :30pm	Break	
3:30pm – 5:00pm	Breakout Sessions E	
E1	<p><u>It's a Brain Thing! Ethical Practice with Traumatized Children</u> <i>Nick Rutledge, MSW, LCSW and Hollie Jeffery, LMSW</i> Developmental and Complex Trauma in children and adolescents can severely impact neurobiological development, which impairs developmental, cognitive, emotional and social functioning. However, trauma and its neurobiological consequences is only minimally assessed (if at all) during mental health intake assessments. This leads to a misdiagnosis in children and adolescents, unnecessary psychotropic medications and hospitalizations and interventions that do not work or only produce minimal results because they do not address all the neurobiological effects trauma has caused. Many Local, state and federal resources are utilized with minimal results that can leave the victims helpless, hopeless and at-risk. Research supports a multidisciplinary approach to assessment and treatment of complex and developmental trauma in children and adolescents. Who needs to be on the team and what are the challenges of bringing them together? What are our ethical responsibilities to making sure ALL disciplines are present so that assessment and treatment are comprehensive and effective?</p> <p><u>Session Objectives:</u> Objective 1: Participants will be able to understand complex and developmental trauma's effects on the brain.</p> <p>Objective 2: Participants will be able to learn why practicing with competency is important.</p> <p>Objective 3: Participants will be able to learn how treating complex trauma is a trans-disciplinary effort.</p>	

E2	<p><u>suicideTalk... and Trauma - Imagine a suicide safer community</u> <i>Brenda Patterson, MS</i></p> <p>Trauma and its side effects are associated with greater suicide risk. Because a significant number of individuals who attempt and/or complete suicide have a background of trauma, it is vital to the person, their families and their community to deal openly with the stigma around suicide. Many more than we realize are affected by trauma and may feel less connected or a burden to their families and friends. This generates hopelessness and depression, which may produce a desire to die. suicideTalk was designed by Living Works to help individuals and communities gain a detailed understanding of the role of awareness in suicide prevention and how it can be integrated into our understanding of everyday life.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to recognize personal risk and become motivated to reach out for help and where to go.</p> <p>Objective 2: Participants will be able to utilize the acronym of T (tell), A (ask), L (listen), K (keep safe).</p> <p>Objective 3: Participants will be able to have available and discuss a list of resources to use and share with others.</p>	
E3	<p><u>Learning to Float: Finding Strength and Resilience Through Puppet Making</u> <i>Susan Anand, ATR-BC, ATCS, LPAT</i></p> <p>This workshop will provide participants with an opportunity to create simple paper puppets, books, and narratives using art making and creativity as a strengths-based approach in therapy. After a brief didactic presentation, the hands-on segment of this workshop will include a brief tutorial followed by use of art materials resulting in puppets and books. Each participant will develop a narrative using their puppet's talents and gifts to overcome a challenge. The primary goal of this workshop is to help people discover how creativity and art making can be used to identify strengths, support resilience, and build community.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to identify three settings appropriate for using puppets and stories in trauma work.</p> <p>Objective 2: Participants will be able to describe how to create a paper puppet and simple book to contain a narrative of resilience.</p> <p>Objective 3: Participants will be able to list three benefits in using puppet making and storytelling in therapy for victims of trauma.</p>	

<p>E4</p>	<p><u>Trauma-Informed Child, Youth and Family Engagement Across Systems of Care in Mississippi</u> <i>Peter Gamache, PhD, Ceatrice Kelly, PhD, Joshua McElroy, NCC, Kerri McKnatt, LPC, Lee Lee Marlow, PhD, Connie Stewart, LPC and Sabrina Vance, LMSW</i></p> <p>Stemming from a very successful sharing of lessons-learned during the previous Mississippi Trauma-Informed and child welfare conferences, this facilitated expert panel presentation will provide a current understanding of the multiple Mississippi System of Care initiatives that are addressing numerous disparities among children, youth and families in need of greater understanding, a network of support, and collaborative partnerships to address trauma-informed care. A stage-based approach to fostering acceptance and inclusion, in addition to peer supports, has been especially beneficial to address needs and address critical gaps between and within practice/service settings.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss current trauma-informed care approaches and lessons learned by Mississippi Systems of Care to develop, implement and enhance services for children, youth and families.</p> <p>Objective 2: Participants will be able to discuss a stage-based approach for children, youth and family behavior change, attitudes, and motivation.</p> <p>Objective 3: Participants will be able to discuss the importance and use of peer supports to foster acceptance, inclusion, trust, and other benefits.</p>	
<p>E5</p>	<p><u>You Can't Pour from an Empty Cup</u> <i>Talya Straughter, DPC</i></p> <p>Flight attendants are employed by airlines primarily to ensure the safety of the passengers aboard. They warn passengers to “put your own mask on first before assisting others.” This may sound selfish to help yourself before assisting others, yet there is a simple truth contained in the order to don your own mask first. As helping professionals, if you are not your best self, you cannot provide proper support to others. It is imperative that you monitor your own well-being and maintain it before a crisis occurs. As a mental health provider, you cannot pour from an empty cup!</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to discuss and define burnout and compassion fatigue</p> <p>Objective 2: Participants will be able to discuss what self-care is and</p>	

<p>E6</p>	<p>the importance of implementing it.</p> <p>Objective 3: Participants will be able to discuss and develop a self-care resiliency plan.</p> <p><u>Stop the Pipeline: The Link Between Trauma and Delinquency in Youth</u></p> <p><i>Valerie Joiner, LCSW</i></p> <p>Adverse childhood experiences have been identified as a key factor for juvenile offending and victimization respectively. The involvement of trauma in a juvenile offending population has been well-documented, with estimates indicating that between 75-93% of youth entering the juvenile justice system have experienced some type of trauma. This presentation focuses on recognizing the factors involved in adolescent development and the relationship between trauma and delinquency. It also helps to facilitate discussions on how to improve intervention efforts geared towards traumatized young offenders, their families, and communities.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to explain adolescent brain functioning and age specific competencies for adolescents relative to trauma.</p> <p>Objective 2: Participants will be able to discuss relevant theories, research, and implications related to trauma in youth.</p> <p>Objective 3: Participants will be able to list best practice strategies that providers can use when working with traumatized youth.</p>	
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**2016 Trauma Informed Care Conference
 “Weathering the Storm”
 Friday, September 29, 2017**

		Room
7:15am -8:00am	Continental Breakfast	Exhibit Hall A
8:15 am - 9:15 am K11	<p style="text-align: center;"><u>Human Trafficking Trends and Updates in Mississippi</u></p> <p><i>Ashlee Lucas</i></p> <p>This presentation will include human trafficking cases that have been prosecuted and current trends reported in Mississippi. A statewide database has been developed. In response to this growing crime, our strategy includes updates on policies and procedures and training statewide. This session includes an overview of that strategy with input from key agencies in our state. Effective methods of interviewing and responding to these victims will also be discussed.</p> <p><u>Session Objectives</u></p> <p>Objective 1: Participants will be able to define Human Trafficking and understand MS Laws.</p> <p>Objective 2: Participants will be able to discuss MS Response to Human Trafficking.</p> <p>Objective 3: Participants will be able to learn how to interact with victims and appropriately report cases.</p>	Exhibit Hall B
9:15am- 10:15am K12	<p style="text-align: center;"><u>The Tale of Two Sisters: From Trauma to Triumph</u></p> <p><i>Andranella Lawyer and Princess Lawyer , BSW</i></p> <p>Andranella and Princess Lawyer, sisters who spent more than 10 years in the Mississippi foster care system, will share their life stories with the audience. The sisters will discuss the complex trauma they've experienced and how it has affected their lives. They will share the fears and challenges of youth aging out of foster care and how systems can better serve them before, and after they transition out of the foster care system. Andranella and Princess will also discuss how youth can thrive with adequate resources and family-like connections to individuals who can provide support.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to learn how complex trauma affects children living in foster care.</p> <p>Objective 2: Participants will be able to learn how systems can</p>	Exhibit Hall B

	<p>better serve youth living in care.</p> <p>Objective 3: Participants will be able to gain an understanding of how youth living in custody can thrive and succeed with adequate resources and social capital.</p>	
10:15am – 10:30am	<i>Break</i>	Exhibit Hall A
10:30am – 12:00pm K13	<p style="text-align: center;"><u>Champion of Change: A Journey of Healing to Resilience</u></p> <p><i>William Kellibrew, BS</i></p> <p>At age 10, William witnessed the murders of his mother, Jacqueline, and 12-year-old brother, Tony, in their living room on July 2, 1984, by his mom's ex-boyfriend. The killer took his own life that day, but not before making William beg for his life at gunpoint. In this presentation, William shares his personal and professional journey of healing and resiliency. From experiencing multiple childhood traumas including child sexual abuse, domestic and gun violence, stalking, bullying, and other victimizations, William has emerged as a global advocate and authority on addressing violence and trauma throughout multiple systems and settings. His synergy with the audience is inspiring and motivating as he provides a practical approach to supporting individuals, families, and communities impacted by violence and trauma.</p> <p><u>Session Objectives:</u></p> <p>Objective 1: Participants will be able to identify key elements in healing after childhood trauma.</p> <p>Objective 2: Participants will be able to identify key elements in resiliency after childhood trauma.</p> <p>Objective 3: Participants will be able to use William’s story as a catalyst to continue the conversation on supporting children and families affected by violence and trauma in multiple systems and settings.</p>	Exhibit Hall B
12:00 pm – 12:15pm	Closing Remarks	Exhibit Hall B