

Missouri Office of Prosecution Services,
The Missouri Department of Corrections
The Audrain County Prosecuting Attorney's Office,
&
The Mid States Organized Crime Information Center
present



Building Resilience

Surviving Secondary Trauma

February 22, 2023

1 PM to 5 PM

MOCIC

2255 W. Sunset
Springfield, MO

See Page 2 for Agenda & Additional Information

This course will be P.O.S.T. & CLE Certified, 210 Certification is pending approval.

This training is available free of charge to: Prosecutors, Prosecution Staff, Law Enforcement, Victim Advocates, Children's Division, Juvenile Office, Department of Mental Health, Adult Protective Services, Probation and Parole, Health Professionals and Children's Advocacy Center Staff. Other Similar Allied Professionals must obtain prior written approval for attendance from Conference Organizers.

To register please copy and paste the following link into your Internet browser:

<http://events.constantcontact.com/register/event?llr=q5eaeneab&oeidk=a07ejd2kgwz51d1af8d>

PLEASE NOTE Persons needing special accommodations under the Americans with Disabilities Act should notify MOPS at catherine.vannier@prosecutors.mo.gov or (573) 644-2409 on or before **February 1, 2023**.

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Agenda *(All times are estimated)*

- 1:00-2:00 **Welcome, Introduction, and Defining Key Terms**
Jacob Shellabarger, Prosecuting Attorney, Audrain County
Seth Elliott, Missouri Department of Corrections
- 2:00-2:45 **How Does Secondary Trauma Effect Our Mind and Body?**
Jacob Shellabarger and Seth Elliott
- 2:45-3:00 Break
- 3:00-4:00 **Understanding Hypervigilance and its Impact on Lives and Families**
Jacob Shellabarger and Seth Elliott
- 4:00-5:00 **Resilience and Mindfulness**
Jacob Shellabarger and Seth Elliott

About the Presenters

Jacob Shellabarger is the Audrain County Prosecuting Attorney, and has served since July 1, 2009. Shellabarger has tried multiple complex cases, including those dealing with emotionally charged and traumatic events; and prosecutes all offenses from traffic tickets to murder and rape cases. With the pressures of a high caseload and only two prosecutors, Shellabarger recognizes the limitations a part of rural prosecution. The office is constantly working on improving its employees' relationships with victims and law enforcement, and continues to train and learn best practices in the area. He has been teaching and speaking on secondary trauma and prosecutor wellness since 2018.

Seth Elliott is a Staff Development Trainer for the Missouri Department of Corrections. Elliott began his career with the State of Missouri in 2004 with the Missouri Department of Mental Health at Fulton State Hospital. In 2008, Elliott transferred to the Missouri Department of Corrections. After working several years in a maximum security prison, Elliott began to recognize the high toll working in a prison it had on himself, his family and peers. After becoming a full time trainer in 2017, Elliott has incorporated a more trauma informed approach that focuses on both trauma and secondary trauma. When he is not providing training, Elliott focuses his time on expanding his knowledge of the effects of trauma on our mental and physical health while also working part-time at Algoa Correctional Center.