

Seventh Annual Trauma-Informed Care VIRTUAL Summit

We are thrilled to welcome you to the VIRTUAL Seventh Annual Trauma-Informed Care Summit and hope you will take advantage of learning and growing from your safe space while practicing distancing.

Workshop participants were asked to identify the intended audience for which the workshop was designed. The intended audiences are:

- **Beginner** - little to no experience or understanding of the TIC concepts; looking for basic information and application.
- **Intermediate** - basic experience & understanding of TIC concepts but seeking to increase understanding and application.
- **Advanced** - competent in addressing TIC in practice and teaching; seeking additional depth and specific application of concepts and practices; familiar with research supported concepts and practices.

Tuesday May 19, 2020

9:00 am – 9:15 am

Welcome and Opening Remarks
Lori Criss, OhioMHAS, Director
Jeff Davis, DODD, Director
(Invited)

9:15 am – 10:30 am

“Addressing the Need for Healing in Communities”

- *Raul Almazar, RN, MA, Senior Public Health Advisor*
- *NASMHPD's Center for Innovation in Behavioral Health Policy and Practice*

10:30 am – 10:45 am

Break

10:45 am – 12:15 pm

Dangerous Empathy: Identifying, Preventing and Healing Empathetic Injury in Trauma Professionals

- *Lara Palay, MSW, LISW-S, Clinical Supervisor, Aldridge Palay Consulting*
- *Advanced*
- Empathy has long been the heart of how helping professionals define their character strength and motivation to help others. Studies suggest a compassionate empathy stance not only insulates against burnout and moral injury, but also widens our perspective and engages effective problem-solving. This workshop will review the common pathologies of burnout, compassion fatigue and vicarious trauma, including

overlapping symptoms and risk factors; explore empathetic distress and moral injury-empathetic injury-as an underlying cause of these conditions.

Cross Cultural Screening and Assessment in TIC Behavioral Health Practice

- *Christy Daron, MSW, LISW-S, Executive Director, Sycamore Wellness*
- *Intermediate*
- It has become increasingly practiced in behavioral health care to address trauma as a component of effective care. Developing a trauma-informed care (TIC) approach must include understanding trauma from the context of culture and with consideration of cross-cultural perspectives. This workshop examines importance and key factors of improving cultural competency in TIC through the use screening and assessment tools. Participants will understand how cultural considerations relate to Trauma Informed Care; will identify culture-bound concepts of distress; and, will be provided considerations to have when choosing a screening or assessment instrument.

Bigger Than Care: Moving Towards Trauma Informed Environments in Schools and Communities

- *Reinhild Boemhe, LISW-S, Assistant Director, Clinical Impact and Innovation, OhioGuidestone*
- *Intermediate*
- This workshop posits that school can go beyond training and referrals and become trauma informed environments, by evolving school culture and that this change is beneficial for everyone at school – students, families, and the adults who work there. Trauma informed schools can be built by implementing and adapting the principles of trauma informed care thus transforming schools. Participants will understand the creation and implementation of self-care teams for staff and students; strategies for building trauma-informed classrooms and hallways; trauma informed communication in the school setting – collaboration and listening and speaking for connection; what to say and what to do: How to operationalize TIE principles; and, giving voice to the disempowered.

12:15 pm – 1:00 pm

Break

1:15 pm – 2:45 pm

Ohio

Developmental Disabilities

Mental Health and Addiction Services

Beyond Trauma Informed: Building Trauma Skilled Communities

- *Audrey Jones, LISW-S, Trauma-Informed Mental Health Coordinator, Hopewell Health Centers*
- *Robyn Venoy, LISW, Ohio Handle With Care Lead, Hopewell Health Centers*
- *Intermediate*
- Learn about efforts to create trauma skilled schools and communities through embedded trauma informed care consultants. Consultants work collaboratively to empower and equip providers, school and community leadership, and teachers, to respond to trauma's impact on students by building resiliency in students and staff. Session will share simple but successful strategies for building resiliency in providers, students, school staff and communities. Objectives: Understand the scope of trauma and its impact on students and staff, including health and relational issues, social problems, lower performance, burnout, and secondary trauma; understand the importance of building resiliency of providers and teachers in order to successfully build resiliency in students being served; and, understand the benefits of cross-systems TIC and resiliency building approaches – the panel of consultants will share about successful efforts, including common barriers and lessons learned – to inspire and encourage attendees to begin/further their own TIC work.

Self-Aware and Structurally Sound: The Foundation for a Culturally Competent Trauma-Responsive Agency

- *Kevin Aldridge, MA, Managing Partner, Aldridge Palay Consulting*
- *Intermediate*
- Agencies need a strong, wide base of trauma-responsiveness that applies to all human beings, in order to tailor particular interventions, programs and initiatives to a particular group. We cannot create a new agency with each new population we serve, but we can be ready to serve any population. Being a culturally competent provider requires, among other things, self-awareness and structural change. Participants will be able to formulate what an assessment of their agency should address; will be able to discuss the level of trauma supports needed within the agency as well as for clients; and, be able to describe an emphasis on relationship

Virtual

Trauma-Informed Schools Initiative

"Creating Environmentally Sound Schools"

Resiliency and Hope

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within and beyond the agency employees as a basis for culturally competent services.

Trauma Informed Yoga and Mindfulness Tools for Youth

- ***Lauren Greenspan, MA School Counseling, E-RYT-200 and RCYT, Co-Founder and Director, Youth Yoga Project***
- ***Beginner***
- **Join Youth Yoga Project to learn evidence-based yoga and mindfulness strategies that support youth to integrate and regulate their brain and nervous system. Participants will explore the benefits of yoga and mindfulness for youth and engage in yoga and mindfulness practices including breathing exercises, body postures, and guided relaxation techniques. This session will address specific strategies for translating research into action by giving participants ways to implement yoga and mindfulness directly into their work with youth. Participants will be able to explain how yoga and mindfulness tools help students to integrate and regulate the brain, nervous system and body; learn and engage in evidence-based yoga and mindfulness practices that can be immediately incorporated into their direct practice with youth; and, plan for how to integrate yoga and mindfulness strategies into their work with youth.**

Virtual

Trauma-Informed

"Creating Environment for Resiliency and Hope"

2:45 pm – 3:00 pm

Break

3:00 pm– 4:30 pm

Building Resiliency During Pregnancy: Understanding the Impact of Adversity on Women Prior to, During and Post Pregnancy

- ***Meg Harris, MEd, LPC, LSW; Nationally Certified Trauma Specialist and Trainer, Clinical Supervisor, Infant Mortality Program, Community Support and Trauma Services, Alta Behavioral Healthcare***
- ***Intermediate***
- **This workshop is designed for those professionals working with women who are pregnant and at most risk for infant mortality during pregnancy or within the first year of the baby's' life. Participants will learn about Adverse Childhood Experiences and their impact on healthy lifestyles and the influence they may have on disparity for women and babies. The presentation focuses on understanding social determinants and health risk factors but most importantly there is a focus on building programs of resilience and support for those at most risk.**

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Participants will understand the help that is available to women and children, how collaboration with community entities such as physicians, pregnancy help centers, social service vendors for car seats/cribs/diapers/food/clothing may improve communication and support and reduce stress for pregnant women. Participants will be able to give examples of How Trauma Affects Health, Wellness and Relationships in Pregnant Women; How to Build Resiliency and Protective Factors in the Women/Families Served; and, understanding the Need for Staff Support when Working with High Risk Individuals.

Virtual

Ohio Adventure Therapy Coalition: Working Together for Families Trapped in Crisis

- *Bobbi Beale, Clinical Psychologist, Researcher, Consultant, CEO, Life Adventures for All*
- *Advanced*
- The trauma-informed and resiliency-focused Adventure Therapy (AT) is incredibly engaging, bypasses the resistance of traumatized youth and aligns with the new Family First intentions. This flexible model can be applied for family preservation and stabilization, as well as for supporting “new” families, created with kinship and foster care providers. This workshop will present the 3 primary components of the OATC project: evidence supported, experiential treatment for traumatized youth and families; an implementation strategy that includes ongoing consultation and technical assistance; and a culture that embeds data collection and research into the programming. Participants will experientially understand the power of Adventure to shift perspectives and behavior; will be able to identify Adventure Therapy strengths and supporting evidence and, will explore new AT adaptations for recovering families and kinship care.

Treating Substance Use Disorders and Secondary Trauma with EFT Tapping: Anxiety, Impulsivity and Trauma Relief

- *Tijana Coso, BA, MA, Certified EFT, Owner, Trainer, Coso Consulting*
- *Intermediate*
- When used as an intervention technique, Emotional Freedom technique EFT augments and supports every step of the treatment and recovery process. Tapping reduces stress and anxiety; it treats trauma and other negative emotions without re-traumatization; it increases self-

awareness and selfcare by removing barriers to treatment; it helps with relief from both physical and psychological withdrawal symptoms and it FREE to self-administer anytime and anywhere. Participants will understand the mind body connection as it relates to unconscious thoughts and behaviors; apply Emotional Freedom Technique (EFT) to lower anxiety; and, demonstrate the nine EFT Meridian Tapping Points for "Simple EFT."

4:30 pm – 4:45 pm

Closing and Continuing Education Submission

Wednesday May 20, 2020

8:30 am – 8:45 am

Welcome and Opening Remarks
Mark Hurst, MD, Medical Director, ODH
(Invited)

8:30 am – 10:00 am

"This is the way we . . .": Building Everyday Coping Skills for Families Impacted by Trauma

- *Laurel J Kiser, Ph.D., MBA*
- *Associate Professor, Department of Psychiatry*
- *University of Maryland School of Medicine*
- *Family Informed Trauma Treatment Center*

10:00 am – 10:15 am

Break

10:15 am – 11:45 pm

TIC with the Experts

- *Panel, Persons with Lived Experience*

11:45 pm – 12:30 pm

Break

12:45 pm – 2:15 pm

Vicarious Resilience: An Antidote to Vicarious Trauma

- *Pam Scott, PhD, LISW-S, Director of Clinical Development, The Buckeye Ranch*
- *Advanced*
- This training will present information about Vicarious Resilience and Vicarious Growth as one antidote to vicarious trauma. A strategy to support staff and move an agency culture toward one of Vicarious Growth will be presented. One agency's experience of using ritual and reflective story telling will be presented along with anecdotal accounts of positive outcomes. Participants will be able to identify limitations of selfcare as a primary

organizational response to secondary trauma and burnout; learn core concepts and current research regarding Vicarious Resilience and Vicarious Growth; learn about ritual and reflective storytelling as a method to support staff and impact organizational culture.

Common Time: Building Resilience through Music

- *Betsey Zenk Nuseibeh, MM, Med, MT-BC, Executive Director, Melodic Connections*
- *Intermediate*
- In this workshop, participants will first experience an abbreviated music group that we call Common Time. Common Time is based on research rooted in Trauma Responsive Care, Asset Based Community Development, music therapy and musicology research and has been practiced once/month at the Melodic Connections studio for nearly two years, and in community settings as requested. Participants will experience and learn the neuroscience that supports the shared affective motion experience (SAME) model, promoting the sense of agency and resulting social drive that happens in active music making sessions; understand how group active music making can create an environment of Felt Safety, Attachment and Regulation; and, understand how group active musicmaking can help individuals build protective factors (Agency, Self Esteem, External Supports, Affiliation, Safe Stable Nurturing Relationships).

Trauma-Informed Care Caregiving in Child Welfare

- *Elinam Dellor, MHP, PhD, Senior Researcher, The Ohio State University*
- *Intermediate*
- In this joint presentation between the College of Social Work at the Ohio State University and Back2Back ministries, initial findings on trauma exposure among Ohio START (Sobriety Treatment And Reducing Trauma) families and discuss implications for early engagement and the recovery process, service linkage and re-entry into the foster care system will be shared. The workshop will present a holistic approach to working with families affected by trauma. Back2Back Ministries is an international Christian non-profit with a Cincinnati-based office focusing on trauma competent care. This workshop will focus on (1) understanding the lifelong impact of

trauma; (2) recognizing behaviors that have their roots in trauma and (3) responding to children in a trauma-informed way to promote healing. the workshop will include a discussion of the role of child welfare generally and caregivers in particular in not only understanding the impact trauma has on a children's behavior and development but also developing the necessary skills to respond appropriately and promote stable relationships. Participants will understand trends in trauma exposure among Ohio START participants; understand implications for early engagement and addiction recovery; and, understand lifelong impact of trauma.

2:15 pm – 2:30 pm

Break

2:30 pm – 4:00 pm

Trauma and Resiliency in Young Children

- *Heather McVey, Med, Early Intervention Developmental Specialist, Lucas County Board of Developmental Disabilities*
- *Advanced*
- Interactive training meant to discuss the effects of trauma on young children, how to help them build resiliency and how to care for ourselves while supporting them. This training describes how trauma can contribute to children growing up with developmental disabilities. We will discuss that trauma is not limited to any one race, culture, gender, etc. There is discussion of low socio-economic populations being more at risk for trauma. Participants will: understand basic brain development in infants, toddlers and young children and the effects trauma has on basic brain development; brainstorm ways to foster and enhance resiliency in infants, toddlers and young children affected by trauma; and, be introduced to the importance of self-care in order to better care for the needs of those who have experienced trauma.

Breathing Meditation and Caregiver Self-Care Strategies

- *Polly Manke, ERYT 500hr, Yoga Therapy Certified, Holistic Health Coach, Holy Fire Karuna Reiki Master, Breathing Meditation Program Curriculum Creator and Breathing Meditation Facilitator, Courage to Caregivers*
- *Kristi Horner, BA, Founder and Executive Director, Courage to Caregivers*
- *Beginner*

- We recognize the importance of breathing to navigating stress and trauma of caregiving. Research has documented how regulated deep breathing can reduce anxiety and depression, decreased feelings of stress, muscle relaxation and increased energy levels. Yet most of us spend almost all of the day in shallow breathing. In doing so we are limiting our ability to cope, to think, to remain centered. Our breathing is influenced by our thoughts and our thoughts (and physiology) influenced by our breath. At Courage to Caregivers we know that meditation allows you to better manage day-to-day and critical stressful situations. We have found that utilizing proper breathing techniques is vital to the regulation of our stress levels. Participants will better understand the role and science of deep breathing and meditation to reducing stress; earn a minimum of one new breathing technique that can be incorporated into daily practice as a sustainable method to reduce stress; and, set one goal to identify a minimum of two sustainable self-care practices that can be practiced daily or weekly

Trauma-Informed Care in a Telehealth Environment

- ***Bobbi Beale, PsyD, Senior Research Associate, Trainer, Consultant, Center for Innovative Practices, Case Western Reserve University***
- ***Rick Shepler, PhD, Director, Center for Innovative for Innovative Practices, Case Western Reserve University***
- During the COVID-19 crisis, providers of home and community-based services have had to make fundamental adjustments to how their services are delivered to youth and families. The Center for Innovative Practices has developed real-time resources for providers to assist providers to this fluid situation. This workshop will share these resources with participants. These include: how to adapt their services to utilize Telehealth, help in interpreting the emergency state and federal rules and guidance on HIPAA and billing. Most importantly providers need assistance on how to provide trauma-informed and resilience-focused services via Telehealth modalities. Join us as we discuss the impact of COVID-19 on our families, along with the resilience-focused services and supports that will see us all through to the other side.