

Keynote Presenters

SAMUEL SIMMONS, LADC

Samuel Simmons is a licensed Alcohol and Drug Counselor who has over 25 years of experience as a behavioral consultant. He specializes in practical culturally sensitive trauma informed work with African American men and adolescents. He is currently SAFE Families Manager at The Family Partnership, managing the Be More Project to engage African American young men and boys to stop violence against women and girls as well as Healing Generations, a culturally specific relapse support program for African American men. He is also a certified ACE Interface Trainer. Sam is respected for his highly informed work around African American historical trauma around the country.

HENRY EMMONS, MD

Henry Emmons, MD, is a psychiatrist who integrates mind-body and natural therapies, mindfulness and neuroscience into his clinical work. He is a founder of Partners in Resilience, committed to integrating the best of nutrition, movement, natural therapies and the psychology of mindfulness to help restore resilience and rediscover joy. Henry is the author of *The Chemistry of Joy*, *The Chemistry of Calm*, and *Staying Sharp*, and is in demand as a workshop and retreat leader for both healthcare professionals and the general public. Learn more at henryemmons.com.

ROY WADE, RJ. MD, PhD, MPH

Roy Wade, Jr is currently an instructor of pediatrics at the University of Pennsylvania and a general pediatrician at Children's Hospital of Philadelphia Cobbs Creek Primary Care. He has a PhD in Microbiology from the Georgia Institute of Technology. He received his medical degree from Dartmouth Medical School, completing his pediatric residency at the University of Virginia in Charlottesville, VA. After residency, Dr. Wade completed a Commonwealth Fund Harvard Minority Health Policy Fellowship at the Harvard School of Medicine and Harvard School of Public Health earning a MPH in Health Policy and Management. He completed a Robert Wood Johnson Foundation Clinical Scholars Fellowship at the Perelman School of Medicine at the University of Pennsylvania. Dr. Wade's research interests focus on the intersection between childhood poverty, adversity, and well-being. Dr. Wade ultimately seeks to elucidate the biological pathways through which childhood stress impact health.

LAURA PORTER

Laura Porter is an award winning public servant who is best known for directing systemic improvements to the child and family serving system in Washington. For 17 years Laura worked with Washington State officials and community and Tribal leaders to embed ACE Study and related neuroscience and resilience findings into policy, practice and community norms. Laura and her colleagues developed a unique model for improving the capacity of communities to deliver stunning results for a small investment. Communities using the model have documented reductions in the rates of seven major social problems and Adverse Childhood Experience scores among young adults.

Breakout Workshop Descriptions

THURSDAY 11:00AM

Historical Trauma: Reclaiming the Cultural Narrative of ACEs – A Follow-Up Conversation, Sam Simmons (MN) and Susan Beaulieu (MN). In this session, participants will be given an opportunity to have deeper discussions about the historical trauma of the Native American and African American communities and why it's important for individuals doing ACEs work in these communities and other communities of color. Participants will learn about and discuss trauma and best and/or promising culturally sensitive practices being used to engage the Native American and African American Communities. Participants will gain an understanding of the importance of being aware of how policies, perceptions and bias could have unintended consequences when historical trauma is dismissed and not addressed.

ACE Data: Data Collection Tools and the Latest Findings from Minnesota and Iowa, Melissa Aldofson (MN) & Lisa Cushatt (IA). In this session, presenters from Iowa and Minnesota will describe existing sources of state and community-level data on ACEs, processes used to add ACE items to existing surveys, as well as share the latest findings. The presentation will be followed by a facilitated discussion with participants about tools used to collect ACEs data locally, ways in which ACEs data have been used, and other indicators of trauma included in community assessments.

Prenatal Group Visits in Family Medicine: Building a System of Care for the Prevention of Multigenerational Transmission of ACEs, Jerica Berge (MN). The goals of this session are to: 1) Describe a system of care that has been built within a family medicine clinic to prevent the multigenerational transmission of ACEs, 2) Describe the group prenatal care work and expected outcomes for participants and their babies, 3) Present initial results of carrying out prenatal groups in a family medicine clinic in North Minneapolis serving low income and minority patients at high risk for ACEs.

Turning the Ship Around: How to Stop Creating Trauma and Start Addressing Trauma, Elena Quintana (IL). The goal of this workshop is to discuss how recreating trauma is routinely legislated into policy that feeds the School to Prison Pipeline. There are many core philosophical shifts that must occur in order to transform punitive systems into caring communities. This includes a discussion of the way in which we treat attempts at coping (smoking, drugs, risky sex) with stiff consequences when deeper issues go unaddressed. Discussions about philosophical underpinnings, practices, policies, and politics will be discussed in a practical way to help participants think proactively about how to go from wherever their policies currently lie, to a place of movement toward establishing the groundwork to effect healthier systems and communities.

THURSDAY 1:45PM

Change in Mind: Applying Neurosciences to Revitalize Communities, Jennifer Jones (WI), John Till (MN) & Mike Troy (MN). The Change in Mind Initiative is an international effort to develop policy and systems change responses to ACEs and emerging brain science in communities across North America. Change in Mind is an international coalition of community-based organizations, philanthropists, practice and research experts, and experts in public engagement and persuasion from across the United States and the province of Alberta, Canada. Our collective goal is use brain science to leverage policy change that revitalizes communities, improving the wellbeing and long-term life prospects of children, youth, and families and communities. In this session, presenters will share how child and family-serving organizations in the US and Canada are developing brain science-informed policy strategies to address the ACEs.

Expanding ACE Awareness: A Community Ecomap for Healing Conversations, Ann Leinfelder-Grove (WI) & Tim Grove (WI). The goals of the workshop are to introduce SaintA's Seven Essential Ingredients (7ei) model of trauma-informed care and to share SaintA's success story of engaging community partners and systems of care in the collaborative dialogue around childhood adversity. Participants will create an ecomap for their community engagement work that can serve as a roadmap for leading the dialogue on childhood adversity and trauma-informed care.

Creating ACE/Trauma-Informed Communities in Greater Minnesota: Two Case Studies, Lowell Johnson (MN) & Steve Vincent (MN). This session will provide case studies of two Minnesota communities outside of the Minneapolis/St. Paul metropolitan area that have organized efforts to create ACE/trauma informed communities and to build community resilience. In one case the work began with formal community leaders, and in the other it began at the grassroots. The organizing process, accomplishments, lessons learned and next steps of each community will be presented with time for discussion and Q&A.

Building Trauma-Informed Full Service Schools and Communities: A Rural MN Case Study, Stacy Bender-Fayette (MN) & Laura Eaton Carleton (MN). Research shows that the effects of chronic toxic stress and traumatic events early in a person's life are significant in terms of both physical and mental health throughout their life. By teaching adults and children to cope with stress effectively and self-regulate, these physical and mental health threats can be mitigated and reduced, creating healthier schools, communities, and workplaces. Hear from public health, schools, nonprofit and community mental partners who developed an innovative model in Northern Minnesota to create a trauma-sensitive school. Panel of guests includes: Care Coordinator Laura Carleton, North Country Community Health Services; Elementary Principal Kathy Van Wert, Bemidji Schools; Trauma coaches Amber Larson and Chris Godding, Stellher Human Services; & Social Emotional Learning Specialist Stacy Bender-Fayette, Peacemaker Resources.

Brains Are Built: Promoting Healthy Childhood Development and Community Resilience through the African American Babies Coalition, Sameerah Bilal (MN). The session will encourage participants to leave with a greater understanding of culturally relevant actions and strategies for engaging the Black community using tools and resources designed specifically for them. This is to motivate parents and children to increase time for more learning and playing together, promoting the knowledge of stress management and the wonders of enjoying parenting. 15 Key Factors identified through research completed in Minnesota through black voices that support the healthy development of babies and how those factors are impacted by trauma and toxic stress. Participants will leave aware of tools and resources created by the African American Babies Coalition which uplifts black conscience best practices and research, and solutions which could be utilized to decrease or end Adverse Childhood Experiences.

FRIDAY 10:45AM

Philadelphia's Model and Implications for Minnesota: A Follow-Up Conversation, Dr. Roy Wade, Jr. (PA). This session will be a follow-up conversation about the content shared during Dr. Wade's keynote presentation. Participants will have an opportunity to ask questions about Dr. Wade's research and Philadelphia's efforts to address ACEs and reduce health disparities.

Tribal N.E.A.R. Sciences and Community Wisdom Project: New Insights and Old Wisdom Create Authentic Solutions, Susan Beaulieu (MN), Nikki Crowe (MN) & Kim Lage (MN). This session will look at the process and learning from the two tribal pilot projects, and consider how new information and insights about ACEs and resiliency, when combined with cultural knowledge and community wisdom, can generate solutions that better address the impact of ACEs and Historical Trauma in tribal communities.

Whole Family Wellbeing: A Collaborative Response to ACEs, Toxic Stress, and Youth Mental Health Disorders, Wendy Goodman (MN). This workshop will introduce participants to Minnesota's unique model of county-based, cross-system collaboration. Participants will learn about RCCMHC strategies and examine specific examples that have proven successful. The workshop will include the debut screening of a documentary film that blends youth and caregiver stories with insights from local experts in fields such as: child and adult mental health, child welfare, education, and juvenile corrections. Participants will use information from the film and the workshop to fill out a collaborative worksheet for their Community. Participants can use this planning tool to develop or enhance their own collaborative responses to ACEs, trauma, and toxic stress.

Connections Matter - Moving Communities to Action, Sarah Welch (IA) & Lisa Cushatt (IA). Connections Matter is a collaborative initiative designed to engage communities in building caring connections to prevent ACEs and improve well-being. This workshop will share a research-based curriculum developed by trauma expert Dr. Linda Chamberlain. Attendees will also learn about how this message fits within a larger framework of hope and resiliency that Iowa is promoting with its ACEs research, as well as tools and strategies for implementing this message into a community engagement effort.

Enhancing Emotional Resilience to Avoid Compassion Fatigue and Burnout, Juanona Brewster (IL) & Karen Lloyd (MN). Workplace stress and burnout, already an acute problem, can leave dedicated service providers especially vulnerable to the adverse effects from the stress of caring for those with trauma and ongoing toxic stressors. Recognition, modification, and mitigation of the contributory factors provide an unprecedented opportunity to heal ourselves and redesign a “healthier” and more effective workplace culture. The presenters will share information about the bio-developmental framework of stress, the impact of toxic stress on our professional and personal lives, and strategies for self-care.

Healing Practice Session Descriptions

Offered at 1:15PM and 3:10PM on Thursday

Meditation and Stress Reduction, Drake Powe

Joy is the experience of being. It can include the happiest moments, but also some of the most challenging moments of life. It is possible to learn to resist the constant distractions of modern life. In this session we will experience meditation and mindfulness through discussion and practice of simple stress reduction techniques. Discover and activate your ability to be patient and to truly enjoy.

Radical Self-Acceptance, Joi Lewis

In this session Dr. Joi will share some practices of being “awake” through different medians to create space for radical self-care through meditation, mindfulness, movement and melodies. With such space, Dr. Joi believes we are better able to gain access to deeper connections with ourselves and others and healthy expressions of grief, pain and joy, which then, allows us to heal and fall in love with ourselves, our loved ones and our community, more deeply—or for the first time.

Preparing the Sacred Cedar Bath, Linda EagleSpeaker

This session will include a full table display of medicinal plants used in the preparation of the Sacred Cedar Bath, as well as a detailed explanation of the preparation prior to and after the cedar bath. Uses of sacred cedar in American Indian ceremonies and daily uses of cedar for smudging and cleansing your home will also be discussed.

Rhythmic Drum Therapy, Samba Fall

In this session, each participant will be provided with a healing drum and will sit in the healing circle. They will be taught the basics of how to use the healing drum, they will be engaged in a series of “call-and-response” exercises where participants will copy the facilitator or healer, and will be taught the traditional rhythmic patterns that are currently being used all over Africa for healing purposes.

Tai Chi, Yang Ye

This brief interactive session will explore how a simple shifting of the mind can lead to noticeable physical changes in the body using Tai Chi as a tool. Following the interactive session, Master Ye will teach a few simple and yet powerful movements in Tai Chi guided by subtle intent of the mind. As a result of attending, participants should be able to experience the power of the mind and the feeling of Qi and how mind body connects and heal at its rudimentary level.