

MOVING FORWARD IN RADICAL RELATIONSHIPS: THE CYCLE OF LIBERATION

A Summit for NC Communities

 **FRIDAY, JUNE 17**

 **10 AM to 4 PM**

 **via ZOOM**

... FREE & OPEN TO THE PUBLIC .. SPANISH INTERPRETATION PROVIDED ...

Join us for our final summit to celebrate, learn, and share in our continued commitment to **community-led, equitable, and trauma-informed** efforts across the state of NC! Through this time together, we will have thought leaders join us as we connect through our shared values to promote community healing, growth, and the transformative effects of centering equity and intersectionality in trauma-informed work.

KEYNOTE SPEAKERS



Rev. Aliah K. Majon, PhD

Chief Inclusion Officer // Trauma-Informed & Social-Emotional Learning Specialist



LJ Punch, MD

Executive Director of "The T"

PANELISTS



Tyson Pankey, PhD, MPH

*Licensed Psychologist
Assistant Professor and Associate Program Director of Diversity, Equity, and Inclusion at Duke University in the Department of Psychiatry & Behavioral Sciences*



Mysha Wynn, MAEd

Founder and Executive Director of Project Momentum, Inc.



Alex Córdoba

*Executive Director of Lila LGBTQI Inc.
Gay Community Member*

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PARTNERS



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Mental Health, Developmental Disabilities and Substance Abuse Services

FRIDAY JUNE 17, 2022

10AM—4PM

10:00 AM **Welcome Session**

Join us as we share the story of the NC Trauma-Informed Communities Project and explore The Cycle of Liberation, our path to equitable systemic change for children and families.

11:00 AM **Keynote** Rev. Aliah K. Majon, PhD

Change Mastery, Self-Care, Mindfulness... & YOU!

The first step to moving forward in radical relationships is all about YOU and the act of liberating yourself! This presentation delivers simple-yet-potent steps for mastering change, committing to self-care and cultivating mindfulness. This experiential session will guide you to focus on your own needs so that you do not leave yourself out of the equation of healing and growth.

12:00 PM **Lunch & Wellness Break**

1:00 PM **Panel Discussion**

Living Our Values Through Radical Relationships in Community-Led, Trauma-Informed Work

Tyson Pankey, PhD, MPH: *It's Not the Waking, It's the Rising: Practical Ways to Liberate Your Relationships With Self and Others*

This presentation will outline actionable strategies to support your growth and engagement in more equitable and empowering relationships.

Alex Córdova: *Living La Vida LILA*

Hear about Living La Vida LILA, a mental health program that LILA LGBTQI, Inc. offers to accompany, support, and benefit the mental health of the Latinx LGBTQI community and their families.

Mysha Wynn, MAEd: *The Importance of Telling Your Story*

Who creates and controls your narrative? This presentation will highlight how your story might enhance relationship building and guide your approach to equitable trauma-informed practice.

2:30 PM **Keynote** LJ Punch, MD

What Comes Next?

In this presentation, LJ Punch, MD, will review the true nature of trauma, discuss the dire need for collaborative approaches to trauma healing and recovery, and challenge participants to commit to concrete next steps in their trauma informed missions.

3:30 PM **Closing Session**