



# Solano Kids Thrive welcomes you to The Resilient Solano Summit

*A Community Summit Focusing on  
Adverse Childhood Experiences (ACEs) and Resilience*

## TODAY'S GAME CHANGERS

**Lisette Estrella-Henderson:** Lisette was raised in and has been an educator in Solano County for more than 33 years. She is a First 5 Solano Commissioner and is the current Solano County Superintendent of Schools. In addition to her California Teaching Credential, she also holds her Bilingual Specialist and Administrative Services Credentials and is a certified leadership coach. Lisette serves on numerous boards and councils including the Board of the Vacaville Neighborhood Boys and Girls Club, the Solano Children's Alliance and the Solano Partnership Against Violence. Lisette also serves as the Chairperson of the Solano County Reducing Racial and Ethnic Disparities Steering Committee which seeks to research and identify policies that reduce disparate entry and deeper advancement of youth of color in the juvenile justice system. Lisette is the first Latina County Superintendent of Schools in Solano. She and her husband live in Vacaville.

**Liz Huntley:** Liz is a committed child advocate and passionate litigation attorney who practices law at Lightfoot, Franklin & White, LLC in Birmingham, Alabama. On a regular basis she serves as a motivational speaker throughout the country and shares her inspirational story of an Alabama woman who overcame nightmarish events and tremendous adversity during her childhood to become a successful attorney, motivational speaker and member of the Auburn University Board of Trustees.

**Dr. Teresa Van Woy:** Dr. Van Woy is a Board Certified Podiatrist currently writing a memoir titled, "Wildflower: from Homeless Child to Physician" which chronicles her climb from poverty and abuse to professional and social success. After her own ankle trauma in 2012, she discovered a way to expedite healing using the power of my mind. She now teaches patients how to do the same through guided visualization / imagery techniques, especially in the treatment of chronic wound healing.

**Diondre' Hurn:** At just 31 years of age, Diondre' Hurn faced an adversity that turned his world upside down. He was paralyzed in a tragic accident, and doctors held out little hope that he would walk again. The dedication he applied to his rehabilitation carries over to other aspects of his life – in his devotion as an ordained minister and active member at Liberty Church in Fairfield, in his commitment to serving Solano County as a decorated California Highway Patrol Officer and in his passion as a football coach at Armijo High School.

**Beck Metzen:** Beck is a 20-year-old Council Member with Solano Youth Voices. Even while Beck was homeless, they continued volunteer leadership work with the Solano Pride Center and served on the Solano Youth Voices youth council. Their goal is to help create a more open and honest community by decreasing



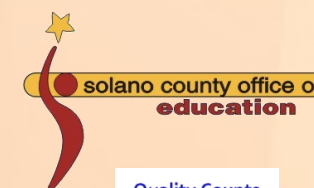
Saturday May 18, 2019  
8:30am-3:00pm

Fairfield High School  
205 E Atlantic Ave.

Brought to you by:

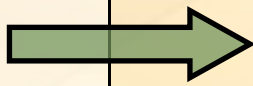


With generous funding from:



# RESILIENT SOLANO SUMMIT AGENDA

8:30AM - 9:15AM	<b>Breakfast/Registration</b>
9:15AM - 9:45AM	<p><b>Welcome/Open</b> Megan Richards, <i>Deputy Director First 5 Solano</i></p> <p><b>Introduction to ACEs and Resilience</b> Lisette Estrella-Henderson, <i>First 5 Solano Commissioner, Solano County Superintendent of Schools</i></p>
9:45AM - 10:45AM	<p><b>Keynote Speaker</b> Liz Huntley, <i>Inspirational Speaker and Child Advocate</i></p>
10:45AM - 11:00AM	<b>Break</b>
11:00AM - 12:15PM	<p><b>Workshops</b> Pick from twelve workshops on various topics. See descriptions to the right and on the insert to pick your workshop.</p>
12:15PM - 1:15PM	<p><b>Lunch &amp; Visit Resource Tables</b> Don't forget to visit at least 6 resource tables to be entered into the raffle</p>
1:15PM - 2:00PM	<p><b>Stories of Resilience</b> <i>Moderator:</i> Lisette Estrella-Henderson <i>Panelists:</i> Dr. Teresa Van Woy Beck Metzen</p>
2:00PM - 2:45PM	<p><b>My 1-2-3 Action Plan</b> Put it all together by creating an action plan.</p>
2:45PM - 3:00PM	<b>Closing Remarks</b>



# WORKSHOPS

All Summit workshops are open enrollment, but below are suggestions to help you find the workshop for you! More information on each workshop and presenter bios can be found in your folder.

## *New to ACEs?*

### **The Power of Healing through Fostering Resilience**

**Library**

Liz will use her personal story of resilience fostered by educators and other members of her community to inspire others to support interventions for children that focus on triumph over trauma.

### **Film Screening**

**Main Gym**

View the documentary *Resilience: The Biology of Stress and The Science of Hope* which details the science of toxic stress and the dawn of a movement to fight back.

### **Introduction to ACEs and Resilience**

**Room K-2**

Learn about the significance of the ACEs study, impacts of ACEs and how individuals, organizations and communities can implement resilience strategies.

### **Transgenerational Trauma**

**Room K-12**

This workshop will look at historical trauma from American Slavery to now, and how it impacts

## *Educators*

### **Strategies to Support Students Dealing with Anxiety, Depression and Trauma**

**Room K-8**

Learn about evidence-based practices for supporting students who are dealing with anxiety, depression and trauma.

### **Trauma and the Adolescent Mind**

**Room K-15**

Learn about the brain regions impacted by trauma, how the brain responds, survivor resilience, and being trauma-informed when working with adolescents.

## *Service Providers*

### **Trauma Informed Early Intervention**

**Room K-6**

See how a local non-profit early childhood education program is implementing trauma-informed care as an intervention for behavioral and developmental challenges.

### **Compassion Fatigue**

**Room K-14**

Learn coping strategies, self-care plans and strategies for staying in the profession, staying healthy and maintaining a benevolent, generous heart.

### **Visualize and Manifest**

**Room K-16**

Dr. Van Woy will teach the visualization techniques she currently uses in her medical practice. She will discuss and demonstrate visualization processes and

## *Parents*

### **Raising Resilient Children (English)**

**Room K-4**

This session provides some ideas on how to help children ages 0-12 become emotionally resilient, including 6 key skills in teaching your children resilience.

### **Criar niños resilientes (Español)**

**Sala de K-5**

Esta sesión proporciona algunas ideas sobre cómo ayudar a los niños de 0 a 12 años a ser emocionalmente resilientes, incluidas son 6 habilidades claves para enseñarles a los niños resiliencia.

### **Taking Care of Yourself Parent Café**

**Room K-7**

Learn how to take care of yourself by having destressing, empowering and meaningful conversations about the Strengthening Families Protective Factors.