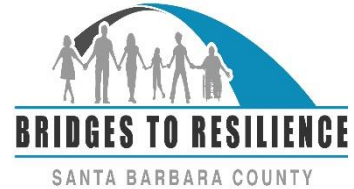


# Bridges to Resilience: Connecting Our Community through Trauma-Informed Care



**Date:** Thursday, October 11, 2018  
8:00 a.m. – 5:00 p.m.

**Location:** Santa Ynez Valley Marriott  
555 McMurray Rd. Buellton, CA 93427

**Content: Session 1:**

- 1.1: Flourishing Trauma Informed School – leading with compassion! - Presenter: Godwin Higa
- 1.2: Impact of Trauma on Children’s Brain Development and Behavior - Presenter: Julie Kurtz
- 1.3: Addressing Racial and Ethnic Disparities through University-County Partnership - Presenter: Dr. Jill Sharkey
- 1.4: Best Practices for Implementation of ACEs Screening in the Practice Setting and Pediatric Community - Presenter: Karissa Luckett, R.N.
- 1.5: Mindfulness in Action - Using the Brain in Your Body to Achieve Resiliency - Presenter: Jay Fields

**Session 2:**

- 2.1: Promoting Social-Emotional Health (Panel) - Moderator: Alison Lindsey
- 2.2: Trauma Informed Practices for Early Childhood Providers - Presenter: Julie Kurtz
- 2.3: Culture and Resilience - Presenter: Dr. Melissa Morgan Consoli
- 2.4: Resilience Using a Two Generation Model - Presenter: Dr. Todd Sosna
- 2.5: Cultivating Resilience through Grief Work - Presenters: Suzanne M. Retzinger, PhD, MFT, Michael J Cruse, MSW, LCSW

**Key Note Speaker:** Values at the Core- Getting Right with Yourself - Presenter: Dr. Hymon Johnson

**Youth Panel:** The Journey to Leadership: Youth Stories of Resilience - Moderator: Selena Rockwell

**Closing Speaker:** Self-Care and Resilience in the Workplace: The Keys to a Well-Nourished Organization - Presenter: Erin Browder

**Investment:** \$75 Registration fee  
Continental breakfast, lunch, and optional reception after conference included  
\*\* Scholarships available to Resource Families, Parents and Guardians

**Payment options: Check made out to SBCSELPA**  
Mail to 401 N. Fairview Ave., Goleta, CA 93117  
**Purchase Order**  
**Credit Card** information can be found on OMS registration site

**Continuing Education:** This conference meets the qualifications for continuing education credit for licensed Marriage and Family Therapists (MFTs), Licensed Clinical Social Workers (LCSWs), Licensed Educational Psychologists (LEPs) and Licensed Professional Clinical Counselors (LPCCs) as required by California Board of Behavioral Sciences (Casa Pacifica Centers for Children and Families, Provider 2522).

**CEU’s Cost: \$25.00- Paid at the conference with check made out to SBCSELPA.**

**Reception immediately following Erin Browder’s presentation.**

**To register:**  
(Deadline: 9/28/2018 or until full)

**Access this training in the SBC SELPA OMS system using the link below:**

[sbcselpa.k12oms.org](http://sbcselpa.k12oms.org)

**\*\*You will need to create an OMS account if you do not yet have one. Please indicate your agency, school, or community organization.**

**\*\*\*Indicate your Session 1 and Session 2 choice.**

**No Phone Registrations: Questions:** Call (805) 683-1424 or [selparegistration@sbceo.org](mailto:selparegistration@sbceo.org)

**Event Sponsors:**



**Bridges to Resilience:  
Connecting Our Community through Trauma-Informed Care**

**Key Note Speaker: *Dr. Hymon Johnson*  
Values at the Core- Getting Right with Yourself**

Learn social and self-care awareness. Learn how to apply a variety of human values-based strategies and techniques that can be of enormous benefit to personal peace, inspiration, resilience, and all-around effectiveness.

**Break Out Sessions:**

**Session 1**

**1.1: Flourishing Trauma Informed School- leading with compassion! *Godwin Higa***

Learn proven strategies to create a Trauma Informed School/Community - policy changes, increase attendance, creating a structured and predictable environment conducive to academic success.

**1.2: Impact of Trauma on Children's Brain Development and Behavior: *Julie Kurtz***

Learn how trauma affects young children's brain development, arousal states, and behavior. Learn the difference between challenging behaviors and triggers.

**1.3: Addressing Racial and Ethnic Disparities through University-County Partnership: Critical Insights for Everyone Who Works with Youth: *Dr. Jill Sharkey***

Identify and address racial and ethnic disparities (R.E.D.) that lead to the overrepresentation of youth of color involved with the criminal justice system. What are REDs nationally and in Santa Barbara County? What can be done to address REDs in behavioral health and more?

**1.4: Best Practices for Implementation of ACEs screening in the practice setting and in the broader Pediatric community: *Karissa Luckett***

This session will provide an overview of the National Pediatric Practitioner Collaborative, and the benefits in implementing ACEs screening. Patient Education regarding ACEs will be discussed as well as Staff, Provider, and Organization needs around self-care related to ACEs screening.

**1.5: MINDFULNESS IN ACTION~ Using the Brain in Your Body to Manage Anxiety + Difficult Emotions to Achieve Resiliency: *Jay Fields***

You will learn the role your body plays in being able to stay grounded and calm in stressful situations and the one essential resource that significantly increases resilience.

**Session 2**

**2.1: Promoting Social-Emotional Health for Youth (Panel) - Moderator: *Alison Lindsey***

**SB Unified School District, Restorative Approaches – *Lito Garcia*; AHA! – *Melissa Lowenstein*; Fighting Back SM – *Edwin Weaver*; Wilderness Youth Project – *Dan Fontaine***

Identify and take home ideas to build resilience with youth.

**2.2: Trauma Informed Practices for Early Childhood Providers: Key Strategies to Support Children Affected by Trauma: *Julie Kurtz***

Learn how to develop caring and attuned relationships with young children with histories of trauma. Learn trauma-sensitive strategies for arranging the environment in the home or early learning programs.

**2.3: Things our Grandmothers Taught Us: Culture and Resilience: *Dr. Melissa Morgan Consoli***

Focus on cultural aspects of resilience and thriving, how resilience could be viewed through a cultural lens, and its implications. Literature and author's studies will be viewed as well as experiential activities to help audience members engage with the material.

**2.4: Promoting Resilience using a Two Generation Model: *Dr. Todd Sosna***

This workshop will provide a compelling case for the use of two-generation programs to build resiliency and prevent adverse childhood events. Two-generation programs are now incorporating trauma-informed practices in using coordinated services that simultaneously address child and parent goals resulting in more profound and enduring outcomes.

**2.5: Cultivating Resilience through Grief Work: *Suzanne M. Retzinger, PhD, MFT and Michael J. Cruse, MSW, LCSW***

The purpose of this workshop is to gain greater knowledge about the grief process, supporting all persons when grieving, and how it can lead to resilience.

**The Journey to Leadership: Youth Stories of Resilience (Panel) - Moderator: *Selena Rockwell***

Local youth give their perspectives on difficult issues facing young people today. Youth will share lessons learned, opportunities that mattered and the people that supported them in their quest to make a difference.

**Closing Speaker: *Erin Browder***

**Self-Care and Resilience in the Workplace: The Keys to a Well-Nourished Organization**

Leadership well-being is organizational well-being. Promoting professional well-being starts with a commitment among leaders + professionals that becomes reality through daily interactions and shared effort.