

Ohio

Developmental Disabilities
Mental Health and Addiction Services

**Trauma-Informed Care
"Creating Environments of
Resiliency and Hope"**



Fifth Annual Trauma-Informed Care Summit

MAY 14-15, 2019

Marriott Columbus University Area
3100 Olentangy River Road
Columbus, Ohio



Creating Environments of Resiliency and Hope in Ohio Sixth Annual Trauma-Informed Care Summit

May 14, 2019

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|-------------------|--|
| 7:30-9:00 am | Sign-in Registration, Scioto A (continental breakfast in prefunction area) |
| 8:00-8:30 am | Morning Meditation and Movement with Holly Jones, OhioMHAS |
| 9:00-9:15 am | Welcome
Lori Criss, OhioMHAS, Director
Jeff Davis, DODD, Director
Presentation |
| 9:15-10:30 am | <i>“The Repressed Role of Adverse Childhood Experiences”</i>
Vincent Felitti, MD
Clinical Professor of Medicine, University of California |
| 10:30-10:45 am | Break (beverages, fruit in prefunction area) |
| 10:45 am-12:00 pm | <i>TIC From the Experts - Panelists share their stories</i>
Bobbi Beale, PsyD, Facilitator
Center for Innovative Practices, Case Western Reserve University |
| 12:00-1:00 pm | Lunch, Franklin Ballroom |
| 1:15-2:30 pm | <i>Ohio’s Trauma-Informed Approach Champions</i>
Breakout Workshops • see full schedule, following pages |
| 2:30-2:45 pm | Break (beverages, dessert in prefunction area) |
| 2:45-4:00 pm | <i>Ohio’s Trauma-Informed Approach Champions</i>
Breakout Workshops • see full schedule, following pages |
| 4:00-4:15 pm | Closing and Continuing Education submission |

Day One, May 14, 2019

Breakout Workshops, Session One, 1:15-2:30 pm

Growing in a Resilient Manner: A Community Conversation

Sarah Buffie, MSW, LSW, Founding Director, Soul Bird Consulting

This workshop will be a facilitated community conversation regarding growing in a resilient manner. Growing in ourselves, others, schools, communities, and more. The overarching question being: How might we use our individual and collective power and privilege to exercise our voice, choice, and control in growing resilience within ourselves, those we support and those that support us? This breakout session will be a unique opportunity to hear many diverse voices and learn from an inclusive community conversation.

Systems Approach to Trauma Informed Care: Developing Trauma Competence Through Cross System Collaboration & Partnership

Erin Lucas, LISW-S, Early Childhood Programs Director; Robin Harris, Executive Director, Hopewell Health Centers

Imagine a community working together to ensure that professionals have what they need to put trauma informed care into practice, helping Appalachian children impacted by the opiate crisis. Hear from representatives across systems of care who made this vision a reality and how it has changed Meigs County. Learn how they secured funding, developed a structure and an action plan for projects like Handle With Care and PBIS in a meaningful way for their students, families and professionals. Panel of school administration, ADAMHS Board Director, mental health partner and local ESC partner.

A Way of Being: Trauma Care for People in Recovery from Substance Disorders

Ron Luce, PhD, Executive Director, John W. Clem Recovery House

It has been well known for some time that trauma is an underlying cause of addiction disorders for many people. Unfortunately, some recovery programs focus on the addiction disorder without screening for or dealing with the underlying causes. In this session, participants will be exposed to some basic information about trauma in people with addiction disorders, informal screening using motivational interviewing, and communication tools for interacting effectively when a person in recovery reveals underlying trauma.

Trauma-Informed Mindfulness: Moving Beyond the Hype into Healing

Jessica Starr, LPC, SEP, Somatic Psychotherapist and Meditation Teacher, Wellness Now Group

Research validates the effectiveness of mindfulness to support those who have experienced trauma directly or vicariously. This workshop provides an experiential understanding of trauma-informed mindfulness and engaging in mindfulness practices to address the neurophysiology of trauma. Learn to avoid misinformed mindfulness practices that potentially aggravate or intensify trauma symptoms. Gain a basic understanding of mindfulness and how to implement it. Explore and define key concepts and terms used in mindfulness practices, review current scientific research, and learn about both the benefits and limitations in utilizing these skills.

Addressing the Spiritual Needs of Trauma Survivors in Behavioral Health Services: Holistic Values and Practices

Reinhild Boehme, LISW-S, Assistant Director, Clinical Impact and Innovation; Andrea Jacobs, MDiv, BCC: Director of Spiritual Development and Chaplain, OhioGuidestone

Traumatic experiences question everything we hold true about ourselves, others, and the world: they affect our whole being. In this session we will broadly define spirituality in the context of trauma informed services focusing on whole-person needs, including living a connected and meaningful life. We will outline how explicitly and implicitly expressed spiritual distress and needs can be addressed in the context of behavioral health services using Holistic Values and Practices (HVP), always focused on the client's values, needs, and inherent strengths; never the provider's spiritual or religious identity. HVP can be delivered in conjunction with Therapeutic Behavioral Services (TBS), enhancing TBS through the provision of trauma specific services that address the needs of the whole person, including the client's questions about meaning and justice.

Becoming a Trauma Informed Supervisor

Heather Katafiasz, PhD, IMFT-S, AAMFT Approved Supervisor, Assistant Professor, University of Akron

Trauma informed approaches to clinical work take a systemic approach to addressing trauma within clinical settings, training each staff, clinical, and supervisory employee to have a trauma informed approach. Similarly, supervisors can take a trauma informed approach to supervision to ensure the effective treatment of trauma while enhancing the wellness of clinicians. This workshop highlights the systemic nature of trauma and the isomorphism that addressing trauma in supervision can have on the clinical work of the clinician. We will specifically highlight the applicability of SAMHSA's 6 key principles of a trauma informed approach to clinical supervision: safety, trustworthiness, choice, collaboration, and empowerment, SAMHSA, 2014.

Creating Sustainable Trauma Responsive Volunteer Respite by Catalyzing the Community

Lisa McCoon, Pause Program Director, Butler County Family and Children First Council

Sustainable options for respite can often be difficult because of ever-changing programs, funding, eligibility criteria and cost. *Pause*, a Butler County Ohio program supported by the Family and Children First Council, developed an innovative respite program for families who have children with disabilities. Largely supported by volunteers, interns from local universities and donations from the community, the program can be replicated and utilized for any population. Since its inception in late 2014, *Pause* has had a 1300% growth average across all areas with child enrollment growing 1733%. Participants will learn how to bring families needing respite out of isolation while catalyzing their local community to step into the gap.

Day One, May 14, 2019

Breakout Workshops, Session Two, 2:45-4:00 pm

Growing in a Resilient Manner: A Community Conversation

Sarah Buffie, MSW, LSW, Founding Director, Soul Bird Consulting

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Everything but the Kitchen Sink: A Comprehensive Approach to Community Trauma

Sarah Hendrickson, M.Ed, Director, Community Trauma Institute, The MetroHealth System

This workshop will share the foundational necessities for creating systems and community change from the perspective of a community anchor institution, based on the development of the Community Trauma Institute at the MetroHealth System in Cleveland, Ohio. Developed under informed principles and founded on collaboration, shared experience, sustainable resources, relational health and the power and voice of the communities we serve. This workshop incorporates inclusive tenets, ranging from immigration services and trauma; arts in health; trauma-informed community development; the faith community and trauma; cross-sector collaborations; city governance and trauma; school health; trauma screenings and interventional responses; trauma-informed program development; the power of the peer; and the role of trauma in mental health, substance use and addiction, incarceration, social and racial equity.

Trauma-Sensitive Yoga and Mindfulness: Techniques for Care-giving Professionals

Marcia Miller, Yoga Therapist, E=RYT 500, Yoga on High

All trauma, including vicarious trauma, affects physiological systems throughout the body; therefore, effective trauma relief needs to take care of the whole body. In this newly designed session, you will learn and experience specific therapeutic practices that are practical, portable and potent, and designed to promote healing and resilience in your nervous system. Not only can they reduce the effects of secondary trauma already present but can help prevent it. We will teach UZIT™: Urban Zen Integrative Therapy™-a multi-modality practice that layers gentle movement, breath and meditative practices (in use with veterans, addicts and their care providers, women who have been sex-trafficked and their staff, people with mental and physical health diagnoses and their staff); and iRest™: a well-researched meditation protocol that has been shown to positively affect sleeplessness, hyper-vigilance, anxiety and depression among other symptoms of trauma.

Building a Resiliency-Based Care Model to Improve Compassionate Service Delivery

Arianna Galligher, LISW-S, Program Coordinator; Kenneth Yeager, LISW-S, Program Director, OSU Wexner Medical Center, STAR Trauma Recovery Center

Compassionate care is a foundational cornerstone in our work as helping professionals. Prioritizing compassionate care also provides the fundamental framework for ethical practice. In order to provide compassionate care, systems must shift to encourage a culture that is rooted in resilience strategies for staff and clients alike. Using the principles of trauma-informed care, this workshop will offer guidance on building a resiliency-based care model that supports staff to maintain their compassion and make ethical decisions that prioritize client care.

Invisible Injuries: Strangulation, Traumatic Brain Injury and Domestic Violence

Rachel Ramirez, LISW-S, RA, Training Director, Ohio Domestic Violence Network

We are beginning to uncover the reality that even when bruises or other injuries heal, the impact of all domestic violence experiences remains for weeks, months, and sometimes years to come. An alarming number of domestic violence victims experience strangulation and repeated blows to the head, with 85% of people accessing domestic violence victims reporting head trauma and strangulation. These personal, intentional, and terrifying injuries can cause long lasting physical, emotional, behavioral and cognitive problems, and can lead to permanent disability. Learn about trauma-informed tools, resources and strategies to support you in responding using trauma-informed principles that can facilitate effective services that enhance safety, healing, and recovery, and literally save lives.

Building Resilient Parents and Children: Mom Power CLE

Sarah Lytle, MD, Assistant Professor, Dept of Psychiatry, Div of Child and Adolescent Psychiatry, University Hospitals Cleveland Medical Center; Jaina Amin, MD, BSN, Co-Program Director, Women's Mental Health Fellowship, Assistant Professor of Psychiatry, CWRU

Mom Power (MP) is a therapeutic intervention for mothers of children under the age of 6 years with personal histories of trauma and psychopathology (depression, PTSD, or anxiety). It includes a manualized 10-week group treatment program, 3 individual dyadic assessments and continuous wrap-around services. Our goal is to empower mothers struggling with their own traumatic histories and mental health symptoms by teaching emotion regulation skills, increasing maternal reflective capacity, building a parenting support network and connecting to appropriate medical and social support services. Mom Power was developed by Dr. Maria Muzik and colleagues at the University of Michigan. This session features Mom Power CLE, a project aimed to implement Mom Power in Cuyahoga and Lake counties within community mental health settings.

Trauma, the Brain & Behavior: Sensory-based Interventions To Increase Daily Function

Rachel Snodgrass, MOT, OTR/L, Occupational Therapist; Joan Hedrick, OTR/L, Occupational Therapist, Ohio Department of Youth Services / ABC Therapies, Inc.

An overwhelming number of people in America's correctional system, and our country as a whole, have experienced traumatic events and chronic stress during development. Ohio's juvenile justice system combines Occupational Therapy with Behavioral Health to target functional deficits influenced by childhood trauma, focusing on improving daily function and decreasing maladaptive behaviors. This session will present on sensory-based approaches that help build and strengthen neurological pathways in the brain previously damaged by trauma, including practical adaptations and activities, current research regarding the outcomes of these interventions on skills, behaviors, and violence in the institution.

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- 8:00-8:30 am Morning Meditation and Movement with Holly Jones, OhioMHAS
- 9:00-9:15 am Welcome
Mark Hurst, MD, OhioMHAS, Assistant Director, Clinical Services
Lileana Cavanaugh, Executive Director, Ohio Commission on Hispanic and Latino Affairs
- 9:15-10:30 am ***“The Latino Soul In Grief: Tales of Hope and Resilience”***
Salvador Treviño, Ph.D.
Executive Director, Guadalupe Counseling and Psychological Services
- 10:30-10:45 am Break (beverages, fruit in prefunction area)
- 10:45 am-12:00 pm ***“Understanding and Mitigating Implicit Bias”***
Preshuslee Thompson, Training and Research Specialist
The Ohio State University Kirwan Institute for the Study of Race and Ethnicity
- 12:00-1:00 pm Lunch, Franklin Ballroom
- 1:15-2:30 pm ***Ohio’s Trauma-Informed Approach Champions***
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Day Two, May 15, 2019

Breakout Workshops, Session One, 1:15-2:30 pm

Cultural Competence vs. Cultural Sensitivity

Salvador Treviño, Ph.D., Executive Director, Guadalupe Counseling and Psychological Services

The purpose of this breakout session is to help participants develop and deepen their cultural sensitivity to working with immigrants and to develop at least three skills to assess trauma with Latino immigrants. Cultural sensitivity begins with oneself. This experiential breakout session is designed to foster and increase cultural awareness and sensitivity through:

1. Self-exploration;
2. Honest conversation about race and ethnicity, and;
3. Developing racial/ethnic sensitivity.

Traumatic Experiences and the Being Good at Being Bad Lifestyle

Jose Rosado, B.A. Sociology/Criminal Justice Administration, M.Ed. Education/Secondary School Counselor

The workshop provides an engaging and interactive presentation including a PowerPoint (Trauma and the Being Good at Being Bad Lifestyle). The presentation includes 3 short videos (2 minutes each) based on poems written by the presenter. The first video focuses on care taker self-awareness. The second video focuses on Identifying students impacted by trauma (change in behaviors etc.). The third video focuses on making a positive impact on the students (an opportunity to help them heal). The I.B.E.A.M. Model is explained in detail. Participants are encouraged to ask questions and engage in discussion and dialogue.

Creative Arts Therapies: Fostering Cultural Competence in Clinical Practice and at the Organizational Level

Misty Ramos-Saviano, ATR, LPCC-S, ACTP, EMDR, Founder, Executive Director, P.A.L.S. for Healing

In this experiential workshop, you will learn how creative arts therapies fosters cultural awareness with clients you meet. The evidence backing the need for creative arts in trauma treatment and ways to incorporate these interventions into your treatment plan. You will also learn ways creative arts interventions build resiliency in helpers and the benefits of adopting this organization-wide, leading towards trauma competency.

Examining Unconventional and Mischaracterized Trauma Expressions in Black Males

LaToya Logan, MSSA, LISW-S, CCTP, Executive Director, Project LIFT Consulting

This session will examine the influence of implicit bias on how behavioral health professionals identify trauma in clients. In understanding the effects of trauma to be a deeply personal experience, defined by each individual, it is important to challenge the characterizations of what is an acceptable expression of trauma. Research related to depression and mood disorders for Black males has been limited to 19 studies, leaving a significant gap in knowledge impacting assessments, diagnosis, referrals and ultimately treatment. Addressing trauma, both clinically and culturally, requires behavioral health professionals to challenge what we think we know, to effectively advocate for those unable to articulate their experience within a diagnostic or philosophical criteria. This workshop will review current literature and practices and offer strategies to support professionals and clients.

Mental Health Considerations in Transgender Youth, Psychiatric Hospitalization and Gender Dysphoria

Richard Gilchrist, MD, Child Psychiatrist, Associate Professor, Clinical Behavioral Safety Officer, Nationwide Children's Hospital

This program will describe mental health needs of youth with potentially evolving gender identity issues and those with gender dysphoria. The program will focus on recognition of gender dysphoria in youth as well as identification of protective and risk factors for suicide/poor outcomes in transgender youth. The program will describe possible interventions to address various the mental health needs. Participants should feel more comfortable making referrals for mental health care and/or providing appropriate support. The program will include data regarding prevalence, risks, outcomes, and treatment. Practical and applicable concepts for improving competency in recognition and support of this patient population will be provided.

African Americans and Trauma: Beyond The Diagnosis

Elizabeth Joy, MBA, MSW, LSW, LCDCIII, Founder, CEO, Survivors To Alivers

Going beyond trauma-informed care, this presentation will address the unique challenges African American trauma survivors face in working toward healing while being continuously exposed to the trauma of oppression and implicit bias. How do we differentiate between behaviors related to a diagnosable disorder and those connected to the experience of oppression? How does the experience of oppression compound the challenge of healing? Participants will be engaged in a conversation regarding the reality African American trauma survivors face in the process of healing from traumatic experience (abuse, domestic violence, neglect, etc.) combined with exposure to trauma rooted in their experience of oppression. Learn the history of African Americans and mental health and oppression and review current realities African Americans face in our country. Participants will be introduced to Dr. Joy DeGruy's Post Traumatic Slave Syndrome theory and discussions of differences and similarities between this theory and Post Traumatic Stress Disorder.

The Impact of Trauma on Parenting

Bobbi Beale, PsyD in Clinical Psychology, Senior Research Associate, Consultant, Trainer, CWRU, CIP

Clinicians have become increasingly aware of the impact that trauma and traumatic stress has on the children and the youth that we see in our home- and community-based programs. Although we recognize that we are often working with 2nd, 3rd, and 4th generation trauma, we struggle with how to recognize and deal with the impact that the parents' trauma has on their parenting. This workshop will explore the ways in which generational trauma effects parenting, how to respectfully engage parents, and how trauma shows up in parenting interactions.

Day Two, May 15, 2019

Breakout Workshops, Session Two, 2:45-4:00 pm

Cultural Competence vs. Cultural Sensitivity

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The purpose of this breakout session is to help participants develop and deepen their cultural sensitivity to working with immigrants and to develop at least three skills to assess trauma with Latino immigrants. Cultural sensitivity begins with oneself. This experiential breakout session is designed to foster and increase cultural awareness and sensitivity through:

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Rapid Resolution Therapy: A Straightforward, Effective and Cross-Cultural Trauma Treatment

Jennifer Schrappe, MA, LPCC, Clinical Counselor

This workshop will delve into the developing field of memory reconsolidation. Information will be shared on how the brain is affected by trauma, how traumatic memories are stored, and how they continue to affect clients' lives. Rapid Resolution Therapy is a form of memory reconsolidation and can bring healing into the lives of those who have been affected by non-complex trauma. This intervention effectively "neutralizes" a traumatic memory so that it no longer causes flashbacks, nightmares and other intrusive symptoms. Participants will understand how Rapid Resolution Therapy is effective cross-culturally—and will review examples of its efficacy in working with Latino clients. Finally, this workshop will have an interactive component, in which participants will have the opportunity to experience memory reconsolidation firsthand.

"AT HOME" Model of Care at US Together

Nadia Kasvin, Founder, US Together; Hana Khaled, VOCA Case Manager, US Together

The workshop will give a brief description of the clients that we serve at US Together. US Together is a refugee resettlement and social integration services agency in Columbus, the presenters will talk briefly about who are refugees? how is a refugee status granted? and differentiate between refugee and asylum seeker, as well a different immigration statuses that exist. The presenters will describe the AT HOME model of care used to deliver direct services to our clients. AT HOME is an acronym for "Accessible, Timely, Holistic, Oriented, Multi-Disciplinary and Empowering through Education." Presenters will share examples of each and to show the success of the model with their culturally specific clientele.

Integrating Intersectional Cultural Identities into Trauma-Focused Treatment

Megan Conrad, PhD, Clinical Psychologist, Summa Health Traumatic Stress Center

This workshop will focus on cultural competence in psychotherapy, related to treatment of PTSD. As a shared human experience therapy is most successful when there is a strong therapeutic relationship. Understanding one's own culture, and how it intersects with the cultures of others, creates a greater sense of inclusion. This is particularly relevant when treating trauma, as trauma is often interpersonal in nature and can cause cultures and identities to overlap inorganically. This session will review various aspects of culture, how they intersect, and how providers can effectively integrate culture into treatment. This session will include a relevant case study from the presenter's clinical background to discuss treatment approaches for those with PTSD.

A Trauma Competent Response to Immigration: A Community Collaborative Perspective

Sharon Shumaker, LISW-S, Social Work Coordinator, MetroHealth Trauma Recovery Center

Trauma and emotional needs experienced by the immigrants are often recognized, but not always addressed in service provision. Using a trauma informed approach, The MetroHealth Trauma Recovery Center addresses immigrant trauma awareness to promote resiliency. This workshop will begin with an overview of immigration: who has refugee status and who has immigrant or asylum status. We will look at the complexities of the immigration process and the experience of trauma. We will look at immigrant populations and the experience of trauma from country of origin to current living and work situations. We will share what is working and lessons learned. We will discuss current materials being used and ideas for further development.

Culturally Relevant Healing and Support

Adrienne Kennedy, MS, Psychology, Certified Trauma Practitioner, Trainer, Coach, Pioneering Connections

This session will increase awareness of how we all have been affected by the past and without intervention will continue to be affected. We will look at culturally relevant, evidence-based trauma interventions to address trauma, historical trauma and the related challenges to promote positive outcomes for African Americans. Providers may underestimate the level of distrust that exists among historically marginalized groups and the impact that distrust has on the efficacy of services. This workshop invites participants to examine their experiences (e.g., cultural ways of knowing, historical trauma, implicit biases) and the ways these experiences influence personal connection, cultural sensitivity, and working with historically marginalized groups.

Academy for Leadership Abilities®

Shelly Lackey, ALA Facilitator, Community Supports Director, Perry County Board of Developmental Disabilities

The Academy for Leadership Abilities® (ALA) is improving the lives of youth, adults, and the communities in which they live, by teaching people How to Think, NOT What to Think. ALA is NOT a one-time event. It is a commitment to excellence by personal learning and growth. Learn how this was developed and successful in Perry County, Ohio. Kathleen Young, from Governor Kasich's office, stated, "ALA participants are counseling peer-to-peer through life experiences and enhancing relationships by doing what is right." ALA leadership curriculum changes the culture with results including character development – honesty; integrity/ethics; level of trust; doing the right things, for the right reasons, with the right people, every single time to the best of their ability, even when no one is looking; relationship building across all participants regardless of stereotypes or disability labels; and improved personal performance.