

Monday, December 9, 2024

9:00 – 9:30	Welcome
9:30 – 10:45	Keynote - "The Resilient Educator: Managing Stress and Building Resilience"
10:45 – 10:55	Break
10:55– 11:40	Breakout Session A
11:45 – 12:30	Breakout Session B
12:30 – 1:30	Lunch
1:30 - 4:00	Putting It Into Practice: Implementation and Integration

Keynote - “The Resilient Educator: Managing Stress & Building Resilience

-Dr Bryan Harris

Resiliency - that ability to “bounce back” after setbacks and to persist in the face of stress and adversity - is an essential skill for educators. Because the profession is stressful and unpredictable at times, educators need to develop, practice, and refine their own resiliency before they attempt to support students. This relevant, interactive, and fun session will provide techniques, strategies, and methods that help to educators manage stress and build resilience.

Putting It Into Practice: Implementation and Integration

Utilizing a foundation of implementation science that integrates systems thinking concepts into school environments, participants will engage in a process to reflect on what they learned in their breakout sessions, identify small but significant steps they can take to immediately to implement what they learned, and create an individualized plan to help support integration into their work.

BLOCK A

10:55 am – 11:40 am

WORKSHOPS A1–A4**A1 Early Childhood Track | Co-Regulating in the Classroom: Supporting Young Children and Ourselves** *Patsy Rethore-Larson*

In the early years, self-regulation is an emerging skill. All young children need the support of caring adults to navigate their emotional storms; children who have experienced trauma may struggle even more to cope with big emotions. How do we as adults manage our own stress and regulation while providing nurturing support to young children? This session will examine the foundational importance of co-regulation, discuss how we can effectively manage our own stress, and what classroom strategies are best practice for developing positive social and emotional skills in the early years.

A2 Primary Grades Track | Six Life Lessons from a Cactus *Theresa Spriggs*

Participants will review the meaning of resilience, grit and persistence and how it can be developed in our students and our daily lives. The presenter will review the 6 life lessons with real-life examples: -Get Plenty of Sunshine -Accentuate Your Strong Points -Be Patient Through the Dry Spells -Conserve Your Resources -Wait For Your Time To Bloom -Stay Sharp Participants will discuss each of the life lessons as they relate to us as individuals. The cactus theme and analogy is analyzed throughout the presentation. This is a fun presentation with lots of symbolism and depth, showcasing the beauty of our area and our desert wildlife, cactus and saguaros. (If time permits, participants will be able to create their own cactus.)

A3 Secondary Grades Track | Leveraging the Power of Relationships *Robin Blumenthal*

Relationships are the #1 Protective Factor when someone is struggling with adversity and stress. Now, more than ever, harnessing the power and nature of safe, strong, and healthy relationships is vital to success, engagement and learning. Join us as we explore 7 strategies for cultivating student-teacher, leader-client, case-manager-parent, or any other relationships that help set (or reset) a foundation for healing, learning, and growth!

A4 Administration Track | Responding to Trauma in Schools: A Proactive Approach to Student Support *Tamera Miyasato*

This session explores how Winyan Wakan Owayawa uses the Trauma Continuum and ACEs to create healing-centered environments that support students, staff, and the community. Participants will gain practical, culturally proficient strategies for fostering belonging, engaging families, and addressing trauma holistically, even in underfunded schools. The session highlights collaborative, restorative practices and innovative solutions to promote resilience and healing.

BLOCK B

11:45 am – 12:30 pm

WORKSHOPS B1 - B4**B1 Early Childhood Track | Integrating Compassion Resilience** *Katie Tacey*

The session will focus on how schools can integrate compassion resilience practices into everyday activities, and how to implement them effectively within the school environment, supporting teacher well-being and sustainability Using the Compassion Resilience Toolkit

B2 Primary Grades Track | The Road to Resilience: Paved by Maslow's Hierarchy of Needs *Paula Obeid; Dr Camea Peca*

This workshop explores how building resilience starts with meeting foundational needs, inspired by Maslow's Hierarchy. Designed for educators, especially K-6, it includes practical self-regulation techniques, stress management strategies, and cultivating trauma-informed, supportive environments. The workshop emphasizes how educators set the tone and energy of the classroom and highlights their professional responsibility to develop personal well-being. By prioritizing their own well-being, educators can model resilience in the classroom and set the stage for both personal and professional success. Attendees will leave with actionable techniques to improve both personal well-being and workplace productivity, fostering an environment where both educators and students thrive.

B3 Secondary Grades Track | Building Bridges: Brain Science and Attachment in the Secondary Classroom *Jessica Smith*

Building Bridges: Brain Science and Attachment in the Secondary Classroom explores how understanding the teenage brain can transform classroom dynamics. This lecture introduces educators to the neurosequential model, assisting teachers in identifying behaviors as expressions of unmet needs through an attachment perspective. Attendees will gain strategies to foster meaningful connections that promote learning and resilience. Empower your teaching practice by bridging neuroscience and compassion in the secondary classroom.

B4 Administration Track | Reconsidering ACEing Attendance: Building Community Partnerships to Support Youth and Family Resilience *Dr Sarah Lindstrom Johnson; Elise Beaudoin*

The ACEing Attendance workshop will illustrate how ACEs form the foundation of chronic absenteeism, by demonstrating how ACEs affecting teachers, families, and children interact. As such, we will build off the Attendance Works model of chronic absenteeism to suggest the need for multi-systemic partnerships and highlight successful initiatives from across the state. In addition, we will facilitate action planning to facilitate local partnerships and discuss how to message this reframe to school and parent audiences.

Building Resiliency by Strengthening Relationships

Agenda

Tuesday, December 10, 2024 | 8 a.m. – 3:45 p.m. (MST)

7:45 - 7:55 a.m. Participant questions / Issues

8:00 - 9:00 a.m. Spreading HOPE, Healthy Outcomes from Positive Experiences
(Robert Sege, MD)

9:00 - 10:00 a.m. Relational Health and Positive Childhood Experiences: Antidote for Trauma and
Toxic Stress
(Sasha Svendsen, MD)

10:00 - 10:10 a.m. Break

10:10 - 11:10 a.m. Community-Led Solutions to Foster Systems that Support
Intergenerational Family Resilience
(Renee Boynton-Jarrett, MD)

11:10 a.m. - 12:10 p.m. TIC Talk: the what, why and how of trauma informed care
(Heather Forkey, MD)

12:10 - 12:40 p.m. Lunch

12:40 - 1:25 p.m. The Biology of Burnout and Remedies to Restore Resilience
(Heather Forkey, MD, Boston)

1:25 - 2:25 p.m. TIC in pediatric primary care: 100 little conversations to promote
relational health
(Rj Gillespie, MD)

2:25 - 2:30 p.m. Break

2:30 - 3:30 p.m. The Flourishing Clinician: Practical Ways to Thrive in the Complex and
Changing World of Healthcare
(Michael Krasner, MD)

3:30 - 3:45 p.m. Wrap Up 5 - 10min

11th Annual ACEs & Resilience Summit Schedule

Wednesday, December 11, 2024 | 11th Annual ACEs & Resilience Summit - Day 1

9:00 – 9:15	Welcome
9:15 – 10:45	“Building Collective Resilience” Thomas Hübl
10:45 – 11:15	Break
11:15 – 12:30	Workshop - Block A
12:30 – 1:30	Lunch
1:30 – 2:45	Workshop - Block B
2:45 – 3:15	Break
3:15 – 4:30	Workshop - Block C

Thursday, December 12, 2024 | 11th Annual ACEs & Resilience Summit- Day 2

9:00 – 9:15	Welcome
9:15 – 10:30	Capacity Equals Resilience Kate Stuart
10:30 – 11:00	Break
11:00 – 12:15	Community Cafe
12:15 – 1:15	Lunch Break
1:15 – 3:00	Workforce Resilience: Help for Helpers John Richardson-Lauve, LCSW
3:00 – 3:30	Break
3:30 – 4:00	Reflection Session

Opening Keynote | “Building Collective Resilience” | Thomas Hübl

Our world is increasingly marked by division and polarization, so how can we create connections that bridge divides and nurture healing? In this keynote, Thomas Hübl will explore the relationship between individual, ancestral, and collective trauma and its impact on the challenges we face today. By understanding the wounds of our shared past, we can access new pathways for personal growth and collective healing, connecting with the soul of humanity.

Join this session to discover how building bridges in a divided world can lead to powerful transformation and resiliency for individuals and communities alike.

Day 2 Opening Session | "Capacity Equals Resilience" | Kate Stuart

Southwestern Oregon communities experience high rates of child abuse, suicide, substance use disorder, crime, and preventable disease and injury. In 2017, a collective of interdisciplinary leaders set out to address the root cause of these community issues by raising community awareness about the Adverse Childhood Experiences Study and opportunities to build resilience by implementing the Self-Healing Communities Model and community training on the Neuroscience, Epigenetics, the Adverse Childhood Experiences study, and Resilience (NEAR) In this keynote, Kate Stuart will share insights, results, and lessons learned during her years working in southwestern Oregon and offer practical recommendations and resources for participants to consider in their own resilience-building processes.

Day 2 Closing Session | "Workforce Resilience: Help for Helpers" | John Richardson-Lauve, LCSW

In order to sustain our work as helping professionals, we need to take care of ourselves. Unfortunately, most career paths into helping professionals do very little to teach workforce sustainability. In this workshop, we will dive into the fundamentals of self-care: what it is and what it isn't. It will be broken into three parts. First, self-assessment. Examining ones current state of burnout, secondary trauma, and compassion satisfaction is essential to moving forward with resilience. As a part of this, we will touch on the topic of trigger awareness and management. Next, we will deconstruct the variety of ways to implement self-care and give tools to build a personalized plan. Lastly, we will give tools for sustainability and reinforcement of consistent implementation. The goal is for each participant to walk away from this workshop with a plan and the tools to refine and implement the plan.

A1 | Addressing Trauma in the Black Family/Community*Carlina Dawson*

"Addressing Trauma in the Black Family/Community" explores the deep impact of generational trauma within Black families and communities. This workshop will provide tools for healing, focusing on culturally sensitive, trauma-informed approaches to foster resilience and emotional well-being. Participants will gain insights into recognizing trauma's effects and strategies for promoting collective healing and empowerment.

A2 | Addressing ACEs in Native American Communities*Neil Tift*

This workshop explores the impact that adverse childhood experiences (ACEs) have upon Native American children, adolescents and adults. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with alcohol and substance misuse, family violence and suicide. This session will also propose specific strategies that agency staff may implement to reduce the impact of ACEs and offer hope to Native parents and their children.

A3 | Catalyzing Wellness: Trauma-informed Pillars of Resilience for Healing Communities*Lizzy Rasmussen*

This workshop will explore resilience-building as a catalyst to post-trauma wellness in the context of Adverse Childhood Experiences (ACEs) and intergenerational trauma (IT). Participants will learn how resilience can mitigate the impacts of trauma and be introduced to the Trauma-informed Pillars of Resilience framework, which provides practical strategies for fostering wellness. The workshop will highlight the bi-directional relationship between resilience and connection, offering participants hands-on tools to implement in trauma-impacted communities.

A4 | Building and Re-building Trust with High Quality Listening*Cassandra O'Neill; Melina Ponak*

Being able to give someone your full attention while listening, helps build and rebuild trust. Even more effective is listening to someone in the way they want to be listened to. A listening menu provides a list of options to pick from. In this session you will be introduced to a listening menu so you can increase the quality of your listening.

A5 | Moving From Trauma Aware to Trauma Competent*Becky Haas*

This session will provide an overview of available resources for creating trauma competent, sustainable, organizational culture change. This includes recognizing key definitions of change, reliable roadmaps, conducting organizational assessments and other best practices. Participants will hear helpful tips from a national organizational coach on moving organizations from being trauma aware to trauma competent.

B1 | Rising Strong: Building Resilience in the Face of Trauma*Dr Patricia Neff*

"Rising Strong: Building Resilience in the Face of Trauma" is an empowering workshop designed to equip participants with transformative strategies for overcoming adversity. Through interactive discussions, attendees will delve into the principles of resilience, engage in practical exercises and share experiences to foster strength and recovery. Ideal for both practitioners and individuals seeking personal growth, this workshop will inspire you to create a supportive environment for healing and emerge stronger in the face of life's challenges.

B2 | Communicating with Care: Mental Health, Trauma and Culturally Sensitive Practice*Julie Lillie*

Unlock the power of effective verbal and non-verbal communication that is sensitive to the needs of the community members you serve. This dynamic workshop will equip you with awareness, skills and best practices to navigate mental health, trauma, and cultural differences and needs with sensitivity. Whether you're in education, healthcare, social services, or law enforcement, this workshop offers essential tools to foster trust, understanding, and care in every interaction.

B3 | How We Do What We Do: Using Connected Communication to Improve the Employee Experience*Andi Fetzner; Lori Chelius*

Organizations across sectors are striving to create foster resilient cultures that decrease burnout, improve retention, and improve the overall employee experience. Communication practices (including verbal, non verbal, written, visual, and listening) can have a dramatic impact on staff wellness across all stages of the employee lifecycle. In this interactive workshop, you will explore tools and techniques to support communication that promotes connection and decreases stress.

B4 | Bridging Loneliness and Mindfulness: A Pathway to Connection and Well-Being*Nika Gucci*

The experience of loneliness is a profoundly personal and nuanced, yet undeniably social phenomenon. Participants will begin by exploring the essence of loneliness and its role as a call to action, urging us to forge deeper connection with ourselves and others. This presentation will offer a view of loneliness as a public health issue, discuss strategies for coping using mindfulness and self-compassion, and present evidence-based interventions aimed at enhancing well-being and social connection. Participants will be invited to engage in practical mindful self-compassion practices to transform our relationship with solitude and loneliness, enhancing our connections with others.

B5 | Youth Resilience and Empowerment in Action!*Jessica Flowers*

Learn about the AZACEs Resilience Empowerment Project Youth Curriculum and how it was co-created with a group of high school students. This session will explore the structure of the collaborative process, highlight key lessons learned, and share best practices for co-creating with youth. Participants will experience interactive activities from the youth curriculum while gaining insights into how to empower and partner with youth.

C1 | Recharging Your Resilience*Robin Blumenthal*

Prevention starts with me. I cannot lead others, inspire healthy relationships, and bring my full and best self to the table if I don't make refilling my tank a priority. This workshop is very lively and includes interactive activities, games and demonstrations that hit home the need for making sure that our personal well is full. It is up to each of us to ensure that we have what we need in order to bring transformation to our families and communities.

C2 | The Quiet Path to Resilience: Harnessing Presence in a Fast-Paced World*Dr Leslie Anway; Anthony Guillen*

"All of humanity's problems stem from man's inability to sit quietly in a room alone." The profundity of this 17th century statement resonates deeply within the demands of today's busy, multi-tasking work and personal environments. The multiplying factor of presence, combined with fostering an environment of felt safety and connection, can calm the chaos while establishing a foundation to learn and grow resilience.

C3 | Navigating New Beginnings: Trauma Awareness in Refugee Resettlement*Qualandra Hudgins*

This session delves into the unique challenges faced by refugee families during resettlement, with a special focus on the impact of Adverse Childhood Experiences (ACEs) and trauma. Participants will explore the intersection of displacement, cultural transitions, and childhood adversity, gaining insights into trauma-informed approaches that promote resilience and healing. The session will provide practical strategies for supporting refugee families and youth in overcoming barriers to stability, addressing emotional and psychological needs, and building a foundation for thriving in their new communities.

C4 | 2024 Arizona Youth Survey Results: Prevalence and Impact of Student Reported ACEs & PCEs*Allyson Horgan; Matt Bileski*

The Arizona Criminal Justice Commission (ACJC) will present data from the 2024 Arizona Youth Survey (AYS), a statewide survey administered every two years to 8th and 12th grade students to assess the prevalence of substance use, risky behaviors, as well as risk and protective factors, including exposure to several adverse childhood experiences (ACEs) and positive childhood experiences (PCEs). In addition to sharing statewide ACEs and PCEs prevalence data, this session will present the ACJC Data Visualization Center where additional AYS data can be explored down to the community level.

C5 | Film Screening of Resilience

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, what's predictable is preventable. Physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.