

# 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