

Wednesday, December 10, 2025

9:00	–	9:30	Welcome
9:30	–	10:30	Keynote - "Incorporating Lived Experience in Programming"
10:30	–	11:00	Break
11:00	–	12:15	Breakout Session A
12:15	–	1:15	Lunch
1:15	–	2:30	Breakout Session B
2:45	–	3:30	Closing Keynote

Keynote - "Incorporating Lived Experience in Programming"

-Akia Compton-Adegible & Suma Hodge

In this keynote, we will explore the significant benefits and impact of incorporating lived experience within behavioral health, as well as child and adult service systems. The discussion will highlight key outcomes and examine how service delivery models influence these systems. Additionally, we will address the clinical advantages associated with integrating lived experience into practice.

Closing Keynote & Reflection Session -- Implementation and Integration

Utilizing a foundation of implementation science that integrates systems thinking concepts into our environments, participants will engage in a process to reflect on what they learned in the keynote and 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.

A1 | Empowerment Timeline *Monique Gomez*

Adapted from SAFNET (Salutogenic Asset-Focused Narrative Exposure Therapy), this workshop guides participants in transforming lived experience into a resource for regulation and resilience. Attendees will identify a core strength they already believe about themselves and trace the real-life events and purposeful actions that built it. This process supports nervous system regulation, self-trust, and identity development without retraumatization. Participants will leave with a personalized timeline and a tangible skill rooted in their strength-based narrative.

A2 | Managing Stress & Anger *Karely Bustamante*

Discover the connection between stress and anger, learn immediate and long-term coping strategies, and master healthy communication skills. Plus, experience the calming benefits of a Qigong session to restore balance and peace.

A3 | Adding Wellbeing to the Conversation - Workplace Resilience *Sabrina Walton*

This training provides participants with practical tools and strategies to build resilience in the workplace, with a strong emphasis on personal and organizational wellbeing. Through interactive discussions, evidence-based techniques, and real-world applications, attendees will learn how to navigate stress, adapt to change, and maintain balance in challenging environments.

A4 | Transitional Age Youth & Wellness Program *Maya Bakerman, James Beecher, Akia Compton-Adegbile*

We will be presenting on the Transitional Age Youth Program and the Wellness Program at MIKID, highlighting how we leverage lived experience to drive improved outcomes. Our discussion will explore the Transitional Age Youth model in depth and demonstrate how we integrate the Eight Dimensions of Wellness, as defined by SAMHSA, into our health and wellness initiatives. We look forward to engaging with you in this important and collaborative conversation.

B1 | Resilience Across the Community - The Power of Sublimation *Brittney Garcia*

3 Mini Workshops - 1) Connecting with the Critic through Compassion 2) Support Shield 3) Connecting with our Resilient Self

My intention is to show up authentically to share powerful tools that the audience can utilize for themselves and with/for the community. These tools are innate and don't require any money or additional resources. My goal is to lead 3 activities (10-15 mins each) that will get the audience feeling more resilient and considering connection in new ways like sublimation.

B2 | Building Resilience Through Community Care *Andi Fetzner*

Burnout, compassion fatigue, and helplessness are common — but we don't have to face them alone. In this interactive workshop, we'll explore how stress can block connection and how community can help us move from isolation to belonging, and from hopelessness to action. Through reflection and practical tools, we'll learn how to reconnect with ourselves and each other. Come as you are and leave with renewed energy, insight, and a sense of shared humanity.

B3 | Recharging Your Resilience *Robin Blumenthal*

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, schools, and communities..

B4 | From Scars to Stars: Indigenous Medicine Wheel Approaches to Healing Childhood Trauma *Cassandra Stoutner*

This interactive workshop introduces the Medicine Wheel as a powerful framework for understanding and healing childhood trauma through Indigenous wisdom traditions. Participants will explore how traditional healing practices can be integrated with modern trauma science to create culturally-responsive approaches to building resilience. Drawing from successful community healing circles that have demonstrated measurable improvements in well-being, this workshop offers practical tools for transforming ACEs-related trauma into pathways for growth, connection, and empowerment.