

12th Annual ACEs & Resilience Summit Schedule

Tuesday, December 2, 2025 | 12th Annual ACEs & Resilience Summit - Day 1

9:00 – 9:15	Welcome
9:15 – 10:45	"Post Traumatic Growth & Resilience" Dr Arielle Schwartz
10:45 – 11:15	Break
11:15 – 12:30	Workshop - Block A
12:30 – 1:30	Lunch
1:30 – 3:45	Film Screening
3:45 – 4:00	Break
4:00 – 4:30	Closing Reflection Session

Wednesday, December 3, 2025 | 12th Annual ACEs & Resilience Summit- Day 2

9:00 – 9:15	Welcome
9:15 – 10:30	Workshop - Block B
10:30 – 11:00	Break
11:00 – 12:15	Workshop - Block C
12:15 – 1:15	Lunch Break
1:15 – 3:00	HOPE Framework John Richardson-Lauve, LCSW
3:00 – 3:30	Break
3:30 – 4:00	Reflection Session

Opening Keynote | "Post Traumatic Growth & Resilience" | Dr Arielle Schwartz

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.

Film Screening | "Wisdom of Trauma" |

In The Wisdom of Trauma, we travel alongside physician, bestselling author, and Order of Canada recipient Dr. Gabor Maté to explore the root causes of the myriad health epidemics faced by Western countries. This is a journey with a man who has dedicated his life to understanding the connection between illness, addiction, trauma, and society.

Trauma is the invisible, but no less material, force that shapes our lives. It shapes the way we live, the way we form connections, and the way we make sense of the world. It is the root of our deepest wounds. Dr. Maté gives us a new vision: a trauma-literate society in which parents, teachers, physicians, policy makers, and legal personnel seek to understand the sources from which troubling behaviors and diseases spring, in order to better address the issues of the populations they serve. Through his insights a path materializes towards individual and collective healing, with practices that aim to create cures to address root causes before they manifest as physical symptoms.

Day 2 Closing Session | "HOPE Framework" | John Richardson-Lauve, LCSW

The HOPE framework comes from research that quantifies the impact of positive experiences, particularly in childhood (PCEs- Positive Childhood Experiences), on development and outcomes across the lifespan. This research began in 2015 when researchers from Tufts University had seven questions about PCEs inserted into a statewide health screening tool and then correlated the data with a variety of markers of health. There is evidence that these positive experiences not only improve outcomes across the lifespan, they can even mitigate the impact of childhood trauma and adversity. In this workshop we will review history of PCE research, the building blocks of HOPE, and how to implement them within our communities.

A1 Criminal Justice Track | TBD*TBD***A2 School Track | Building High-Impact Relationships for Trauma Informed Resilience***Dr. Bryan Harris Ed.D, Shauna King*

This interactive breakout session, inspired by the book "High Impact Relationships" by Bryan Harris and Shauna King, explores how intentional, trust-based relationships can foster resilience in students impacted by trauma. Participants will learn practical strategies to build authentic connections that promote connection and empowerment.

A3 Youth Track | Why Adults with 4+ ACEs Make Effective Community Guardians*Cendie Stanford*

Adults with four or more Adverse Childhood Experiences (ACEs) are often seen through a deficit lens as people in need of help. This workshop reframes that narrative, showing how lived experience can become a powerful asset in criminal justice, youth services, education and community safety.

I'll share six evidence-informed reasons, grounded in research, personal experience, and field stories, that demonstrate how resilience is built because of adversity, not in spite of it. Using the Health Belief Model, we'll explore how trauma-affected individuals interpret risk, responsibility, and readiness and how those beliefs can shift toward empowerment with the right tools and trauma-informed communication strategies. Through reflection, dialogue, and practical activities, participants will learn how to reframe survivor narratives, identify and activate protective traits, and strengthen trauma-informed systems by including lived-experience leaders as community guardians.

A4 Child Welfare Track | Connecting with Parents: Understanding the Unique Needs of Parents and Caregivers*Serena Samaniego*

Parents and caregivers are faced with balancing a multitude of roles and responsibilities. This training dives deeper into the unique needs of parents and caregivers as it relates to infant and early childhood. Participants will apply a trauma responsive lens to explore effective ways of engaging parents and caregivers. This training incorporates the importance of community building and compassion when supporting parents and those in caregiving roles.

B1 Criminal Justice Track | Roots in Resilience: Understanding Generational Trauma in Latinx Families through a Justice-Informed Lens*Denise Jauregui*

Adverse Childhood Experiences (ACEs) and generational trauma often shape how Latinx youth and families interact with justice systems. This workshop explores the intersection of trauma, culture, and systemic inequities, and how resilience can be nurtured through connection, community, and culturally grounded care.

Participants will gain insight into how ACEs, migration, and family history influence behavior, coping, and system involvement. The session offers practical, justice-informed strategies to reframe trauma responses, recognize resilience, and promote healing-centered engagement with youth and families impacted by incarceration and systemic adversity.

B2 School Track | The Reframe Files: Turning Everyday Situations into Trauma-Informed Practice*Dr. Ovet Chapman Ph.D.*

Trauma-informed practice begins with how we see the people in front of us. In this interactive session, Dr. Ovet Chapman shares The Reframe Files, a set of six practical, relatable “effects” from everyday life that reveal how easily we misread situations and how a small shift in perspective can change everything. Through stories and hands-on activities, participants will connect each concept to real work with youth, families, and communities. You’ll leave with concrete tools to respond with more clarity, connection, and impact.

B3 Youth Track | The Science of Neglect*Sarah Reed*

Neglect makes up two of the ACEs, yet we rarely speak of it. In other words, we neglect to talk about neglect! In this workshop, we will look at the prevalence of neglect and the effects on child development. We will then explore how to counter the negative effects of neglect through building resilience and supportive environments.

B4 Child Welfare Track | Community Voices in Action: Developing and Implementing Caring for the Caregivers (C4C)*Cady Berkel*

Parental incarceration is an adverse childhood experience that creates risk across the lifespan. The caregivers who step in to support children are the most important source of resilience, yet they are often overlooked. Caring for the Caregivers (C4C) is a community-based program designed to strengthen caregiver well-being and family resilience. In this interactive workshop, we will share lessons learned from caregivers and community partners, practical strategies from the C4C program, and tools you can adapt to your own work. Participants will leave with practical approaches to engaging caregivers, supporting family connection, and fostering resilience in the face of parental incarceration.

C1 Criminal Justice Track | Addressing ACEs in Native Communities*Neil Tift*

This workshop will explore 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 physical and emotional health problems throughout a person's lifespan. We will offer specific culturally rich strategies to identify and reduce their impact upon children and parents.

C2 School Track | Transform! What Happens When You Finally Feel Safe Enough to Show Up*Dr Leslie Anway*

"Why do I feel so unsafe?" This question drives millions of people into workplaces, schools, and communities every day, carrying chronic stress in bodies designed for temporary threats. This session will take a brief look at how understanding your nervous system and practicing five foundational skills—self-awareness, regulation, presence, gratitude, and joy—creates the inner safety that ripples outward, transforming not just your own wellbeing but entire organizational cultures through the contagious nature of these simple daily practices.

C3 Youth Track | Level Up Academy: A trauma informed classroom experience*Lindsay Stansfield, Taylor Moschetti*

This interactive workshop introduces New Pathways for Youth's Level Up Academy, a trauma-informed 10-week program that uses play to create safe, empowering environments where youth can express themselves. Conference participants will explore the program's structure, goal-setting strategies, and practical tools to build trust, resilience, and partnerships between youth and adults in the classroom or programmatic space.

C4 Child Welfare Track | Rest, Regulation, and Resilience: The Role of Sleep and Neuroscience in Trauma-Informed Environments*Elizabeth Rasmussen, PhD*

This workshop translates neuroscience into practical strategies for building trauma-informed environments. Participants will explore how adversity shapes the brain and why sleep and belonging are powerful protective factors that foster regulation, connection, and resilience. Through reflection and hands-on tools, child welfare workers will leave prepared to create environments where children & families feel safe, supported, and ready to thrive.

From Surviving to Thriving: Connection as Medicine

Agenda

Tuesday, December 9, 2025 | 8 a.m. – 2:45 p.m. (MST)

7:50 - 8:00 a.m. Participant questions / Issues

8:00 - 9:00 a.m. Early Relational Health: Building the Foundations for Lifelong Health and Wellbeing
(David Willis, MD)

9:00 - 10:00 a.m. Culturally Humble, Trauma-Informed, Healing-Centered Care
(Noshene Ranjbar, MD)

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

10:10 - 11:10 a.m. Harnessing the Nervous System to Revolutionize Care and Outcomes
(Karden Rabin)

11:10 a.m. - 12:10 p.m. Building Safety and Connection to Support Healing After Trauma
(Chandra Ghosh Ippen PhD)

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

12:40 - 1:40 p.m. Trauma Informed Care: How to Start if you only have 5 minutes (and how to do more with 10 or 15 minutes
(Heather Forkey, MD, Boston)

1:40 - 2:40 p.m. A Fresh Look at Stress, Service and Self-Care
(Sam Chase)

2:40 – 2:50 p.m. Wrap Up 5 - 10min

Center for Resiliency and Wellbeing



AZ-ACES CONSORTIUM

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.