

CRAWFORD COUNTY SYSTEM OF CARE, MERCER COUNTY BEHAVIORAL  
HEALTH SERVICES, VENANGO COUNTY DEPARTMENT OF HUMAN SERVICES  
and EDINBORO UNIVERSITY OF PENNSYLVANIA  
PRESENT THE:

## **8th ANNUAL TRAUMA INFORMED & RESILIENT COMMUNITIES CONFERENCE**

### ***The Power of Collective Healing***

**Tuesday, March 29, 2022**

Frank G. Pogue Student Center, 405 Scotland Road, Edinboro, PA 16444

Registration 8:00 am to 8:45 am ♦ Conference 8:45 am to 4:00 pm

### **KEYNOTE SPEAKERS**

**Mike Veny**

Transforming Stigma, How to Become a Mental  
Wellness Superhero

**Gab Bonesso**

Ride the Wave

### **Free Networking Luncheon**

***Sponsored by the Northwest Behavioral Health Partnership***

Continuing Education Units Availability Pending

This conference is **FREE** but you must be registered to attend.

This event is cosponsored by the Edinboro University, Department of Social Work, Crawford County and Venango County Departments of Human Services, Crawford County SOC's Peace4Crawford trauma informed community collaborative

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## CONFERENCE PRESENTATIONS

### Keynote Session 1

9:00 – 10:30 a.m.

#### *Transforming Stigma, How to Become a Mental Wellness Superhero*

**Mike Veny**



Transforming Stigma, How to Become a Mental Wellness Superhero  
Mike Veny shares his story about living with depression, anxiety, and obsessive-compulsive disorder. He will talk to us about his formula for transforming stigma and then show us how we all can become a mental wellness superhero.

### Keynote Session 2

2:30-4:00 p.m.

#### *Ride the Wave*

**Gab Bonesso**

Walking the line between comedian and political activist, Gab Bonesso speaks about her struggles with mental health issues and advocates for both children and adults on the subject – empowering people with mental health issues and raising awareness for those who don't.

**"Ride the Wave with Gab"** is the story of Gab Bonesso's journey with her own mental health involving Bipolar, OCD, PTSD and Anxiety Disorder. Bonesso, an award-winning Standup Comedian, tells her story with raw honesty, hilarious delivery and manic energy.



## **AGENDA**

Prior to arrival, please review and follow Edinboro University's Coronavirus (COVID-19) University Plans and COVID-19 Response, Update to Protocols, for the latest requirements for face masking and related safety measures for University visitors.

<https://www.edinboro.edu/offices-services/safety-and-risk-management/ready/covid-19/index.php>

### **Morning**

**8:00 - 8:45**      **Registration Opens** (Complimentary Coffee, Tea, Water available)

**8:45 - 9:00**

**Welcoming Remarks**

Presented by Molly Wolfe, LMSW, PhD  
Social Work Department Chair  
Edinboro University of Pennsylvania

**9:00 - 10:30**

**Keynote Session I – *Transforming Stigma, How to Become a Mental Wellness Superhero***

Presented by Mike Veny

**10:30 - 10:45**

*Break*

**10:45 - Noon**

**Morning Workshops**

### **Afternoon**

**Noon - 1:00**

**Networking Lunch** (*lunch & beverages provided*)

Sponsored by Northwest Behavioral Health Partnership, Inc.

**1:00 - 2:15**

**Afternoon Workshops**

**2:15 - 2:30**

*Break*

**2:30 - 4:00**

**Keynote Session II – *Ride the Wave with Gab Bonesso***

Presented by Gab Bonesso

**4:00**

**Conference Evaluation, Attendance Certificate**

**Conference Description and Objectives**

We are very happy to return to Edinboro University for the 8<sup>th</sup> Annual Trauma Informed and Resilient Communities Conference. This year the conference is provided by Crawford County System of Care, Mercer County Behavioral Health Commission, Inc. Venango County Human Services. Our tri-county region is committed to a mission of trauma awareness and trauma-informed healing services as we help foster healthy, safe and resilient communities.

Our hope for this year’s conference is that it will provide you with an opportunity for a day of learning, laughing and sharing at Edinboro’s University’s wonderful Frank G. Pogue Center.

For those who are new to our conference, and as a refresher for those who have joined us in the past, below is a sample of why this topic is important. The impact of Adverse Childhood Experiences:

ACEs Probability of Outcomes  
Given 100 American Adults

33 No ACEs <u>With 0 ACEs</u>	51 1-3 ACEs <u>With 3 ACEs</u>	16 4-8 ACEs <u>With 7+ ACEs</u>
1 in 16 smokes	1 in 9 smokes	1 in 6 smokes
1 in 69 are alcoholic	1 in 9 are alcoholic	1 in 6 are alcoholic
1 in 480 uses IV drugs	1 in 43 uses IV drugs	1 in 30 uses IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

<http://www.iowaaces360.org/ace-study.html>

In addition to our two keynote speakers, we will offer a variety of workshops for personal growth and professional development. (See workshop descriptions on p. 5).

**Who should attend?**

Our intended audience includes community members, family and youth (if under 18, with an adult); university students and staff; lawyers, judges and other members of the legal/judicial systems; social service providers; all levels of staff in professions of mental health, addictions, corrections, child welfare, domestic violence, education, juvenile/criminal justice, intellectual disabilities, and other family organizations and agencies.

**Learning Objectives:**

After attending this conference, participants should be able to:

- State three examples of the impact of childhood adversity and trauma.
- Discuss the differences between individual and community trauma.
- Give three examples of secondary trauma and self-care practices for recovery and resilience.
- State three or more ways to promote individual and community resilience.

## Be sure to select a 1<sup>st</sup> and 2<sup>nd</sup> choice for both sessions

### Workshops – Morning (M) Session

10:45 a.m. – Noon

#### **M1 Positive Psychology - The Science of Happiness**

Positive Psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association. It is a reaction against past practices, which focused on mental illness, maladaptive behaviors, and negative thinking. According to Dr. Seligman and another leader in the field, Dr. Mihaly Csikszentmihalyi, Positive Psychology will help achieve "scientific understanding and effective interventions to build thriving in individuals, families, and communities."

#### Learning Objectives

- Learn how Positive Psychology can correct negative behaviors and increase happiness and productivity.
- Using a worksheet, learn how you can incorporate the seven habits practiced by people who report feeling greater levels of happiness into your daily life
- Learn about the PERMA model of wellbeing, the five key pillars for flourishing and thriving at work and beyond.

#### ***About the Presenter –***

**Lore Ascencio** is the Community Liaison for Paoletta Counseling Services, with offices in Mercer and Franklin, and Davis Counseling Services, located in Hermitage. In her role, Lore builds connections within the community to improve access to and knowledge of mental health treatment services. Other responsibilities include recruiting new staff and serving on various mental health and suicide prevention/awareness advocacy committees. A California native and graduate of Washington State University with a B.A. in Social Sciences, Lore has traveled extensively thanks to a decade spent working for United Airlines. Her professional background includes leadership roles in the non-profit sector, including the Alzheimer's Association and International Education Exchange.

#### **M2 Anatomy of a Pandemic**

The pandemic has been difficult for all of us. It has gone from a public health crisis to a political one, with no real end in sight. One way to deal with the stress and health risks is to understand what has happened, how to be accurately informed and prepared for the future. This workshop will dig into what you need to know and can do in a time of uncertainty, with plenty of opportunity for questions and discussion.

#### Learning Objectives

- Define key vocabulary associated with an infectious disease outbreak/pandemic
- Discuss the physical and mental health effects associated with the COVID-19 pandemic
- Identify trusted sources of information and programs, policies, and interventions that can be used to slow the spread of disease and improve community health

#### ***About the Presenter –***

**Becky Dawson, PhD** is an epidemiologist and faculty member in the Biology Department and Global Health Studies Program at Allegheny College. Additionally, she serves as the Research Director for the Family Medicine Residence Program at the Meadville Medical Center and a medical contributor at Erie New Now. Becky completed a Master of Public Health (MPH) degree at Emory University and PhD in epidemiology at the University of Maryland, Baltimore.

### **M3 Mercer County's Crisis Intervention Team**

CIT Training (Crisis Intervention Team) is a collaboration between public safety and health systems to form an effective safety net for individuals with mental illness. Crisis Intervention Team trainings are designed for law enforcement and first responders to help emphasize de-escalation techniques and enhance communication skills with individuals experiencing a mental health crisis. This workshop introduces you to the CIT Training model and the benefits to your community.

#### **Learning Objectives**

- Gain an understanding of the CIT Model and requirements to become a CIT officer
- Gain an understanding of how to successfully engage collaborating agencies/stakeholders to ensure the success of the program
- Learn how to tailor your educational series to the needs of your community

#### ***About the Presenters -***

**Tracy Bornick, MS**, has been the Mercer County SCA Administrator for the past year and has worked for Mercer County Behavioral Health Commission, Inc. for 14 years in various positions including, the Central Intake Coordinator, Forensics Supervisor, and as the Crisis Intervention/Delegate Supervisor. She has spent her career in human services, working with adolescents in an RTF, and multiple levels of drug and alcohol care through a local hospital system for 17 years prior to MCBHC. Tracy holds a Master's degree in Rehabilitative Science from Penn State University, and received her Bachelor's degree in Individual and Family Studies from Clarion University of Pennsylvania.

**Laura Leskovic**, BA Journalism, BS Communications Media, Indiana University of Pennsylvania, is the Mercer County Criminal Justice Advisory Board's Coordinator and CIT Specialist. She has also worked as the Mercer County Communities That Care Mobilizer/Project Director for the past 12 years and has coordinated the Strengthening Families Program, the Strong African American Families Program and Aavidum chapters within several Mercer School Districts. Laura is a certified trainer in QPR Suicide Prevention and the Power of Parents, and a facilitator for Talk Saves Lives. Laura serves as a School Board Director for Greenville Area School District, a board member of Community Counseling Center and a past board member of the Commonwealth Prevention Alliance.

### **M4 Embracing Your Differences as Your Superpowers**

Comedian/Public Speaker Gab Bonesso will discuss her mental health and personal challenges that led her on a path of full time performing and entertaining using the skills she's learned through years of therapy while embracing parts of her mental health. Through this breakout session Gab will talk about ways you can channel differences and/or mental health attributes to a career path. For instance, Gab deals with mania, but through her medical team she has been able to channel the mania into her performing while keeping it in check through exercise and medicine. This breakout session is about finding the good with the bad, the beauty in the pain and all the possibilities that come with your own personal truth.

#### **Learning Objectives**

- Participants will learn at least three ways to adapt challenges for growth
- Participants will gain a better understanding of managing adversity
- Participants will learn at least three advantages of a support team

#### ***About the Presenter -***

**Gab Bonesso**, who was bullied as a child, co-created the Josh & Gab Show: an ANTI-BULLY rock and roll band/assembly program. The show has been awarded "best event to take your kids to" by Pgh Magazine. The show has been seen in 15 states and Mexico. The duo has appeared on television (PBS, WQED, CBS) and they even had their own anti-bully ad shown in movie theaters across Pennsylvania.

Gab's other jobs include standup comedy (where she unabashedly advocates for mental health awareness) and she's a mental health public speaker. Bonesso, truly knows how to channel her "differences" into a career.

### **M5 Settling the Score: A Body-Based Approach to Trauma Recovery (PRESENTATION)**

People are becoming familiar with Dr. Bessel van der Kolk's work, including his very popular book, *'The Body Keeps the Score'*. It has become recognized that although Cognitive Behavioral Therapy has been the mainstream approach to treating trauma, the experience of trauma itself gets in the way of being able to resolve symptoms this way. Dr. Van der Kolk believes that trauma is not just a past event or memory, but is in fact disruptive physical reactions in the present. This is where Tension or Trauma Releasing Exercise®, or TRE®, comes in. TRE® is a link to a natural, self-controlled, neurogenic mechanism supporting a change to our neurophysiology (mind-body) and is being used from soldiers to school children.

#### Learning Objectives

- Convey an understanding of stress and trauma.
- Recognize the importance of a Bottom-Up approach to treating Trauma symptoms.
- Introduce an awareness of an in-built skill for resiliency/recovery, that is the primary component of world-renowned therapeutic approach known as Tension/Trauma Releasing Exercise (TRE)®.

#### ***About the Presenter –***

**Kevin Berceci, LPC, NCC, CPH, Certified TRE® Provider:** Kevin has experience with elementary, secondary, and post-secondary education settings, the drug and alcohol field, and the mental health field. He is a Nationally Certified Counselor, a Licensed Professional Counselor in the state of Pennsylvania, a Certified Professional Hypnotist by the International Certification Board of Clinical Hypnotherapy, and a Certified Provider of Tension/Trauma Releasing Exercise (TRE) ®.

### **M6 Trauma 101-An Overview of Trauma-Informed Care**

Trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

#### Learning Objectives

As a result of participating in this training process, participants will have a clearer understanding of:

- Trauma informed care and the science that supports it
- Participants will be able to understand the term "trauma informed care," and its relevance on an individual's behavior
- Familiarity with the Six Principles of Trauma Informed Care
- Practical strategies to assist in working with individuals who have experienced trauma
- How to better support individuals who have experienced trauma

#### ***About the Presenters –***

**Traci Kaufman** is a Trauma 101 and Youth Mental Health First Aid Trainer. She lives in Oil City and works as the Clinical Manager and Children and Adolescent Service System Program Coordinator for Venango County Human Services. Traci is also trained in two nationally certified forensic interviewing Techniques, ChildFirst and CornerHouse. In addition, Traci has a BA in Psychology and an M.Ed. in Educational Psychology from Edinboro University and 31 years of experience in the mental health field.

**Todd Martin** is trained as a trainer in trauma 101 through Lakeside Global Institute. He lives in Oil City and works for Venango County as an accredited provider of Triple P (Positive Parenting Program) for kids ages 2-16. He is also a trained facilitator for the Strengthening Families Program

for Parents and Youth 10-14. Todd has worked with at-risk youth the majority of his career as a counselor, teacher, and education director dealing with mental health, substance abuse, and behavioral issues.

### **M7 Somatic Therapy for Yourself and Others**

We now realize that trauma not only exists in the brain, but the entire body experiences and “holds” trauma. Modern research shows that, while talk therapy is excellent for intellectualizing trauma, there is a gap when it comes to actually releasing it from the body. Somatic Therapy is based in nervous system release and moving residual trauma through the body. This presentation will include demonstrations and optional group practices. Come prepared to move your body and have some fun—completely optional and nothing strenuous! (Comfortable clothing recommended.) **Please note:** A consent Form will need to be signed in order to participate as participation will include body-based movement (self-regulated and within your own limits).

#### Learning Objectives

- Introduction to the nervous system, vagus nerve, and vagal theory
- The difference between trauma *informed* and trauma *release* (and why it’s important)
- How trauma gets “stuck” in the body and practices for regulation

#### **About the Presenter –**

**Gretchen Wood Lakshmi** is trained in somatic trauma release and trauma informed yoga. She lives in Meadville with her two young children, teaches weekly classes at Yoga Spot Meadville, and works privately with clients locally and across the globe online. As a survivor of childhood and domestic abuse, Gretchen specializes in working with abuse trauma and is an advocate for abuse survivors and their children. Her experience includes self-guided research and formal training from The Center for Trauma and Embodiment, Dr. Jon Kabat-Zinn at UMASS Medical Center, Yoga International, and Embodied Philosophy, among others. The heart of Gretchen’s work is based on her training as a Usui Reiki Master and 12 years as a Certified Yoga Teacher.

### **M8 Mindfulness in Trauma Informed Approaches**

#### Mindfulness in Trauma Informed Approaches

In this training, attendees will learn different ways to think about framing trauma and how it influences the effectiveness of their interactions with people. We will discuss the idea of “universal precautions” when it comes to trauma. We will discuss the language to be mindful of in providing services in a trauma informed way, both for individuals receiving services and in our interactions with co-workers. We will discuss the ‘how’ of being trauma informed and some of the language and behaviors that the ‘how’ entails.

#### Learning Objectives:

- Learn ways to mindfully modify the language used in our interactions.
- Learn some shorthand, easy to remember ways to think about trauma’s presence (including vicarious trauma) and its impact as the background context for a person’s decision making.
- Learn ways to increase safety, choice, collaboration, transparency and staff empowerment / effective autonomy in a mindful way.

Ron Arnold graduated university in 1988 with a BS in Psychology from Clarion University. Ron has been working in the Human Services field since April of 1985, which includes 5 years as the County Director of a non-profit agency and as an employee for Crawford County the past 16 years. He has a history of working with people with intellectual disabilities, severe mental health issues, chemical dependence, people involved in the criminal justice system, and most recently Children and Youth Services. He has been involved with trauma informed initiatives since 2007. Ron is a lifelong learner and enjoys passing what he has learned along to others through teaching, discussion, stories and lived examples. He has been an active trainer in the agencies he has worked within as well as a contracted speaker.

**Please remember to pick 1<sup>st</sup> and 2<sup>nd</sup> choice**

### **A1 Self-Care & Compassion as an Antidote for Compassion Fatigue**

This workshop addresses the common ways we can become overwhelmed by the daily stressors of caring for those in need, hearing stories of loss and trauma, and coming to terms with the many losses suffered during the Covid pandemic. Participants will explore self-care practices necessary to be our best selves and help restore our hearts and work to a place where compassion flows easily again. Examining compassion fatigue through a self-care lens.

#### Learning Objectives

- Participants will describe self-care practices that are essential to mental health and wellbeing
- Participants will describe compassion fatigue risks and symptoms indicative of compassion fatigue
- Participants will describe one self-care activity they can incorporate into their daily routine

#### ***About the Presenter -***

**Susan Maloney, Ph.D., CRNP, FNP-BC**, Dr. Susan Maloney is a frequent speaker for consumers of mental health recovery in both Mercer and Venango counties and is happy to be here with you today. Dr. Maloney has been the lead mental health theory and clinical instructor at Edinboro University for the past 18 years and also maintains an active clinical practice caring for Veterans at Erie Veteran's medical center outpatient behavioral health clinic, conducting weekly rounds at Embassy Park Avenue skilled nursing facility, and she completes the eligibility assessments at Crawford county's mental health awareness program (CHAPS). Susan enjoys speaking on mental health and wellness topics, adverse childhood experiences, substance use disorders and self-care. Susan also enjoys cooking while listening to audiobooks and making time for yoga and walks in her self-care time.

### **A2 Trauma Informed Supervision**

Join us for a training and group discussion on the importance and fundamentals of trauma informed supervision to better enhance and support the helping profession workforce. Trauma informed supervision can promote staff retention, reduce compassion fatigue, burnout and enhance the work environment. In this training you will learn skills to become a trauma informed supervisor through reflection, self-awareness, understanding secondary traumatic stress, vicarious trauma, compassion fatigue and developing a self-care plan.

#### Learning Objectives

- Awareness of trauma including identification, prevalence, and impact
- Understand the principles of trauma informed care versus traditional care
- Recognize implications of trauma across many disciplines
- Apply principles to supervision

#### ***About the Presenter -***

Tracy L. Leet is a Licensed Clinical Social Worker and is a professor in the social work departments at Slippery Rock University and Edinboro Universities. Tracy provides trauma informed clinical supervision for individuals seeking social work clinical licensure and trauma informed programming consultation to the Center for Family Services in Meadville, Pa. Tracy is a trainer for the Pennsylvania Child Welfare Resource Center. She is employed part-time at Parkside Psychological Associates in Meadville, Pa. Her primary treatment and research focus includes adult sex offenders as well as adolescent sex offenders, victims of trauma and LGBTQIA individuals. Tracy also does community presentations regarding diversity and cultural competency surrounding LGBTQIA struggles as well as awareness and understanding of individuals who have committed

sexual crimes. She is currently working with Dr. Molly Wolf and Dr. Doyle Pruitt on researching the impact of grooming on the overall sexual abuse experience.

### **A3 Somatic-Based Experiential Storytelling for Trauma**

Humans are hard-wired for stories; listening to stories, telling stories, re-telling stories... It is the most relatable way we have to communicate. By creating intrigue, empathy, and activating multiple areas of the brain (far more than just facts-based information does), storytelling allows trauma-survivors to take their painful memories and create new stories, new experiences for themselves. These become new memories that redirect the neural pathways in the brain and nervous system to rewrite the experience of that memory for the survivor. They write a new memory around the pain that they were able to guide and create for themselves through a story.

The key to rewriting our stories is through calm, somatic, meditative practice while survivors are guided through their own spiritually aligned faith and understanding of who they are within and beyond the physical body. Understand it or not, many of our clients/friends/family are drawn to spirituality and the many ways it offers “mystical healing properties.” But, be assured, there is a scientific explanation for why it works without needing to believe in anything except for yourself. This presentation will include demonstrations and optional group practices including breath work, guided meditation, energy work, crystal singing bowls, and simple, non-invasive movement practices.

#### **Learning Objectives**

- Relate the scope and influence modern spirituality has on your clients/friends/family; what’s useful; what are the red flags; how to adapt it to any religion/belief
- Understand spiritual tools like the Tarot and the story of “the hero’s journey” written within the cards that Sigmund Freud and Carl Jung would use with their own patients
- Participants will learn at least one self-care practice

#### **About the Presenter –**

**Gretchen Wood Lakshmi** is trained in somatic trauma release and trauma informed yoga. She lives in Meadville with her two young children, teaches weekly classes at Yoga Spot Meadville, and works privately with clients locally and across the globe online. She graduated from Allegheny College with a BA in Environmental Studies in 2019 as a single mother. As a survivor of childhood and domestic abuse, Gretchen specializes in working with abuse trauma and is an advocate for abuse survivors and their children. Her experience includes self-guided research and formal training including *Healing Trauma Through Yoga* by The Center for Trauma and Embodiment, *Mindfulness Based Stress Reduction (MBSR)* by Dr. Jon Kabat-Zinn at UMASS Medical Center, *Trauma Recovery: Techniques and Perspectives from the Yoga Tradition* by Embodied Philosophy, and *Yoga Teachers Master Summit* by Yoga International, among others. The heart of Gretchen’s work is also based on her training as a Usui Reiki Master and 12 years as a Certified Sampoorna Yoga Teacher.

### **A4 What we know about the effects of COVID-19 on families and how to help them heal**

When children were sent home from school in February 2020 teachers, community members and non-profit programs rallied together to do their best to ensure the safety of our children. Two years later as we learn to live with the virus it’s time to take a look at what our children and families have been through and need to heal from the trauma of the pandemic so we can best adapt our programs to anticipate the growing need for services.

PA Parent and Family Alliance is a state-wide program of Allegheny Family Network, one of the country’s largest family peer providers. The state-wide program provides virtual services to families of children who are struggling at no cost to them and with no qualifying factors. Families of children, including adult children, are eligible for one on one support, education and connection to local services.

Attendees will learn the following:

#### Learning Objectives

- The state of mental health services and support for children and families in PA pre-COVID
- The effects formal and informal research shows children and families have been exposed to
- The supports available for parents/primary caregivers and what providers can do to help.

#### ***About the Presenters –***

**Tracy Palazzotto** is married and a mother of 3 children and a Family Support Partner with PA Parent and Family Alliance. She has two children that struggle with mental health issues and is the reason that she became so involved in speaking up about mental health challenges in our community and offering hope and support to other parents that are struggling. Tracy offers parents that are raising a child(ren) involved in any of our systems the support they need and serves as a caregiver representative for many committees for the statewide family run organization who advocate for children who have mental health diagnoses, behavioral or emotional challenges, and their families.

**Christina Paternoster** is the director of Pennsylvania's statewide family network, PA Parent and Family Alliance. She is the mother of three children; including one who is navigating the challenges of depression, anxiety, ADHD, dyslexia, and dysgraphia. She holds a Masters' degree in Curriculum, Instruction and Design. While raising her children in rural PA, Christina ran a Family Literacy program at the local university, then while serving as the executive director of the county's sexual assault and domestic violence crisis shelter, converted the center's work to embrace a trauma informed approach. Christina is a co-author on the study, *Delphi Survey of Maintenance Lithium Treatment in Older Adults with Bipolar Disorder: An ISBD Task Force Report*. She has served as a technical assistant for the PA Dept. of Education, consulted with juvenile probation departments and the American Academy of Pediatrics on programs for students with significant disabilities and is a contributor at Understood.org.

#### **A5 Settling the Score: A Body-Based Approach to Trauma Recovery [EXPERIENTIAL]**

There is a difference between 'knowing how you feel' and 'changing how you feel.' It has become recognized that although Cognitive Behavioral Therapy has been the mainstream approach to treating trauma, the experience of trauma itself gets in the way of being able to resolve symptoms this way. Symptoms are primarily experienced within the nervous system, and therefore it is well understood that we need nervous system based treatments. Experience for yourself the Tension/Trauma Releasing Exercise (TRE)® process – a world renowned, grassroots movement, that is now being used in over 100 countries, being studied by the Veterans Administration, and has been identified by the Defense Centers of Excellence. Be a part of the change you want to see in the world.

#### Learning Objectives

- Be able to identify and experience the world renowned technique of TRE®.
- Recognize the use of self-monitoring.
- Identify the benefits to self-regulation.

**\*\*\*A Consent Form will need to be signed in order to participate as participation will include body-based movement (self-regulated and within your own limits). Yoga mats will be provided by the host location, or you are welcome to bring your own.\*\*\***

#### ***About the Presenter –***

**Kevin Berceli, LPC, NCC, CPH, Certified TRE® Provider:** Kevin has experience with elementary, secondary, and post-secondary education settings, the drug and alcohol field, and the mental health field. He is a Nationally Certified Counselor, a Licensed Professional Counselor in the state of Pennsylvania, a Certified Professional Hypnotist by the International Certification Board of Clinical Hypnotherapy, and a Certified Provider of Tension/Trauma Releasing Exercise (TRE) ®.

## **A6 Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training**

QPR is an educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Participants receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. For more information visit: [www.qprinstitute.com](http://www.qprinstitute.com)

### **Learning Objectives**

- Participants will be able to recognize someone at risk for suicide,
- Intervene with those at risk; and,
- Refer them to an appropriate resource.

### ***About the Presenters –***

**Tom Hancock, BA, MA**, has been part of the Titusville community since 1992 and has worked as a School Psychologist in the Titusville Area School District (TASD) since 1993. Mr. Hancock was born and raised in Batavia, New York, and earned a Bachelor of Arts Degree in Psychology from Allegheny College. He then received his Master's Degree in School Psychology from Alfred University in 1993. His current duties are to provide an array of psychological services to students at the TMS/THS. Tom is a qualified trainer in QPR (Question, Persuade and Refer) and is a suicide prevention specialist

Tom is a member of the National Association of School Psychologists (NASP), Association of School Psychologists of Pennsylvania (ASPP), Titusville Education Association (TEA), and the Pennsylvania State Education Association (PSEA). Additionally, he is a member of the Crawford County Suicide Task Force (CCSTF) and regularly attends Crawford County's Educational/Provider meetings.

**Rose M. Hilliard** has worked at Women's Services in various capacities since 2002. After a number of years as the Family Advocate, she accepted the position of Medical Advocacy Liaison in 2014. Rose is also the Chairperson of the Human Trafficking Task Force and the Faith Based Mentoring Committee. Rose became a Commissioned Lay Preacher of the Presbyterian Faith in 2011 and preaches at rural churches in Crawford County. She also teaches Worship on Wednesdays for the intellectually disabled. In addition to professional and community activities, Rose is a qualified trainer in QPR (Question, Persuade and Refer) as a suicide prevention specialist, and is a member of the Crawford County Suicide Task Force.

## **A7 From Gloom to Glow: How a Community Becomes One**

The HOPE Initiative is a grassroots organization whose mission is to partner with residents in high trauma neighborhoods to assist them in building up their community. Currently located in a micro-community in Meadville's 5th Ward, HOPE works to find and build up natural leaders as well as transfer both leadership and advocacy skills to all community members. We work with the residents to establish a resilient and well-supported community through a trauma-informed community development framework. Additionally we address health holistically and work to partner with the community members to help them become healthy enough to sustain opportunities in all areas of life. This work is truly empowering and provides deep and lasting connections in an area where none previously existed.

### **Learning Objectives**

- Participants will be able to give one characteristic of Trauma-Informed Community Development
- Participants will be able to give three examples of a trauma affected neighborhood
- Participants will be able to give one example of community resilience

### ***About the Presenters –***

**Maria Rosado-Husband** currently holds the position of TICD Community Organizer for the HOPE Initiative in Meadville's 5<sup>th</sup> Ward. She is also an Advocate at Women's Services Inc. as well as a Family Partner Lead with Crawford County's System of Care. She also participates in the Peace4Crawford initiative as well as Courageous Conversations. Maria is a member of the NAACP of Meadville and is the Chair for the Youth and College Committee and participates in the Education Committee as well. Maria was born in Meadville and raised mostly in Erie but chose to return to Meadville to raise her family in 2008. She previously worked in Home Health care as well as at SafeNet in Erie. Maria has lived experience with trauma in many different capacities and understands its effects on people and the impact it has on families and community members. She initially was a community volunteer who assisted the HOPE Initiative with all community connections and events before becoming the community organizer. Her belief in TICD is solid and community outreach has become her passion.

**Carol Johns** is a 50 year old mother of four and grandmother of two. She was born and raised in Meadville by a single mother in the projects. Carol is a survivor of childhood abuse, childhood poverty and domestic violence. She went on to work in the fast food industry and worked her way up from crew to management. Carol loves interacting with people and has been volunteering her free time with the HOPE Initiative in Meadville's 5<sup>th</sup> Ward where she resides with her four fur babies. She looks forward to learning more about Trauma Informed Community Development so that she can become a more intricate part of healing her community.

**Cam Lesher** is a Sophomore Environmental Science Major at Allegheny College. He uses his experience in multicultural and multilingual living situations to guide his community work. Outside of working with HOPE, Cam is an on-campus advocate for low-income and minority students with a focus on efforts that contribute to equitable resource access.

### **A8 HealthRHYTHMS Group Empowerment Drumming**

Try out HealthRHYTHMS® -- a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a tool for communication and personal expression. This system can be integrated as a therapeutic strategy in group counseling sessions, support groups, rehabilitation centers, schools, hospitals, aging facilities and more.

The HealthRHYTHMS Protocol is the foundation of HealthRHYTHMS Group Empowerment Drumming Program, and consists of a series of 10 steps participants are guided through to facilitate communication and personal expression. Research has shown the results can include: increase in natural killer cell activity, reduction in stress and burnout rates, improvement in mood states, enhanced creativity and bonding, and more. The subject of vicarious trauma is gaining more attention as social service agencies continue to develop an awareness of and provide trauma-informed care to those served. In addition to a brief review of the definition of vicarious trauma and the related symptoms, this presentation will build on concepts presented at the 2017 CVC conference by offering a more in-depth experience and understanding of reflective supervision, the most commonly recommended approach for offering support and guidance to those regularly exposed to vicarious trauma in addition to clinical supervision. Participants will have the opportunity to not only further develop a concrete and realistic self-care plan, but also develop discussion points to use in advocating for the implementation of reflective supervision in existing supervision models or formats.

This workshop will also benefit supervisors and staff who provide services to individuals or families who are sharing details of traumatic experiences in the course of treatment.

#### ***About the Presenters –***

**Amy Helmer MS Ed**, is the Director of Community Programs in Erie County at Bethesda Lutheran Services. She received her Bachelor of Arts degree in Psychology and Masters of Science in Counselor

Education from St. Bonaventure. Amy has devoted 26 years in the mental health field with 18 years directing a variety of programs at Bethesda. She has extensive experience running Health Rhythms group protocol in many school districts over the years.

**Brittany Mears, Ph.D., NCC, LPC, BCPC, CCTP** is the Clinical Director at Bethesda Lutheran Services. She has worked in the mental health field for 15 years. She received her Bachelor of Arts degree in Psychology at Thiel College, her Master of Arts degree in Community Counseling from the Edinboro University of Pennsylvania, and Doctor of Philosophy in Counselor Education and Supervision from Capella University. Her credentials include being a Nationally Certified Professional Counselor, clinical licensure as a Licensed Professional Counselor, and Board Certified Professional Counselor. Current professional work is focused on completing the Trauma-Informed Care Initiative at Bethesda and completing certifications in Trauma-Focused Cognitive Behavioral Therapy, Attachment-Based Family Therapy and work with the geriatric population. Other areas of clinical specialization include family and individual therapy surrounding high conflict custody, as well as, therapy and assessment within the Autism Spectrum.

## **CONTINUING EDUCATION UNITS**

**CEUs are pending for LSW/LCSW/LPC &LMFT, Nurses and Peer Specialists**