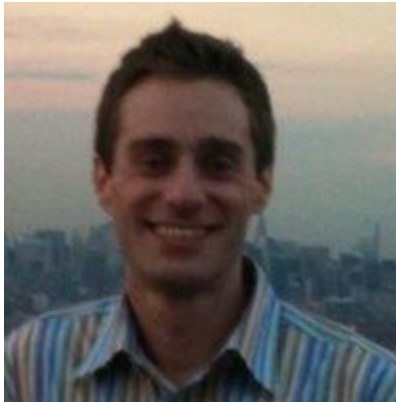


## Christopher Branson, Ph.D.



### About the Presenter:

Dr. Christopher Branson is a child psychologist and Assistant Professor at the New York University School of Medicine whose work focuses on juvenile justice reform. He has provided training and consultation on trauma-informed practices to juvenile justice agencies (courts, probation, diversion, detention/corrections) in eight states. Dr. Branson is the principal investigator for a NIMH-funded study designed to evaluate the process and impact of implementing trauma-informed care in five New York City juvenile justice agencies, including Rikers Island prison and the NYC Department of Probation. He also has a contract from the Florida Department of Juvenile Justice to assist three maximum security juvenile correctional facilities in adopting trauma-informed care. Dr. Branson has published and presented research on trauma-informed care and the link between trauma exposure and juvenile justice involvement and is the developer of the *Trauma-Informed Juvenile Justice Organizational Self-Assessment* (TIJJ), the first and only validated measure of trauma-informed care developed specifically for juvenile justice agencies/systems.

Dr. Branson has extensive experience providing mental health assessments and evidence-based treatment to youth and families involved in the justice system. He currently serves on the New York City Juvenile Justice Oversight Board and co-chairs the National Child Traumatic Stress Network's Juvenile Justice Collaborative Group. In the latter role, Dr. Branson founded a workgroup in partnership with the American Bar Association to develop resources on trauma-informed legal advocacy for attorneys. He earned his PhD in Clinical Psychology from the University of Virginia and his BA from the University of North Carolina-Chapel Hill. Lastly, Dr. Branson is a former juvenile offender and trauma survivor whose work is driven by his belief that the justice system should provide every child and family with the support needed to succeed.

### Keynote: Creating trauma-informed juvenile justice systems: Core elements, specific strategies, & how to get started

*Trauma-informed practice* is a buzzword in the juvenile justice field but there remain many questions about what exactly this means, how to implement it, and which specific practices improve outcomes for youth, families, staff, and agencies. This presentation will define the core elements of a trauma-informed juvenile justice agency/system, review specific interventions-practices-policies that exemplify the core elements, and describe the potential benefits for youth, staff, and agencies. Dr. Branson will

provide real-world examples from grant funded projects in New York City and Florida, including the specific interventions and policies that are being implemented and lessons learned about barriers and facilitators to organizational change.

Objectives:

- Identify core elements of a trauma-informed juvenile justice system
- Discover specific trauma-informed practices, policies, and models relevant to the juvenile justice system
- Describe the process, barriers, and facilitators for implementing trauma-informed care in juvenile justice systems

**Breakout: Creating trauma-informed juvenile justice systems: How to get started**

The presentation is designed to give juvenile justice professionals and stakeholders practical tips on creating and implementing an action plan for adopting and sustaining trauma-informed practices and organizational change. This breakout session builds upon Dr. Branson's keynote presentation by introducing participants to specific, publicly-available resources that can aid justice systems professionals in their efforts to implement trauma-informed practices. A small group exercise will help participants identify their agency/system's strengths and weaknesses in terms of trauma-informed practice and begin developing an action plan for increasing the uptake of such practices.

Objectives:

- Discover specific, publicly-available resources on implementing trauma-informed practices in juvenile justice settings
- Analyze the current availability and use of trauma-informed practices and policies in participants' agency or system.
- Formulate a preliminary action plan for participants' to begin implementing trauma-informed practices and policies in their agency or system.

## Ellen Szabo, M.Ed.



### About the Presenter:

**Ellen Szabo, M.Ed.** practices and promotes the use of creative writing for personal investigation, enrichment and social change. She is a published author, including two books Love and Apocalypse; Externalizing Your Inner Apocalypse with Creative Writing, and Saving the World One Word at a Time; Writing Cli-Fi. She teaches the annual **Creative Writing for Social Work** seminar at the **University of Iowa, School of Social Work**. Her private practice is based in Cape Ann where she writes and teaches with focus on how innovation and creativity can illuminate, inspire and advocate compassionate transformation. She earned her B.A. from Harvard College, with a concentration in English and American Literature, and her M.Ed. from Columbia University Teacher's College, in Counseling Psychology.

### Keynote: Creative Writing for Personal and Social Advocacy and Transformation

This presentation will explore how stories shape us and shape our world – and how creative writing can provoke thought, spark insight, raise awareness, and transform individuals and communities by addressing personal and social issues in engaging, nonthreatening ways. Advocates for personal and social wellbeing can inspire transformation through creative and inventive written expression.

### Objectives: Attendees will be introduced to:

- the power of words and narratives to shape individual and collective experience
- the potential for using creative writing in the service of self-determination, healing, social justice and advocacy.
- the potential for creative writing to evoke and enhance personal and social transformation.

### Breakout: Fiction as Memoir – Externalizing Your Inner Apocalypse

This workshop will explore how writing fiction can transform us by offering opportunities to explore, examine, and understand experiences and outcomes from our lives, and to facilitate changed perspectives. Using creative writing, participants will be encouraged to make meaning of their experiences by translating them into metaphor. Participants will have opportunities to respond to writing prompts with ten minute free-writes, and to read their work for facilitated discussion and feedback. Previous writing experience is not necessary; focus is on exploration, personal investigation, and discovery of each person's unique writing voice.

Objectives: Participants will be introduced to:

- basic tools of creative writing
- the uses of creative writing in personal transformation
- the potential for fiction and metaphor to externalize inner apocalypse
- the potential for creative writing to be a tool for practitioners and advocates

## Cindy McCleary, AIA



### About the Presenter:

Cindy McCleary is an architect from Minneapolis. She does work on publicly funded building projects like courts, law enforcement, tribal community, and Juvenile spaces. She uses trauma informed information in her designs and how she uses space to help prevent re-traumatizing clients and staff. She works at Leo A Daly, an international architect and program management firm with projects in 87 countries and all 50 states.

### Keynote: **Perspectives on the influence of Architecture on mental health, youth and homelessness.**

The natural and man-made environment has a major effect on the treatment and emotional responses of people, psychologically and physically. For over 400 years, we have believed that architecture and environmental design can improve the overall quality of life, treat social ills or de-escalate emotional responses. This keynote looks into the theory of architecture and its role to impact situations, through key historic case studies. The information learned, will provide a foundational understanding to the role of physical environments in shaping outcomes.

### Objectives:

- Attain a historical-based perspective on the role of architecture in shaping the treatment and care of individuals with mental health and in our social health & justice systems;
- Identify physical space characteristics and their believed impacts on treatment and management of persons, prevalent in historic and contemporary facilities;
- Apply the information learned to the environments that we live in and work in today.

### Breakout: **Tangible examples of how to integrate supportive care features into your facilities**

The natural and man-made environment has a major effect on the treatment and emotional responses of people, psychologically and physically. This discussion will provide a brief background into the impacts of physical space and environment on social sobriety, mentally ill, juveniles and women in detention and justice situations. Gain insight into the environmental factors that can raise trauma response and identify the design features and best practices for integrating supportive care, safety and

agitation deterrents in your physical environments. The information learned, will provide a foundational understanding to the role of physical environments in shaping outcomes.

Objectives:

- Understand and describe the elements of evidence based design and integrating trauma-informed planning into your facilities;
- Apply the principles of Trauma-Informed Care to architectural design;
- Discuss broader trends and best-practices in the design of justice, juvenile and trauma-informed environments.

**Lyn Marchant and Rich Blonigan, M.Ed.  
SCAVO High School**



About the Presenters:

Lyn Marchant is a Community School Coordinator for Des Moines Public Schools, located at Scavo Full Service High School, the first of its kind in the state of Iowa. In this role she holds the key in creating, strengthen, and maintain the bridge between the school and community. She facilitates and provides leadership for the collaborative process and development of a continuum of services for children, families and community members within a school neighborhood. After fifteen years as the Director of Community Based Services for Youth Services International, designing and implementing family centered and academic programming for youth across the Midwest, she accepted a consultation position with the United Way of Central Iowa. During this time she facilitated the implementation of Youth Venture, a service learning program for youth and consulted with several other Central Iowa organizations to implement positive youth development programming. Lyn's passion for her community and youth inspired her to be a co-founder of a Des Moines based non-profit, Community Youth Concepts, in 2010. This agency focuses on positive youth development programming and technical assistance. Born and raised in Iowa, and a graduate of Minnesota State University, she is committed to community betterment, resource development, and the wellbeing of our youth. For more information about Community Schools visit [www.communityschools.org](http://www.communityschools.org)

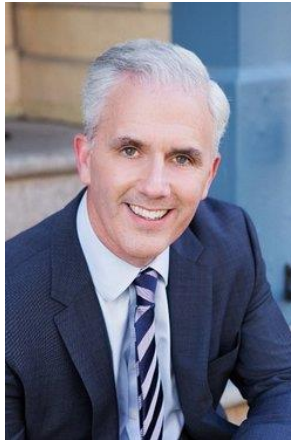
Breakout: **Program Highlight – SCAVO High School**

SCAVO High School is an alternative school in the Des Moines Independent School District. Noticing the population served at this school, the school decided to improve outcomes of the students by focusing on what happened to the students rather than judging their histories. Scavo is a model of a Trauma Sensitive School in our community. The school addresses academic concerns and environmental concerns with a trauma informed lens. The staff at SCAVO aim to showcase their changes and give the audience a timeline for their changes so practical steps can be implemented in schools across the community.

Objectives: Upon completion participants will be able to:

- Cite current research on trauma in the education setting
- Summarize the program, highlighting the trauma informed pieces
- Apply practical steps to implement trauma informed care in their school

## Scott Eblin



### About the Presenter:

Scott Eblin is the co-founder and president of The Eblin Group, a professional development firm committed to helping senior and rising leaders improve their leadership presence by being fully present. As an executive coach, speaker and author, Scott works with individuals and teams in some of the world's best known and regarded organizations. His first book, *The Next Level: What Insiders Know About Executive Success*, was described by Business Book Review as a "fascinating read" that "is full of potentially careersaving advice." His latest book, *Overworked and Overwhelmed*, was named one of the ten best business books of 2014 by The Globe and Mail.

Eblin is a graduate of Davidson College, Harvard University and is on the faculty of Georgetown University's leadership coaching program. He's also a registered yoga teacher. He writes regularly on leadership and life for Fast Company magazine and at eblingroup.com.

### Keynote: Overcoming Overwork and Overwhelm

This workshop offers practical insights for anyone who feels like their RPM is maxed out in the red zone. Participants leave with a one-page personal Life GPS® to show up at their best and attain their most important outcomes.

### Objectives: Upon completion participants will be able to:

- Assess and discuss the factors that can lead to feeling overworked and overwhelmed.
- Recognize how the sympathetic and parasympathetic nervous systems are designed to work in concert with each other and how mindfulness can lead to better health and well-being as well as greater leadership effectiveness.
- Create their own plan for mindful leadership and living by creating their Life GPS®. This segment will focus on showing up at your best throughout the day and over the course of a year.
- Create the space you need to show up at your best – delegation and time management best practices.
- Discuss the four domains of routines: physical, mental, relational and spiritual.



- Define the outcomes you expect to see from showing up at your best.

**Breakout: Overworked and Overwhelmed**

This convergence of ever-higher expectations and 24/7 accessibility can leave even the best leaders feeling overworked and overwhelmed. Based on the insights and practical tips in his latest book, Scott shares how to get results and still have a life.

**Objectives:** Upon completion participants will be able to:

- Review how the sympathetic and parasympathetic nervous systems are designed to work in concert with each other and how mindfulness can lead to better health and well-being as well as greater leadership effectiveness.
- Discuss the Life GPS® as a one page tool to overcome overwork and overwhelm by taking small steps that help you perform at your best.
- Discuss the four domains of routines: physical, mental, relational and spiritual.
- Define the outcomes you expect to see from showing up at your best.

## Nicos Katsellis, AIA and Stephen Wright, AIA



### About the Presenters:

**Nicos Katsellis:** With over a decade of experience in healthcare and sustainability, Mr. Katsellis specializes in renovating and establishing facilities that will serve as centers of comfort, restoration, and revitalization – both for the community and those who call these buildings home. His work with the U.S. Department of Veterans Affairs includes dozens of projects that provide healthcare and restoration services for those who have faithfully served our country with military service. These facilities provide services for basic healthcare, as well as services for physical rehabilitation, prosthetics, substance abuse, and, most recently, transitional care housing.

The U.S. Department of Veterans Affairs Medical Center in West Los Angeles, California required restoration services for a group of 14 building on their campus. As Senior Project Manager leading a multi-disciplined team, Mr. Katsellis directed the restoration efforts.

Most notable among these restorations was Building 209, a two-story, 46,000-SF structure redesigned to serve as transitional housing for chronically homeless Veterans. Collaborating with formerly homeless Veterans, the project was developed into a prototype for assisting Veterans attain a sustainable lifestyle while maintaining the dignity of the individual.

Originally constructed in 1944, the renovated building now accommodates 55 dwelling units and support facilities. It provides a variety of onsite life skills training, counseling, and supportive services to help Veterans transition to a independent living. Two additional buildings will accommodate the same program.

**Stephen Wright:** Steve Wright is vice president and managing principal of the Washington, DC office of LEO A DALY, a privately held planning, architecture, engineering, interior design, and program management practice with more than 800 professionals and a 51-year heritage in Washington, DC. A design architect with over 35 years of experience in creating spaces that solve his client’s complex programmatic needs, Steve creates architecture that engages with and endears itself to the surrounding campus and supports holistic and enriching interior spaces.

With a firm belief that “details make the difference between a building and architecture,” Steve's passion is in creating environments that support the culture of each client. One example is his involvement as design principal for a new 166,000-SF instructional and clinical practice building serving the schools of Nursing and Social Work at the George Mason University Fairfax campus. The building and its associated site continues the transformation of the North Campus into a vibrant pedestrian oriented campus community and will provide a welcoming new face for the Mason campus.

Steve’s award-winning designs blend his keen eye for designing spaces reflective of clients’ programmatic goals and objectives with his interest in the craftsmanship of interiors materials and the impact of lighting on interior space. He is cognizant of the important role interior materials and lighting design have in creating therapeutic spaces.

In 2008, Steve was honored by the American Institute of Architects Hampton Roads Chapter with Distinguished Achievement for professional accomplishments, service to the AIA, and community involvement. Steve also has served on the national AIA Committee on Interiors.

### **Breakout: Trauma-Informed Design in Supportive Housing**

Designing supporting housing for homeless men and women requires a trauma-informed approach to architecture. The unique experiences, needs and vulnerabilities of these populations must be met by spaces that facilitate healing, socialization, learning, and personal growth while reinforcing the dignity of the individual. Stephen Wright, AIA and Nicos Katsellis, AIA of LEO A DALY architects, will present on two recent projects, extracting best-practices in the trauma-informed design of permanent supportive housing.

La Casa, the first permanent supportive housing project in Washington, DC, provides a stable address and full supportive services to 40 formerly homeless men using a Housing-First model of care. Its bold architectural design was chosen specifically to disrupt the stereotype of homeless housing as sterile, institutional, and dehumanizing. Its interior design feature cozy, light-filled, private rooms appointed like upscale urban efficiencies. The result is a point of pride for the city, the neighborhood, and the inhabitants of La Casa.

Building 209 is the first supportive housing project for homeless Veterans on the Department of Veterans Affairs’ West Los Angeles healthcare campus, and a prototype facility in the VA’s monumental effort to end Veteran homelessness. Using a collaborative process that involved formerly-homeless Veterans as design advisors, LEO A DALY created a facility that responds directly to the needs of a unique, often traumatized population, including those of women Veterans. Privacy, security, and socialization are balanced in an environment designed to help its inhabitants relearn, or in some cases learn for the first time, the life- and social skills they need to thrive on their own.

### **Objectives:**

- Identify the architectural and interior-design goals of therapeutic supportive housing.
- Apply the principles of Trauma-Informed Care to architectural design.

- Examine two successful case-studies on trauma-informed design of supportive housing.
- Discuss broader trends and best-practices in the design of supportive housing.

## Julie Fugenschuh, LMSW



### About the Presenter:

Julie Fugenschuh is the executive director for Project IOWA and has served in this capacity since March 2011. Her roles include overall management of the budget, strategic outcomes, developing business relationships, community collaborations and fundraising. Her educational background and experience is guiding the work and research around employment and systematic barriers for marginalized populations.

### Breakout: The Impact of Value and Purpose in the Workforce

All humans seek to find worthiness and purpose; adults mainly attain this through a job/career. This breakout will assist (or provide opportunity for) individuals in obtaining employment where they feel genuinely valued and can identify their purpose organizationally.

### Objectives:

- Create work environments which enable the workforce to find purpose and value in their employment, leading to higher retention and greater productivity for employers.
- Recommend individuals for a work environment where there is a workplace culture match between the employee and the employer.

## Robbie Adler-Tapia, Ph.D.



### About the Presenter:

Dr. Adler-Tapia is a licensed psychologist who has worked with individuals impacted by trauma for more than 30 years. Dr. Adler-Tapia's work as a psychologist, educator, researcher and writer has taken place in community mental health and child welfare settings. As the Clinical Director at Childhelp's Children's Center, she worked with an interdisciplinary team at a national non-profit center for children who are victims of crime with services funded by VOCA. Robbie has published on EMDR Therapy with Children: Adler-Tapia, R.L. & Settle, C.S. (2008). *EMDR and the art of psychotherapy with children*. N.Y.: Springer Publishing; and, Adler-Tapia, R.L. (June 2012). *Child psychotherapy: Integrating developmental theory into clinical practice*. N.Y.: Springer Publishing, along chapters and journal articles.

Currently in private practice she provides counseling, consultation and psychological services for children and families referred by child welfare, law enforcement and the legal system. She works with law enforcement professionals and firefighters both locally and nationally as a presenter for the National Fallen Firefighters' Foundation's Taking Care of Our Own Program. She is the Mental Health Consultant to PISTLE (Post Incident Stress and Trauma in Law Enforcement) a Peer Support Program for Law Enforcement Professionals. In a forensic role, Dr. Adler-Tapia has served as an expert witness in the Juvenile, Family, and Criminal Courts.

Dr. Adler-Tapia has published on mental health services for public safety: Adler-Tapia (2013). Early Mental Health Intervention for First Responders/Protective Service Workers Including Firefighters and Emergency Medical Services Professionals. In M. Luber, (Ed), *Implementing EMDR Early Mental Health Interventions for Man-Made and Natural Disasters: Models, Scripted Protocols and Summary Sheets*. Springer, New York, N.Y. Her workshops include: "Haunted: EMDR Psychotherapy for First Responders and Protective Services Personnel," and, "The Trauma After the Trauma: Betrayal Trauma Experienced by the Military and Public Safety."

### **Keynote: Healing the Origins of Trauma: Developmentally Grounded Eye Movement Desensitization and Reprocessing (EMDR) Psychotherapy for Children Exposed to Violence and Abuse**

With research to support EMDR Therapy as evidence based practice, the use of EMDR Therapy in the treatment of children with sexual abuse and trauma provides a comprehensive psychotherapy that provides clients with the opportunity for healing. Therapists who treat children and adolescents with child abuse and neglect histories benefit from the trauma reprocessing that unfolds through the 8 phases of EMDR Therapy. This trauma preprocessing ignites the healing of symptoms resulting from abuse histories and from attachment trauma. The ACES research has documented that child abuse

histories fuel medical issues in adulthood; therefore, identifying and treating child abuse with EMDR Therapy can return children to a health trajectory for their futures and prevent long term suffering while helping adults resolve the symptoms that originate from traumatic childhoods.

Objectives:

- Explain the implications of child abuse issues on trauma reprocessing through case conceptualization with EMDR therapy.
- Recognize how the 8-phase EMDR Therapy can be used with even young children.
- Practice age appropriate resources for young children who have experienced abuse.
- Cite how the CEBC and SAMHSA have recognized EMDR Therapy as evidence based practice.

Breakout: **EMDR Therapy Case Conceptualization for Treating Individuals Experiencing Attachment Trauma**

EMDR Therapy integrates play therapy, family systems therapy, and all other types of psychotherapy commonly used in treatment with children within a psychosocial developmental framework. Therapists learn to integrate clinical skills into a comprehensive eight-phase treatment for treating children with traumatic and abusive childhoods. In this workshop, the therapist is provided an integrative approach with which to conceptualize treatment that includes goals and objectives that can be understood by children and their caregivers, as well as, by child welfare, law enforcement, and medical professionals.

Objectives:

- Describe valuable evidence about the efficacy of EMDR Therapy.
- Apply developmental theories to the enactment of the phases of EMDR Therapy with infants to adolescents.
- Demonstrate advanced resourcing strategies for individuals impacted by abuse, violence, and attachment failures.

## William Pettit Jr M.D. and Linda Sandel Pettit Ed.D.



### About the Presenters:

**William F. Pettit Jr., M.D.:** is co-owner with his wife, Linda, of 3 Principles Intervention LLC. Dr. Pettit has presented the Three Universal Principles of Mind, Consciousness and Thought as the essence of his psychiatric practice since 1983. He also practices psychiatry at the Family Medical Center of Michigan.

A graduate of Creighton University, Omaha, NE and the University of Illinois College of Medicine, Chicago, IL, Dr. Pettit completed his psychiatric residency at the Philadelphia Naval Regional Medical Center in Philadelphia, PA. He is board-certified in Psychiatry, Adolescent Psychiatry, Geriatric Psychiatry and Psychosomatic Medicine. He is also certified in Addiction Medicine.

Dr. Pettit served as a physician in the United States Navy for over 9 years, including 3 years as a Navy flight surgeon and 3 years as Chief of Psychiatry of the Navy Nuclear Submarine base at Groton, Connecticut.

Presently, Dr. Pettit holds an appointment as Adjunct Professor of Counseling in the Graduate College at Siena Heights University. Formerly, Dr. Pettit held an appointment as Associate Professor of Behavioral Medicine and Psychiatry at West Virginia University (WVU) and was the Medical Director of the Sydney Banks Institute at WVU. Previously, Dr. Pettit held an appointment as Adjunct Assistant Professor at the Des Moines, Iowa Osteopathic School of Medicine

Dr. Pettit is a recognized educator in the Three Principles intervention, and has presented at many national and international conferences and consulted to numerous clients both nationally and internationally.

**Linda Sandel Pettit, Ed.D.:** a counseling psychologist, provides individual and organizational consulting, speaking, training and writing through 3 Principles Intervention LLC, which she co-owns with her husband, William F. Pettit, Jr., MD, psychiatrist.

Most recently, Dr. Pettit served as Dean of the Graduate College and Director of Counselor Education for Siena Heights University, a Catholic liberal arts institution with six campuses in Michigan and an internationally available on-line program.



Dr. Pettit has provided leadership, program development and counseling services in mental health for over 30 years. She has worked in business, university, hospital, community agency and private practice settings. Previously, she enjoyed a career in public relations management.

For the past 11 years, Dr. Pettit's clinical work has been based solely on sharing the 3 Principles of spiritual and psychological functioning as discovered by Sydney Banks. With deep gratitude for its power to help others heal and find wisdom and health, she has shared the understanding with many people struggling with depression, grief, anxiety, trauma, relationship challenges, and with behavioral and somatic concerns.

Dr. Pettit holds a doctorate of education in Counseling Psychology from West Virginia University (1991); a master of arts in Counselor Education from Siena Heights University (1983) and a bachelor of arts in Journalism from Michigan State University (1975).

**Keynote: NEVER BROKEN; NOTHING LACKING: How the Mind Heals Trauma**

Drs. Bill and Linda Pettit will explain the 3 Principles intervention, which holds out hope that experience of trauma can be healed rapidly and completely. Such healing can occur when human beings are helped to understand how they create their psychological experience of life using the powerful spiritual principles of Mind, Thought and Consciousness. Understanding the nature of the 3 Principles helps people see, beyond an intellectual knowing, that past traumatic experiences were real *then* but *now* exist as a memory carried through time via Thought.

**Objectives:**

- Describe the Three Principles: Mind, Thought and Consciousness.
- Detect the common ground between trauma-informed therapy and the 3 Principles Intervention, which focuses on accessing innate health and wisdom beyond the intellect.
- Distinguish the differences between trauma-informed therapy and the 3 Principles Intervention.
- Evaluate whether seeing life as a psychological experience created by spiritual principles increases hopefulness in trauma recovery for both therapist and client.
- Discuss how the feeling level of the therapist influences trauma treatment processes and outcomes.

**Breakout: Thought: The Missing Link Between Trauma and Trauma/Stressor-Related Disorders**

Drs. Bill and Linda Pettit will suggest that chronic mental stress, created by the innocent misuse of the power of the 3 universal Principles of Mind, Thought and Consciousness, is the culprit behind and the connector between the symptoms of trauma and stressor-related disorders. In this follow-up to their keynote presentation, Drs. Pettit will leave at least 30 minutes for questions.

**Objectives:**

- Discuss the nature of Thought and differentiate between the power of Thought and personal use of Thinking.
- Describe how chronic mental stress is connected to the DSM-5 cross-cutting symptoms that lead to the diagnosis of trauma and stressor-related disorders.

- Formulate a 3 Principles-based explanation for research results suggesting that not all individuals who experience trauma develop trauma or stressor-related disorders.

## Lana Herteen, LMHC



### About the Presenter:

Lana Herteen represents Blank Children’s Hospital as the Community Child Advocate. She has 19 years clinical experience in mental health and works passionately on a variety of multi-agency projects that she not-so-secretly believes will change the world! While the majority of her 13 years with Blank has been as a Forensic Interviewer at the Regional Child Protection Center, she currently focuses her efforts on social-emotional determinants of health with an emphasis on taking the brain science of human development and applying it in simple terms to create user-friendly application to the general public. Lana serves on the Trauma Informed Care Stakeholders Public Relations committee as well as the Central Iowa ACEs Steering Committee, and coordinates the Developing Brain Group. Lana was on the planning committee to develop the community messaging of Connections Matter, which she is passionate about spreading across disciplines and throughout Iowa.

### Breakout: Connections Matter: Developing Brain – Relationships - Community

We all face tough times. Ongoing stress from tough times can lead to poor health and other challenges as the brain adapts to survive. Yet, science now shows what we can do to change these outcomes.

Connections Matter highlights the importance of building caring connections with the children, families and adults in our lives to developing healthy brains, supportive relationships and thriving communities. This evidence-based, interactive presentation describes how stress impacts the brain and why relationships improve individual and community well-being. Attendees will leave with specific ideas for the actions they can take in their professional and personal lives, and will end the session by identifying their next steps, with a specific focus on how the faith community can further this effort.

Together we can engage more people in creating environments that strengthen families from the start and give children and adults with a history of trauma an opportunity to heal.

### Objectives:

- Define plasticity as it pertains to lifelong brain development.
- Discuss the impact of adversity and toxic stress on brain development.
- Review how toxic stress disrupts the developing brain and negatively effects lifelong learning, behavior, and health.
- Identify how human relationships serve as a mediator to toxic stress through resilience-building.

- Describe how a two-generation approach to supporting children and caregivers has greatest impact for individual and community success