

June 2021 Speaker Information

Kim Richards, RN, NC-BC is an author, motivational speaker, entrepreneur, health and wellness coach, life coach, and thought leader on the power of dynamic self-care strategies. She helps individuals, teams, groups and corporations do three things: permanently shift their culture toward wellness, implement and invest in effective retention strategies, and swap a “crazy busy” lifestyle for a wholehearted, intentional life that thrives!

Her career is diverse. She began as a critical care nurse, spent time in the pharmaceutical industry and in 1989, combining her nursing background with sales and marketing, she founded a successful executive recruitment firm. Through personal and formal education, she has spent the past 20+ years studying the science of self-care and optimal health as the foundation for living a purposeful, passionate life. She truly believes that healing ourselves is pivotal to creating a life of service to others.

Presentations for June Conference:

Rising Resilient!

The goal of this presentation is to define resiliency, self-care and the role in crisis recovery for practitioners.

Objectives – Participants will be able to:

- Define and discuss the relationship of self-care as the platform for crisis recovery and burnout prevention.
- Discover the importance of proactive, consistent and daily self-care for all caregivers.
- Recite evidence based research to support self-care practices and release of suffering.

Building a Personal Self-Care Toolkit

The goal of the presentation is to discover and create the “how to” of a personalized and practical tool kit.

Objectives – Participants will be able to:

- Utilize individual sources of “soul-feeders”.
- Define each pathway of self-care: Physical, Mental, Emotional, Relationships, Spiritual, Choice using a holistic approach.
- Prepare a personal self-care plan to begin immediately.

Linda Chamberlain, Ph.D., MPH is a scientist, author, professor, dog musher, and founder of the Alaska Family Violence Prevention Project, Dr. Linda Chamberlain is an internationally recognized keynote speaker on the brain and stress, childhood adversities (ACEs and family violence) and the amazing adolescent brain. She is known for her abilities to translate science into practical tools with diverse audiences. Her current work highlights brain-body practices that work with the brain from the bottom-up to address how stress and trauma are stored in the body. Certified in several somatic interventions, she demonstrates simple strategies and tools to promote resilience, self-regulation and healing with children, adolescents and families.

Dr. Chamberlain taught at the University of Alaska and earned public health degrees from Yale School of Medicine, and Johns Hopkins University where she also served as adjunct faculty. She is the author of the *Amazing Brain Series* and many other national resources. Recognition for her work includes a Scientist Scholar with the Fulbright Arctic Initiative, a National Kellogg Leadership Fellowship, an Alaska Women of Achievement Award and the Inaugural Scattergood Foundation Scholar on Child Behavioral Health.

Presentations for June Conference:

The Amazing Adolescent Brain

The adolescent brain is a work-in-progress that is undergoing extensive remodeling. Focusing on the areas of the brain that show the most profound changes during adolescence, Dr. Chamberlain describes how these changes influence adolescents' emotions, decision-making, and behaviors. The vulnerability of the developing adolescent brain to alcohol and other substances is examined. She will note implications of what we are learning about the adolescent brain for mental health, substance abuse prevention and the intersecting role of Adverse Childhood Experiences (ACEs). Practical strategies to improve how we communicate with teens and maximize the potential of their amazing brains while minimizing stress and conflict are highlighted.

Objectives – Participants will be able to:

- Identify three major changes occurring in the adolescent brain that influence behavior and communication.
- List two strategies to communicate more effectively with adolescents.
- Describe the unique vulnerability of the developing adolescent brain to alcohol and other substances.
- Name two examples of how you can use this information to support effective prevention strategies for youth

Good News and Simple Tools

In this interactive presentation, participants will acquire skills to help regulate emotions and behavior, build resilience and transform stress/trauma. These skills are also essential tools for preventing compassion fatigue and vicarious trauma. Participants will learn about and practice strategies that work with the brain from the bottom-up including conscious breathwork, HeartMath, movement, muscle relaxation and acupressure techniques. While appropriate for all ages, Dr. Chamberlain will emphasize practices and resources appropriate for teens in this workshop. These techniques are being used in a wide range of settings including youth programs, schools and best practices for children/youth exposed to violence and other adversities.

Objectives – Participants will be able to:

- Demonstrate three skills to facilitate self-regulation and buffer the effects of stress/trauma.
- Identify three resources describing simple brain-body practices that would be useful for youth or other clients that you work with.
- Cite two examples of how you can integrate these tools into your organization or daily practices.

Roy Wade Jr., MD, Ph.D., MPH, MSHP is an Assistant Professor of Pediatrics in the Department of Pediatrics at the University of Pennsylvania School of Medicine in the Division of General Pediatrics at the Children's Hospital of Philadelphia. Dr. Wade's research focuses on decreasing disparities in health caused by exposure to childhood trauma.

Prior to attending medical school, Dr. Wade earned a PhD in Microbiology from the Georgia Institute of Technology. He earned his medical degree from the Geisel School of Medicine at Dartmouth in 2007 and completed pediatric residency at the University of Virginia in 2010. Dr. Wade served as a Minority Health Policy Fellow at Harvard Medical School where he also earned an MPH in Health Policy and Management from the Harvard School of Public Health. Dr. Wade completed the Robert Wood Johnson Foundation Clinical Scholar's program at the Perelman School of Medicine at the University of Pennsylvania, earning a Master's of Science in Health Policy in 2013.

Dr. Wade's initial work focused on developing more sensitive childhood adversity measures and promoting the adoption of trauma-informed approaches among health and social service organizations. In conducting this work, Dr. Wade has authored several papers. Dr. Wade's research interests also include examining the mechanisms through which significant childhood adversity translate into poor health throughout the life course and negatively impact offspring.

Presentations for June Conference:

Childhood Stress and Urban Poverty: The Impact of Adverse Childhood Experiences on Health Adverse Childhood Experiences (ACE) have been associated with poor health outcomes throughout the life course. The presentation will review the landmark study, highlighting the strong association between ACE and sub-optimal child health and well-being. In addition, the presentation will review the impact of ACE on marginalized populations, highlighting the role that differential exposure to early life adversity might have in contributing to disparities in health outcomes.

Objectives – Participants will be able to:

- Identify psychosocial factors associated with poor health outcomes.
- Identify early life stressors strongly correlated with poor child mental and behavioral health.
- Explain the role of psychosocial factors in the persistence of health disparities.
- Describe the intergenerational impact of ACE among families.

Evidence Based and Emerging Approaches to Addressing Adverse Childhood Experiences

With increased awareness of the life course impact of Adverse Childhood Experiences (ACE) on health, child and youth advocates have become increasingly interested understanding evidence based approaches to addressing early life adversity. In this session we will review evidence based and informed approaches to mitigating ACE impact or preventing exposure to these toxic conditions.

Objectives – Participants will be able to:

- Describe the core components to ACE informed practice.
- Recognize approaches to addressing childhood toxic stress.

Anne Regina T. Contreras, MACP is Director of Programs and National Trainer for Pure Edge, Inc. whose work centers around supporting administrators, educators and students with self-regulation tools to equip them in dealing with stressors.

She holds a MA in Counseling Psychology from Sofia University, formerly known as the Institute of Transpersonal Psychology and a BA in International Relations (focus area: global development in South & Southeast Asia) from San Francisco State University.

She is certified in both Mindfulness-Based Stress Reduction (MBSR) and Advanced Group Therapy Process and has practiced yoga for over 20 years and meditation for over a decade. She is currently pursuing a Ph.D. in International Psychology with a Trauma Services Concentration.

Presentations for June Conference:

The Neuroscience of Stress: Integrating Mindfulness and Mindful Movement to Build Resilience

Self-care leads to better care for others. Participants will learn of allostatic load, the long-term effects of continued exposure to chronic stress on the body and its negative impact. Toning the Vagus nerve through: *Breath, Move and Rest* techniques will be experienced through demonstration of practice, to calm the central nervous system helping to alleviate stress. This furthers one's ability to maintain self-regulation and therefore, stress management. This interactive session, basic neuroscience, the benefits of nasal breathing, as well as, mindful movement will be discussed. There will be discussion on how to apply these strategies into practice.

Objectives – Participants will be able to:

- Recognize that one's primary care is essential to caring for others.
- Learn the effects of chronic stress on the basic neuroscience, physiology and the central nervous system.
- Practice techniques of *Breath, Move and Rest* to help manage varying levels of stress toward self-regulation and in prevention of furthering chronic stress.

Brain Breaks: Integrating Strategies Into Practice

In this interactive session, participants will learn, practice and have access to Brain Breaks that can help alleviate allostatic load, the long-term effects of continued exposure to chronic stress on the body. These simple exercises that are 1-3 minutes in length and activate stress reduction.

Objectives – Participants will be able to:

- Name the effects on the mind (basic neuroscience), the body (physiological) and the central nervous system when individuals are exposed to chronic stress.
- Demonstrate simple techniques to help manage varying levels of stress.