2019 Mississippi Trauma Informed Care Conference
“Riding the Storm Together”
Marriott Jackson Downtown
September 25 - 27, 2019

Wednesday, September 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am – until</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>7:45am - 8:30am</td>
<td>Continental Breakfast</td>
<td>Manchester I - II</td>
</tr>
<tr>
<td>8:00am - 8:30am</td>
<td>Welcome and Opening Remarks</td>
<td>Windsor I - III</td>
</tr>
<tr>
<td></td>
<td>Diana S. Mikula, Executive Director</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mississippi Department of Mental Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heather Wagner, Director</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Office Against Interpersonal Violence</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mississippi State Department of Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sandra Parks, Division Director</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mississippi Department of Mental Health</td>
<td></td>
</tr>
<tr>
<td>8:30am-9:30am</td>
<td>Opening Keynote</td>
<td>Windsor I - III</td>
</tr>
<tr>
<td>K1</td>
<td>The #MeToo Movement and My Story</td>
<td></td>
</tr>
<tr>
<td></td>
<td>James Meadours</td>
<td></td>
</tr>
<tr>
<td></td>
<td>James Meadours is a leader in the self-advocacy movement for people with disabilities. He is also a survivor of sexual assault. This presentation will give insight into the world of people with disabilities and the challenges James has fought to overcome. James' story is featured in many publications and YouTube videos.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Session Objectives:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 1: After completion of session, participants will be able to discuss the prevalence of abuse in people with disabilities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 2: After completion of session, participants will be able to list barriers to services for victims of violence with unique needs.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 3: After completion of session, participants will be able to explain how to help victims talk about trauma when they are ready.</td>
<td></td>
</tr>
<tr>
<td>9:30am-10:30am</td>
<td>Ethics in a Connected World</td>
<td>Windsor I - III</td>
</tr>
<tr>
<td>K2</td>
<td>Richard Strebeck, Ph.D</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Technology and social media have increased communication avenues within our culture. These communication pathways have become a natural aspect of one’s daily life. This connectivity in our culture creates unique opportunities and challenges for clients’</td>
<td></td>
</tr>
</tbody>
</table>
communication with providers. This session explores the ethical/legal and self-care concerns as providers engage clients using technological advances.

**Session Objectives**
Objective 1: After completion of session, participants will become aware of the different digital methods clients have to access to the providers.

Objective 2: After completion of session, participants will be able to use ethical principles to evaluate the different digital methods clients have access to providers.

Objective 3: After completion of session, participants will be able to become aware of self-care issues and strategies related to the different digital methods clients can use to access providers.

<table>
<thead>
<tr>
<th>Time</th>
<th>Schedule</th>
<th>Breakout Sessions A</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am-10:45am</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:45am-12:15pm</td>
<td>Breakout Sessions A</td>
<td></td>
</tr>
</tbody>
</table>

**A1**

**Embody, Enact, Empower: Drama Therapy for Social Change**
Kate Woodley, LCSW, CTTS

Theatre – with its roots in sound and movement, storytelling and ritual, enactment and improvisation – offers a unique opportunity to experientially process multifaceted societal problems, enhance feelings of empowerment and self-efficacy, and create change in individuals, organizations, and communities. Therefore, it is an excellent tool in healing individual and collective trauma. In this experiential offering, participants will learn theatrical forms from Augusto Boal’s Theatre of the Oppressed and Michael Rohd’s Theatre for Community, Conflict & Dialogue that can be used to build community, explore complex issues, and problem-solve.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to define oppression and identify the ways in which it traumatizes persons and groups.

Objective 2: After completion of session, participants will be able to identify one Community, Conflict & Dialogue theatrical form.

Objective 3: After completion of session, participants will be able to identify one Theatre of the Oppressed theatrical form.

**A2**

**SOAR in Mississippi – Using SSI/SSDI to Improve Outcomes for Homelessness**
Rachel Alcorn, LCSW/ Sherry Holloway, MSW

SSI/SSDI Outreach, Access, and Recovery (SOAR) is a national model designed to increase access to the disability income benefit programs...
provided through the Social Security Administration (SSA) for individuals, both adults and children, who are experiencing or are at risk of homelessness and have a serious mental illness, medical impairment, or co-occurring disorder. Mississippi is currently underutilizing SOAR and this presentation aims to bring awareness about the potentially life-changing tool.

**Session Objectives**
Objective 1: After completion of session, participants will be able to explain the SOAR process to participants.

Objective 2: After completion of session, participants will be able to explain how SOAR can improve outcomes for individuals experiencing homelessness.

Objective 3: After completion of session, participants will be able to explain how participants can get involved with SOAR in their area.

**You Can Do This: Interventions and Strategies for Traumatized Children and Adolescents**
_Shalonda D. Carlisle, LCSW/ Shelia Thomas, LMSW/ Nikki Flippins, LMSW_

Traumatic events are profoundly stressful. The stress that results from traumatic events precipitates a spectrum of psycho-emotional and physio pathological outcomes. Participants will learn different types of strategies and interventions to use with children and adolescents who have been traumatized and who have been in difficult situations. They will experience hands on interventions that they can utilize in their perspective agencies.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to describe the purpose for the interventions and strategies.

Objective 2: After completion of session, participants will be able to identify 3-5 appropriate interventions to utilize with children and adolescents.

Objective 3: After completion of session, participants will be able to role play and demonstrate appropriate interventions and strategies to utilize with children and adolescents.

**Screening and Assessments for Trauma**
_Adrian James, MS, NCC, LPC-

Psychological trauma stems from potentially traumatic events that overwhelm the usual methods of coping that give people a sense of control, connection, and meaning. Exposure to trauma can severely change the way persons think about themselves and experience the
world around them: safety, trust, benevolence, justice and sense of self. Using standardized, well-established measures helps to ensure efficient assessment and diagnosis, as well as provides critical information for treatment design. This presentation will discuss assessment and treatment activities key to providing effective treatment for youth with trauma and co-occurring disorders.

**Session Objectives:**  
Objective 1: After completion of session, participants will be able to provide an overview of trauma and how it may impact a child/youth and their family.

Objective 2: After completion of session, participants will be able to discuss mental health related problems caused by exposure to trauma.

Objective 3: After completion of session, participants will be able to identify screening and assessment instruments for trauma and the importance of utilizing the assessment tools.

**Behind the Badge: Trauma Informed Approach for Addressing Wellness Among Crisis Intervention Team Officers**  
Lewis Anthony Bullock, MS, MBA, NCC, LPC-S/Mitchell Washington, MSW, CCSP/Marcus Crowley, BA, CCSP  
Policing has historically been considered a dangerous occupation with high rates of trauma exposure and psychological injuries. Despite this, law enforcement officers do not readily seek help for mental injuries and typically utilize avoidance to address psychological traumas. High rates of calls related to citizens in mental health crisis has resulted in the surfacing of Crisis Intervention Team training (CIT). This collaborative model trains police officers to recognize and safely respond to individuals in mental health crises as well as provides community resources to help officers better navigate the mental health system.

**Sessions Objectives:**  
Objective 1: After completion of session, participants will be able to discuss psychological and behavioral impact areas commonly experienced by law enforcement.

Objective 2: After completion of session, participants will be able to demonstrate the role, responsibilities and experiences of a CIT officer/trainee during CIT training.

Objective 3: After completion of session, participants will be able to demonstrate use of suggested module activities utilizing Motivational Interviewing and Stages of Change.
### Trauma and Eating Disorders: Interventions Utilizing EMDR and Art Therapy Techniques

*Marie Rothman, MS, NCC, LPC*

This session provides a review of trauma, as well as an in-depth look at the role that trauma plays in eating disorders. This presentation also outlines the types of eating disorders, how to assess and differentiate between them, and ways to use art therapy and EMDR processing techniques, tailored specifically to each client, to effectively assist in treating clients. Participants will learn how art therapy techniques (including Storytelling) and EMDR techniques can act as an intervention for desensitizing negative body image beliefs and installing positive body image beliefs.

**Sessions Objectives:**

Objective 1: After completion of session, participants will be able to identify the role that trauma plays in eating disorders, as well as the three types of eating disorders utilizing a history taking form.

Objective 2: After completion of session, participants will be able to explain and implement therapeutic art techniques, to include storytelling, with regard to body image as a result of trauma using EMDR resourcing in the treatment of eating disorders.

Objective 3: After completion of session, participants will be able to demonstrate integration of the use of art therapy techniques and EMDR techniques in the treatment of trauma and eating disorders in individuals, couples, and families into their framework of treatment.

### Trauma Informed Care in the Juvenile Justice and Child Welfare Systems

*Megan Bunniran, LPC-S, LPC-MHSP, NCC*

Trauma greatly affects children in the juvenile justice and child welfare systems. Participants will increase awareness of the prevalence in trauma in these systems as well as the effects of trauma on child and adolescent development. Participants will also learn that trauma can manifest in challenging behaviors therefore, the provider’s thinking must shift to a trauma informed care perspective.

**Sessions Objectives:**

Objective 1: After completion of session, participants will be able to discuss awareness of the prevalence of trauma in the juvenile justice and child welfare systems.

Objective 2: After completion of session, participants will be able to describe how trauma impacts youth in the juvenile justice and child welfare systems.
Objective 3: After completion of session, participants will be able to identify the importance of shifts in thinking for a more trauma informed care approach.

12:15pm-1:45pm K3
Luncheon Keynote Presentation
What Are You Really Willing To Do For Others? Evolving Through the Trauma
Sunnetta “Sunny” Slaughter
In 2015, Sunny Slaughter delivered her TEDx talk titled, “What are you really willing to do for others?” It is the poignant introduction into her personal story of discovering she was married to a child predator with his last victim being her own daughter. The presentation centers around how her family survived despite a revolving door of fractured systems, services and support that weren't always culturally aware. Now she asks the question, “What are you really willing to do to change it?”

Session Objectives:
Objective 1: After completion of session, participants will be able to discuss the impact of trauma for direct and indirect victims, and communities who sometimes become the unintended collateral damage.

Objective 2: After completion of session, participants will be able to describe the unique barriers and intersecting complexities of trauma experienced by people of color.

Objective 3: After completion of session, participants will be able to discuss how institutional policies and practices impact the resiliency of marginalized communities of color and the importance of cultural awareness and sensitivity.

1:45pm –2:00pm Break
2:00pm – 3:15pm Breakout Sessions B

B1 When Trauma Comes Back
Jessica Ryon Whatley, MSW
Many of you have heard Jess' story- this is THE REST of the story. What do we really mean by the phrase "Recovery is Non-Linear" and how does that show up in our own lives and the lives of those we serve? What happens when we are doing everything "right," and something triggers our own traumatic past? Utilizing her own personal story, Jess will illustrate how the powerful gift of her personal story can show up in some not so healthy ways due to vicarious trauma and lack of self-care.

Session Objectives:
Objective 1: After completion of session, participants will be able to discuss professional ethics, use of self, and how our own trauma history can be our greatest tool.
<table>
<thead>
<tr>
<th>Session</th>
<th>Objective 1</th>
<th>Objective 2</th>
<th>Objective 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complex Trauma Booster</td>
<td>After completion of session, participants will be able to discuss best practices regarding complex trauma assessment, conceptualization, and treatment.</td>
<td>After completion of session, participants will be able to apply best practices to cases of complex trauma while simultaneously considering variables such as race, religion, ethnicity, language, ability and sexual orientation.</td>
<td>After completion of session, participants will be able to apply considerations concerning the professional management of secondary stress regarding complex trauma.</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Session</th>
<th>Objective 1</th>
<th>Objective 2</th>
<th>Objective 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential Conversations: Black Girls Mental Health</td>
<td>After completion of session, participants will be able to discuss the social issues that impact black girl’s mental health in their communities, homes, and schools.</td>
<td>After completion of session, participants will be able to explore data that highlights the voices of black girls and their experiences in their homes, schools and communities.</td>
<td></td>
</tr>
</tbody>
</table>
| B4 | Objective 3: After completion of session, participants will be able to identify and develop a framework for supporting and managing mental health and mental distress experienced by black girls.  

**Trauma and Faith**  
Ron Mumbower, Ph.D.  
A person's faith provides a valuable resource in dealing with trauma. This presentation will focus on identifying effective ways faith assists in dealing with trauma. Practical suggestions will be demonstrated and discussed. Faith gives hope and encouragement when there appears to be no hope.  

Session Objectives:  
Objective 1: After completion of session, participants will be able to describe how faith plays a part in helping one deal with trauma.  

Objective 2: After completion of session, participants will be able to list strategies to utilize when addressing trauma.  

Objective 3: After completion of session, participants will be able to identify referral networks for individuals receiving and in need of services. | Churchill II |
| B5 | **Enhanced Cognitive Interviewing (ECI)**  
Kristi L. Crane, Psy.D./Dana Gilbert, LCSW  
Information and the gathering of information is a critical aspect in any field. Regardless if you are a social worker, investigating a domestic violence event; a therapist, starting trauma treatment; or a police officer, investigating a crime, the depth and accuracy of the behavioral information that is obtained is directly related to the quality and accuracy of the assessment. This presentation will introduce participants to ECI, a semi-structured interviewing process that increases the quality of obtained information, while decreasing the need for follow-up, and maintaining the dignity of the interviewee.  

Session Objectives:  
Objective 1: After completion of session, participants will be able to discuss ECI and its efficacy.  

Objective 2: After completion of session, participants will be able to discuss skills to use ECI with different interview sources.  

Objective 3: After completion of session, participants will be able to apply tips for practical application of ECI in different settings. | Surrey I - II |
| B6 | **Don’t Take Your Trauma Home! Utilizing a Resiliency Community**  
*Frances L. Baker, Ph.D.*  
Trauma will affect your entire life. Participants will be able to understand and discuss issues surrounding the effects of vicarious trauma on the service provider, personally and on their significant others, in their personal circle. Recognizing that taking care of your personal trauma is important for your health and wellbeing, and that not caring for yourself may endanger the health of those you love. Suggestions for minimizing the effects of trauma can be done by creating and utilizing your support community.  
  
**Session Objectives:**  
Objective 1: After completion of session, participants will be able to identify their individual cues when experiencing vicarious trauma.  
Objective 2: After completion of session, participants will be able to identify individual triggers that cause reactions.  
Objective 3: After completion of session, participants will be able to identify ways to ameliorate trauma reactions, including creating a resilience community. | Newbury |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:15pm-3:45pm</td>
<td><strong>Break</strong></td>
<td>Manchester I - II</td>
</tr>
<tr>
<td>3:45pm - 4:45pm</td>
<td><strong>Breakout Session C</strong></td>
<td>Canteberry</td>
</tr>
<tr>
<td>C1</td>
<td><strong>Care for Women with Postpartum Depression</strong></td>
<td>Surrey I – II</td>
</tr>
<tr>
<td></td>
<td><em>James Strickland, Ph.D./Corinne Ely, BA/ Keon Stewart, BS/Yunyun Zhang, MA</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>The presentation explores the consequences and therapeutic counseling techniques of postpartum depression. From the comparison data and comparison reason between American and Chinese women with postpartum depression, and the supportive care they receive, the presentation tries to raise the multicultural awareness of counselor when providing services to women with postpartum depression from different cultures.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Session Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 1: After completion of session, participants will be able to compare the data and supportive care systems between American women and Chinese women who are diagnosed with postpartum depression.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 2: After completion of session, participants will be able to raise cultural awareness of counselors when counseling women with postpartum depression from various cultures.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Objective 3: After completion of session, participants will be able to discuss different counseling techniques applied to women with postpartum depression from various cultures.</td>
<td></td>
</tr>
</tbody>
</table>

| C2           | **Beneath the Surface: Attachment and Trauma's Relationship to Human Trafficking** |
|              | *Cindy Downey, MPA* |
|              | This training will offer an opportunity to better understand the connection between trauma exposure and sexual exploitation. How does trauma, neglect and poor attachment increase risk and trauma-coerced bonding? As caregivers or providers, how can we help children experiencing blocked trust, build connections and heal from the trauma of exploitation? |
|              | **Session Objectives:**                                  |
|              | Objective 1: After completion of session, participants will be able to define human trafficking, commercial sexual exploitation of children, and domestic minor sex trafficking. |
|              | Objective 2: After completion of session, participants will be able to gain a better understanding of who is vulnerable to trafficking and be able to list at least 3 reasons why. |
|              | Objective 3: After completion of session, participants will be able to |
### C3

**Changing the Perspective for Trauma**  
*Kristen Jones, DPC, LPC-S, NCC*

Trauma has roots deeper than behavior. Parents and practitioners that work with children with trauma need to change perspective from externalizing behaviors to understanding the roots of trauma and how it imprints on the body and brain. Specifically, in the adoption and foster care communities, the roles of trauma and attachment are overshadowed by behavior. A comprehensive understanding of how the role attachment and brain play into trauma can help parents and practitioners change perspective and create better results with traumatized children.

**Session Objectives:**
- Objective 1: After completion of session, participants will be able to discuss how attachment can lay the groundwork for trauma.
- Objective 2: After completion of session, participants will be able to discuss how trauma affects the brain and what an externalized trauma response looks like.
- Objective 3: After completion of session, participants will be able to explain how to see trauma different than just behavior.

### C4

**Catching Reels with Feels**  
*Monica Roberts, LPC/Caleb Caithen, LPC*

Cinematherapy is the therapeutic tool that utilizes a movie plot closely mirroring actual events from a person’s life in helping the individual to explore and address deeply-seeded and traumatic emotions and experiences. This therapeutic approach allows the individual to gain insight into themselves, their emotions, and how it is possible to push forward past difficult challenges through an empathetic reaction. In trauma recovery, watching a movie and experiencing the reactions and emotions of the character helps the individual see themselves through a different perspective. Touching trauma memories can be painful, but by “reliving” their trauma through movies, it allows those intense feelings to be felt in a controlled and temporary situation. Those feelings can then be addressed in a safe, supported space.

**Session Objectives:**
- Objective 1: After completion of session, participants will be able to define Cinematherapy.
- Objective 2: After completion of session, participants will be able to
identify how Cinematherapy can be applied to the trauma framework.

Objective 3: After completion of session, participants will be able to discuss and process themes in movies to utilize in the recovery of trauma.

**Restorative Justice – A Starting Point for Elementary Schools**  
*Nicole Miller, LMSW*

In a time when funding for education seems to always end up with the short straw, it is imperative that educators and administrators have the most efficient and cost-effective tools for improving the well-being of students. With 29% of children in Mississippi, and 18% on a national level, living below the poverty line, we must understand the difficulties that poverty and other complex traumatic events have on our children. This workshop aims at introducing restorative justice practices in school settings as a tool to improve the learning environment and student behavior based on three core principles: repairing harm, involving stakeholders, and transforming community relationships.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to describe the effects of trauma on the developing brain.

Objective 2: After completion of session, participants will be able to identify the difference between current disciplinary steps compared to restorative practices.

Objective 3: After completion of session, participants will be able to model restorative justice techniques to put theory in practice.

**Our Differences Do Not Divide Us**  
*Melody A. Worsham, BAAS, CPSS*

Acclaimed civil rights activist and poet, Audre Lorde, once said, "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." Stigma can be both debilitating and useful to the person who is labeled. This presentation will explore stigma's usefulness from the perspective of Melody's own experience and explain how celebrating our differences can combat the traumatic impact of social stigma and stereotyping in our own communities and state.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to define stigma.

Objective 2: After completion of session, participants will be able to
| C7 | **Complex Trauma: Mirror Effect of Healing and Resilience in Relationships between Parents and Children**  
*Andrew Campbell, LMSW/Edgar Lewis, MS, CMHT*  
This presentation will explore the long-term impairments of children who experience the unintentional maltreatment and insecure attachments from caregivers leading to problems during childhood into adulthood. The presenters will help participants understand the concept of the “Mirror Effect” which promotes lasting intimacy between parent and children relationships.  
**Sessions Objectives:**  
Objective 1: After completion of this session, participants will be able to explain the effects of unresolved adverse childhood experiences between parents and children.  
Objective 2: After completion of this session, participants will be able to list and define the 3 phases of Complex Trauma treatment and apply the presented knowledge in daily practices/agencies.  
Objective 3: After completion of this session, participants will be able to list the Key Principles of Trauma-Informed Care and discuss the benefits of “mirroring” to build parent and child bonds. |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Churchill I</td>
<td></td>
</tr>
</tbody>
</table>
### Thursday, September 26

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am - until</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>7:45am - 8:30am</td>
<td>Continental Breakfast</td>
<td>Manchester I - II</td>
</tr>
<tr>
<td>8:00am - 8:15am</td>
<td>Opening Remarks</td>
<td>Windsor I - III</td>
</tr>
<tr>
<td>8:15am - 9:45am</td>
<td><strong>Building Authentic Relationships with Trauma-Impacted Youth</strong>&lt;br&gt;<strong>Sam Himelstein, Ph.D.</strong>&lt;br&gt;At the bedrock of trauma-informed care is the fostering of interpersonal and emotional safety through authentic, trusting relationships with healthy boundaries. In this keynote, Dr. Himelstein will present concrete and pragmatic skills to build rapport, an alliance, and an overall relationship with youth who've suffered from trauma.&lt;br&gt;&lt;br&gt;<strong>Session Objectives:</strong>&lt;br&gt;Objective 1: After completion of session, participants will be able to list 4 skills that build rapport with trauma-impacted youth.&lt;br&gt;Objective 2: After completion of session, participants will be able to define trauma within a developmentally appropriate and culturally sensitive framework for youth.&lt;br&gt;Objective 3: After completion of session, participants will be able to discuss trauma's impact on the brain and learning for youth.</td>
<td>Windsor I - III</td>
</tr>
<tr>
<td>9:45am -10:00am</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td><strong>Breakout Sessions D</strong></td>
<td></td>
</tr>
<tr>
<td>D1</td>
<td><strong>The Trauma that Should Keep Us Up at Night</strong>&lt;br&gt;<strong>Christopher Freeze, MS, MA</strong>&lt;br&gt;Per capita, Mississippi is plagued with high violent crime rates. In addition, too many children are either the victims of crimes or involved in committing crimes. To find solutions to reducing a child's interaction with the juvenile justice system, this workshop will explore the adverse traumatic challenges facing children encountering the juvenile justice system, the challenges facing adults in realistically helping children in the juvenile justice system, and the steps necessary to begin equipping people to make a difference in a child's life.&lt;br&gt;&lt;br&gt;<strong>Session Objectives:</strong>&lt;br&gt;Objective 1: After completion of session, participants will be able to</td>
<td>Winston I – II</td>
</tr>
</tbody>
</table>
| D2 | Discuss the traumatic challenges facing children and how they relate to increased encounters with the juvenile justice system.  

**Objective 2:** After completion of session, participants will be able to discuss the challenges facing adults in helping children entangled in the juvenile justice system.  

**Objective 3:** After completion of session, participants will be able to discuss the steps necessary to build resilience in children with ACES who are involved in criminal justice system |

**Healing for the Hurting Child: Trauma Informed Treatment for Children and Adolescents**  
*Valerie Joiner, DSW, LCSW*  
Untreated trauma in youth can have a direct effect on issues related to child health, behavior, and delinquency. As seen in practice, children experiencing trauma often circuit the juvenile justice system, CPS, and a myriad of institutional settings. Meanwhile, their underlying trauma remains largely unresolved. This presentation pays attention to the understanding, identification, and trauma-informed treatment of young survivors.  

**Session Objectives:**  
**Objective 1:** After completion of session, participants will be able to identify significant brain, biological, and psychological factors affected by trauma.  

**Objective 2:** After completion of session, participants will be able to discuss at least 5 trauma-informed approaches to working with adolescents.  

**Objective 3:** After completion of session, participants will be able to discuss current research conducted on the treatment of trauma for children in MS. |

| D3 | Psychodrama for Trauma Resolution in Adolescent Substance Abusers  
*Allen Johnson, DPC, LPC-S*  
Most of the research about trauma and substance use has been on adults with studies documenting the rates of co-occurrence as high as 75% (Smith & Saldana, 2013). Studies have demonstrated a link between traumatic stress and substance use disorder in adolescents, with co-occurrence rates as high as 54% (Suarez, Belcher, Briggs, & Titus, 2012). Based on the rates of co-occurrence, it makes sense for the treatment selection also to be trauma-informed. Safety Zone: A Group Therapy Manual for the Treatment of PTSD and SUD provides a specialized service of integration tailored to work with adolescents | Churchill II |
in a way that provides trauma resolutions while also working with substance abuse.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to describe the Safety Zone program of group therapy to be utilized in adolescent intensive outpatient program (A-IOP).

Objective 2: After completion of session, participants will be able to demonstrate action methods/psychodrama techniques.

Objective 3: After completion of session, participants will be able to share experience demonstrating action methods/psychodrama techniques.

**How Cultural Philosophies Create Generational Trauma in Women of Color**
*Jerrilyn Dixson, DPC, LPC-S, BC-TMH/Kimbrelia Stokes, MS*

The image and perception of women of color continues to create generational trauma, which often results in generational depression, anxiety, and sometimes PTSD. Depression and anxiety are commonly experienced by women of color but often overlooked due to their appearance. This presentation will focus on addressing the misconception of the roles and generational/cultural philosophies that contribute to the stressors that create a misconception of self and how to maintain/encourage a work-life balance for women of color. In addition, tools and resources will be shared with participants pertaining to self-care and self-awareness using mindfulness practices, a focus on Self-identity/perception, and activity play therapy.

**Session Objectives**
Objective 1: After completion of session, participants will be able to discuss how anxiety and depression appears in women of color.

Objective 2: After completion of session, participants will be able to explain the cultural philosophies and generational trauma that women of color experience.

Objective 3: After completion of session, participants will be able to demonstrate tools and techniques used as a treatment model to encourage self-identity and decrease mental health concerns in women of color.

**Widening the Circle: Creative Inclusive, Empathetic, and Compassionate Communities**
*Susan Anand, ATR-BC, ATCS, LPAT, LMFT*
This presentation will provide a brief overview of art therapy and how telling our stories through art can be powerful and life enhancing. A review of bullying, its causes and effects, will be described along with examples of art and art making to illustrate what is needed to confront this growing problem in our communities. A brief hands-on experience will provide participants with an opportunity to create response art that in turn promotes empathy and community.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to describe at least three ways art therapy is used to help people express their feelings and emotions.

Objective 2: After completion of session, participants will be able to identify three ways to build community and reduce bullying.

Objective 3: After completion of session, participants will be able to list at least three reasons for bullying behaviors.

**Yoga as an Adjunctive Treatment for Stress and Trauma**

*Matthew Vasquez, Ph.D./Tammy Moore Kolbo, BA, BSN*

This presentation will discuss how yoga can aid in stress reduction and mitigate trauma symptoms. The first part of the presentation will provide an overview of how yoga can recalibrate the autonomic nervous system to more parasympathetic-driven states, increase the levels of gamma-aminobutyric acid, and help redistribute stress energy stored within the muscles. The second part of the presentation will consist of experiential activities where a certified and experienced yoga practitioner will guide participants through various sitting and standing postures, along with breathing and mediation practices. These activities will be safe and simple enough for participants to use with their client populations as well as for their own self-care needs.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to discuss the latest research detailing how yoga can recalibrate the autonomic system, increase GABA levels, and redistribute stress in the muscles.

Objective 2: After completion of session, participants will be able to demonstrate specific sitting and standing yoga techniques, along with breathing and meditation activities.

Objective 3: After completion of session, participants will be able to discuss how to include this type of practice into organizations, skills, and social service agencies.
### Trauma and Tech: Helping Teens Navigate the Social Media Minefield

**Sarah Howe, MS**

Social media holds unique dangers for teens with trauma histories. As helping professionals, we must be able to help them navigate the online world in ways that are safe and foster resiliency. The participants will leave this session with a better understanding of how trauma can impact a young person’s interactions online, some benefits of social media use, and specific strategies for helping young people make healthier choices online.

**Session Objectives:**
- **Objective 1:** After completion of session, participants will be able to explain the unique risks of social media for teenagers with trauma histories.
- **Objective 2:** After completion of session, participants will be able to discuss benefits of social media for teenagers with trauma histories.
- **Objective 3:** After completion of session, participants will be able to list 5 strategies for teaching teenagers digital citizenship skills.

### Generational Trauma – 7 Steps to Break the Cycle

**David Prosper, BA**

In this presentation, participants will gain a deeper understanding of generational trauma, how it affects every area of our lives and what we can do to break the cycle. Attendees will also learn the seven E’s that leads people to freedom and empowerment. These steps and tools will equip, educate and inspire attendees to stop the broken cycle.

**Session Objectives:**
- **Objective 1:** After completion of session, participants will be able to discuss the impact and effects of generational trauma.
- **Objective 2:** After completion of session, participants will be able to list the seven E’s that lead people to freedom and empowerment.
- **Objective 3:** After completion of session, participants will be able to define practical tools to break the cycle of generational trauma.

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30am – 1:00pm</td>
<td><strong>Luncheon Keynote</strong></td>
<td>Canteberry</td>
</tr>
<tr>
<td>1:00pm-1:15pm</td>
<td><strong>Break</strong></td>
<td>Windsor I - III</td>
</tr>
<tr>
<td>1:15pm – 3:15pm</td>
<td><strong>Breakout Sessions E</strong></td>
<td></td>
</tr>
</tbody>
</table>
| E1 Leading by Following: Managing and Maintaining the Counseling Relationship  
Damien J. Thomas, DPC, LPS-S  
|---|---|---|
| According to research on ethical misconduct, between 26-37 percent of documented violations were associated with problems related to the counseling relationship. Noted violations ranged from unprofessional conduct within a dual relationship to intimate involvement with a client. Violations such as these could result in potential harm to a client, disciplinary action from licensure boards, and/or civil litigation. The purpose of this presentation is to describe core tenants within the counseling relationship as it relates to establishing and maintaining appropriate and healthy boundaries with clients and supervising counselors regarding these concepts.  
| Session Objectives:  
Objective 1: After completion of session, participants will be able to Define and describe the various preambles and codes associated with ethical decision making within the field of counseling.  
Objective 2: After completion of session, participants will be able to Identify and explain factors associated with the most common ethical violations within the counseling and supervision relationship.  
Objective 3: After completion of session, participants will review cases consisting of dual relationship, boundary violations and moral conflicts within the counseling relationship.  
|  
Genevieve Garrett, LCSW, MPH, CHES/ Matt Anderson, LCSW  
|---|---|---|
| This presentation will provide an overview of Parent-Child Interaction Therapy (PCIT) and teach/demonstrate Child-Directed Interaction (CDI) skills that can be used to strengthen the relationships between children and caregivers. CDI skills enable caregivers to improve a child’s behavior using positive attention, teach them without frustration, improve the child’s self-esteem, and teach social skills, when implemented will result in secure and warm relationships.  
| Session Objectives:  
Objective 1: After completion of session, participants will be able to discuss the indication for, goals of, and outcomes of Parent Child Interaction Therapy (PCIT).  
Objective 2: After completion of session, participants will be able to list and define the skills (dos and don’ts) of Child-Directed Interaction (CDI).  
|
E3

Objective 3: After completion of session, participants will be able to demonstrate CDI skills and show how they are applied during "special playtime" sessions and in "real life" situations.

**Changing Her Stars – A Mother’s Story of Trauma and Recovery**  
*Angela Mallette, BS, CPSS*

The presenter will share her personal recovery story from opioid addiction and how addressing childhood trauma allowed her to heal and move forward in recovery. Also discussed will be the mitigating factors of the onset of her opioid addiction resulting in the maladaptation of social and coping skills developed in childhood. The presenter will also discuss her experience through trauma therapy and her research of adverse childhood experiences and epigenetic transference.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to discuss the importance of addressing childhood trauma.

Objective 2: After completion of session, participants will be able to discuss factors leading to onset of Substance Use Disorder in adulthood.

Objective 3: After completion of session, participants will be able to discuss trauma therapy and its role in recovery.

**Trauma Informed Practice and Interventions in Interrupting Violence**  
*Olga Osby, Ph.D./Ruka Lumumba, BS, JD/Mary S. Nelums, Ph.D.*

The epidemic of violence is now recognized as a public health issue. Cities around the country, and internationally, are looking at violence reduction through a lens that borrows from the disciplines of public health and social work. The City of Jackson has begun designing an anti-violence initiative based on a model known as Cure Violence, which takes an epidemiological perspective of identifying violence family by family and block by block to address the source of violence. The initiative being designed in Jackson is the Violence Interruption and Credible Messenger program that also incorporates trauma informed practice to educate and train individuals, families, communities and human and social service workers on the impact of chronic trauma on physical and mental health. This presentation provides an overview of the initiative and how trauma informed policies, practices and interventions are ingrained into the initiative.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to
explain the origins of the Violence Interruption and Credible Messenger Initiative being implemented in the City of Jackson, and the mission, vision and role of the credible messengers.

Objective 2: After completion of session, participants will be able to discuss the link between the disciplines of public health and social work in addressing the impact of violence on children, youth, families, communities and the role of practitioners.

Objective 3: After completion of session, participants will be able to identify nine core competencies for trauma informed care and illustrate how trauma informed policies, practices and interventions are incorporated into the work of the initiative.

**It's Happening Everywhere: The Pervasive Impact of Interpersonal Violence**

*Wendy Mahoney, MS/Paula Granger, BS*

The impact of interpersonal violence is multi-layered. Understanding the dynamics of abuse, the impact and prevalence will provide participants with insight into the complexities of interpersonal violence. National trends and data will be presented to provide participants with a broad array of information on the intersectionality of interpersonal violence with various other societal issues such as mental health and physical health.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to discuss the types of abuse and the cycle of abuse.

Objective 2: After completion of session, participants will be able to identify why interpersonal violence occurs.

Objective 3: After completion of session, participants will be able to discuss the intersectionality of interpersonal violence on mental health, physical health and other issues.

**An Advanced Overview of Acute and Complex Trauma**

*Matthew Vasquez, Ph.D.*

This workshop provides participants an overview of the cognitive, emotional, and physical effects of stress and trauma. Topics will include the difference between a stressful and traumatic event, information processing models, the default mode network, and polyvagal theory. Specific emphasis will be given on how these processes affect behavior, emotional regulation, perception, and learning. Discussion of single incident traumatic exposure (acute trauma), its definition, effects on cognitive and somatic functioning, and behavioral presentation will also be discussed. Discussion will also include the effects of multiple incidents of traumatic exposure.
(complex trauma) and will include an overview of the psychosomatic mechanisms that produce confusing and often difficult to treat symptoms.

**Session Objectives:**

Objective 1: After completion of the session, participants will gain an understanding of how acute trauma affects cognitive, emotional and somatic functioning.

Objective 2: After completion of the session, participants will gain an understanding of how complex trauma affects brain functioning and how this relates to various emotional and behavioral symptoms.

Objective 3: After completion of the session, participants gain an understanding of how trauma can be misdiagnosed and how to properly assess and seek out treatment.

**Survival of the Fittest: Ethics & Professional Self-Care**

*Terricka Hardy, LCSW, ACSW, BCD*

Being fit is not about being the most intelligent or credentialed: it’s about embracing change and adapting. Practicing professional self-care is paramount to the growth and survival of the social work profession. Social workers that are engaged in trauma work are at risk of developing various forms of professional impairment. Professional Self-Care is essential to maintaining best practices in social work and trauma informed care. Practicing Professional Self-Care is vital to maintaining ethical and appropriate professional behavior.

**Session Objectives:**

Objective 1: After completion of session, participants will be able to define the 6 Social Work Ethical Responsibilities.

Objective 2: After completion of session, participants will be able to discuss signs/symptoms of professional impairment.

Objective 3: After completion of session, participants will be able to identify professional self-care strategies.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:15pm – 3:45pm</td>
<td><strong>Break</strong></td>
<td>Manchester I - II</td>
</tr>
<tr>
<td>3:45pm – 4:45pm</td>
<td><strong>Afternoon Keynote</strong></td>
<td>Windsor I - III</td>
</tr>
</tbody>
</table>

**Trauma-Informed Child, Youth and Family Engagement in Systems of Care**

*Peter Gamache, Ph.D./Nichole Wray, CPSS/Layken Boyett, CPSS*

Stemming from a very successful sharing of lessons-learned during previous Mississippi Trauma-Informed and child welfare conferences, this facilitated expert’s presentation will provide a current understanding of Mississippi Systems of Care that are addressing numerous disparities among children, youth and families.
in need of greater understanding, a network of support, and collaborative partnerships to address trauma-informed care. A stage-based approach to fostering acceptance and inclusion, in addition to peer supports, has been especially beneficial to address needs and address critical gaps between and within practice/service settings.

**Session Objectives**

Objective 1: After completion of session, participants will be able to discuss current trauma-informed care approaches and lessons learned by Mississippi Systems of Care to develop, implement, and enhance services for children, youth, and families.

Objective 2: After completion of session, participants will be able to discuss a stage-based approach for children, youth, and family behavior change, attitudes, and motivation.

Objective 3: After completion of session, participants will be able to discuss the importance and use of peer supports to foster acceptance, inclusion, trust, and other benefits.
### 2019 Mississippi Trauma Informed Care Conference

“Riding the Storm Together”  
Marriott Jackson Downtown  
September 25 – 27, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 am – 8:30 am</td>
<td>Continental Breakfast</td>
<td>Manchester I - II</td>
</tr>
<tr>
<td>8:00 am – 8:15 am</td>
<td>Opening Remarks</td>
<td>Windsor I - III</td>
</tr>
</tbody>
</table>
| 8:15 am - 9:45 am | **Trauma, Shame, and Facilitating Change in Self-Defeating Addiction Cycles**  
                      *Stephanie Smith, DSW, LCSW/Tiffany Nikki Dear, LMSW*  
                      When people think of trauma, they often think of the event. What they often do not recognize is that one traumatic event can lead to a change in core beliefs resulting in shame and thereby feeding the cycle of addiction. To work with clients who have experienced trauma and are in the initial stages of recovery, clinicians must learn to look beyond the precipitating event and attune to the client and their developing personality structure.  
                      **Session Objectives**  
                      Objective 1: After completion of session, participants will be able to recognize how trauma affects core beliefs.  
                      Objective 2: After completion of session, participants will be able to discuss how core beliefs lead to self-defeating cycles of shame.  
                      Objective 3: After completion of session, participants will be able to discuss strategies to practice empathic attunement with individuals receiving services in order to facilitate change. | Windsor I - III |
| 9:45 am - 10:00 am | Break                                                                |               |
| 10:00 am – 11:30 am | **Summoned: Why This is More Than Just a Job**  
                      *Kevin McNeil, MDiv*  
                      Using the metaphor of being summoned to court, Detective McNeil presents a motivating and compelling presentation to those who care for abuse victims. He explains why helping abuse victims is more than something you get paid to do. It is a unique call to service that few people can answer. He highlights how people who care for abuse victims are the key to positive change in the world. Detective McNeil reminds the audience that they have not
arrived to attend a conference; but they have been officially summoned to join the world’s greatest team to help end abuse. Consider yourself served.

**Session Objectives:**
Objective 1: After completion of session, participants will be able to discuss why their job is so essential in getting justice for victims.

Objective 2: After completion of session, participants will be able to discuss how their work affects and assists victim in the healing process.

Objective 3: After completion of session, participants will be able to assist victims in utilizing trauma to collect evidence.

| 11:30 am – 12:00 pm | Closing Remarks/Door Prizes | Windsor I - III |