

“Adversity is Not Destiny” – The ACE Study Summit

Thursday October 1st, Friday October 2nd, 2015

Helena, MT

The Gateway Center

Course Description:

This conference is designed to accelerate awareness and knowledge of the ACE Study into practical strategies and actions to mitigate toxic stress manifested in children through abuse, neglect and household dysfunction. This summit focuses on the question, “Now that you know about ACEs, what will you do about it?” Participants will better understand proven strategies and best practices surrounding ACEs and trauma-informed approaches utilized by parents, professionals, organizations, schools and communities.

Course Objectives:

1. Identify proven strategies and best practices surrounding ACEs and trauma-informed approaches.
2. Introduce The Sanctuary® Model and its values based blueprint for clinical and organizational change.
3. Identify elements of a trauma-informed organizational approach and discuss how trauma is pervasive in the experience of human beings, not only on the people who seek treatment, but equally on the people and systems who provide the treatment.
4. Understand the importance of healthy attachment as a protective factor that lasts a lifetime and discuss the field of “Infant-Toddler Mental Health” and the work that is being done across the country to invest in the social-emotional well-being of young children.
5. Introduce the “Permanency Project”, an accredited online course through the University of Montana, and the "Parent Handbook", a resource for parents and professionals, as well as other helpful resources to those working in early attachment and trauma.
6. Discuss and identify the important role of the nervous system in our reaction to trauma.
7. Introduce and identify two or more of the key concepts of the Trauma and Community Resiliency Models (TRM & CRM).
8. Explore trauma-informed models in the school setting and discuss how a trauma-informed approach impacts school culture, student achievement and graduation rates.
9. Explore the power of community partnerships and collaborations to address ACEs; identify and discuss ways to expand community awareness of the impact of ACEs on health and mental health across the lifespan.
10. Introduce trauma-informed practices and resilience techniques utilized at Lincoln High School, Walla, Walla, WA featured in James Redford documentary *Paper Tigers*.

Who should attend?

Corporate and Small Business Executives, HR Directors, Workforce Development Professionals, Educators, Mental Health Professionals, Healthcare Providers, Health Reform Administrators, Juvenile Justice Professionals and Officers of the Court, Chemical Dependency Professionals, Policy Makers, Parents, Foster Parents, Early Care and Education Professionals, Leaders of Philanthropy and the Non-profit sectors.

About the Speakers: (Thursday October 1st, 2015)

Speaker: Dr. Sandra Bloom,

Presentation title: “The Sanctuary Model: Through the lens of Moral Safety”

Course Description:

Dr. Bloom will describe The Sanctuary® Model, a values-based blueprint for clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary Model's focus not only on the people who seek treatment, but equally on the people and systems who provide that treatment.

The Sanctuary® Model originated in the Philadelphia area in the late 1980s, created by a team of clinicians working in a small inpatient adult hospital unit. This team, led by Dr. Sandra Bloom, combined their clinical knowledge with their own experiences to create a trauma-informed program they called Sanctuary. In 2000, Dr. Bloom began a collaboration with Andrus, a residential program for children based in Yonkers, New York, that culminated with the development of the Sanctuary Institute in 2005. Since then, over 300 programs in the United States, in the United Kingdom and in Australia have trained in the Sanctuary Model.

Today, after over twenty years of adaptation built on its original design, the Sanctuary Model has reached across the human services system. In an effort to create safe and healing environments for children, families and adults who have experienced chronic stress and adversity, the Sanctuary Model is being used across a wide range of settings, including: residential treatment, juvenile justice, drug and alcohol treatment, school and community-based programs, outpatient and partial hospitals, domestic violence and homeless shelters, and recently is being adapted for use as a framework for creating trauma-informed communities.

Course Objectives

1. Introduce The Sanctuary® Model and its values based blueprint for clinical and organizational change.
2. Identify elements of a trauma-informed organizational approach.

3. Discuss proven strategies how The Sanctuary Model promotes safety and recovery from adversity through the creation of a trauma-informed community.
4. Discuss how trauma is pervasive in the experience of human beings, not only on the people who seek treatment, but equally on the people and systems who provide the treatment.

Speaker Biography:

Sandra L. Bloom, M.D. is a Board-Certified psychiatrist, Associate Professor of Health Management and Policy and Co-Director of the Center for Nonviolence and Social Justice at the School of Public Health of Drexel University in Philadelphia. Dr. Bloom is the co-founder of the Sanctuary Institute, Distinguished Fellow at the Andrus Children's Center and has written extensively about the Sanctuary Model as a trauma-informed organizational development method. Dr. Bloom is a Past-President of the International Society for Traumatic Stress Studies and author of *Creating Sanctuary: Toward the Evolution of Sane Societies* that was released in a Revised Edition in 2013 and co-author of *Bearing Witness: Violence and Collective Responsibility*. A book about organizational stress co-authored with Brian Farragher and titled *Destroying Sanctuary: The Crisis in Human Service Delivery* was published in 2010 by Oxford University Press and another volume of this trilogy about trauma-informed services, also co-authored with Brian Farragher and titled *Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care* was published in early 2013 by Oxford University Press.

Speaker: Pamela Hunthausen-Ponich, MS, LCPC

Psychotherapist, Private Practice - Helena, MT

Presentation title: "Trauma-Informed Parenting"

Course Description:

Over 50 years of research shows us that early care and prevention strategies that build protective factors for young children are pivotal to their overall health, well-being and success later in life. A healthy attachment with a primary caregiver who has the awareness and skills to attune to a young child's emotional needs for closeness and connection is the primary essential ingredient in the healthy social-emotional development for children. This course will provide a review of the essentials of healthy attunement and attachment including how to facilitate positive attachment and the devastating developmental trauma created when children are not adequately cared for.

Course Objectives:

1. Understand the importance of healthy attachment as a protective factor that lasts a lifetime.
2. Discuss the field of "Infant-Toddler Mental Health" and the work that is being done across the country to invest in the social-emotional well-being of young children.

3. Understand how to teach and facilitate attunement and appropriate responsiveness with young children.
4. Introduce the "Permanency Project", an accredited online course through the University of Montana, and the "Parent Handbook", a resource for parents and professionals, as well as other helpful resources to those working in early attachment and trauma.

Speaker Biography:

Pamela Ponich, MS, LCPC is a psychotherapist in private practice. Pam has been a licensed mental health therapist working with children and families in Montana for over 20 years. She has a degree in Human Biology from Stanford University and completed her graduate studies in Counseling, Clinical Psychology and Child Abuse/Neglect in San Diego, CA. During her career, Pam has become a specialist in parent/child attachment and has developed and supervised many programs providing services to parents and their children with relational and emotional challenges. Prevention and early intervention with young children and parents and the professionals working with them has become her passion and she is always excited to share this work with others.

Speaker: Dana Eisenberg, LCSW

School Counselor, Arlee School on the Flathead Reservation

Presentation title: "Hope and Healing: An Introduction to the Community Resiliency Model"

Course Description:

An overview of The Trauma and Community Resiliency Models (CRM and TRM), designed to teach skills to professionals and others who work with children and adults struggling with symptoms from traumatic experiences. The models are body-centered and focus on the biological basis of trauma and automatic, defensive ways the human body responds when faced with perceived threats to self and others. The Community Resilience Model has been used internationally and there is growing research that supports its effectiveness.

Course Objectives:

1. Discuss and identify the important role of the nervous system in our reaction to trauma.
2. Introduce and identify two or more of the key concepts of the Trauma and Community Resiliency Models (TRM & CRM).
3. Identify the "Resilient Zone" and it's important in creating resiliency.
4. Identify and use several of the 6 Wellness Skills of the CRM.

Speaker Biography:

Dana Eisenberg, LCSW has worked professionally with children and families in diverse settings since 1983. Her experience includes work as pediatric medical assistant, museum educator and science teacher. After receiving her Master's in Social Work in 1999, Dana provided school-based, intensive in-home, group home and outpatient therapy before beginning her current practice as School Counselor. With prior experience in two other schools, Dana is now in her 7th year at the Arlee School on the Flathead Reservation. Dana is passionate in her commitment to providing training and education that will lead to prevention of adverse childhood experiences and their damaging effects. Toward that end, in addition to being an ACE Presenter she is a Master Trainer for the Trauma Resource Institute which is working to bring skills that promote resiliency, hope and healing skills to communities and professionals throughout Montana.

About the Speakers: (Friday October 2nd, 2015)

Speaker: Eric Arzubi, MD

Child & Adolescent Psychiatrist, Billings Clinic

Presentation title: "The Power of Collaborations"

Course Description:

Dr. Arzubi, a child and adolescent psychiatrist, and Chair of the Department of Psychiatry at the Billings Clinic will give an overview of The Alliance, a collaborative that joins Billings Clinic, St. Vincent's Hospital, and RiverStone Health. The alliance was recently awarded a 3-year, \$1.5 million federal grant to enhance community awareness of the impact of ACEs on health and mental health across the lifespan. The Alliance is engaging additional partners to boost the **community's** capacity to mitigate the effects of toxic stress on children. Dr. Arzubi will discuss the initiative, which was launched in August 2014, and his role as its Physician Champion.

Course Objectives:

1. Explore the power of community partnerships and collaborations to address ACEs.
2. Identify and discuss ways to expand community awareness of the impact of ACEs on health and mental health across the lifespan.

Speaker Biography:

Eric Arzubi, MD is a child and adolescent psychiatrist, and President-Elect of the Big Sky Regional Council of Child and Adolescent Psychiatry. As Assistant Clinical Professor at the Yale Child Study Center, he remotely supervises trainees in New Haven, CT using telemedicine technology. Grounded and informed by his on-the-ground work, he was Co-Chair of the Keep the Promise Coalition, the public policy arm of the Connecticut chapter of

the National Alliance on Mental Illness (NAMI) and the state's most influential mental health advocacy organization. In 2010, Dr. Arzubi organized Connecticut's first gubernatorial candidate forum on child mental health and, in 2012, he organized the state's first summit on school mental health. Before he uncovered his passion for medicine and advocacy, Dr. Arzubi was Bloomberg Business News' first Latin America-based correspondent and he spent five years as a bond trader for Morgan Stanley in New York, NY. He holds a Bachelor's of Science in Foreign Service from Georgetown University and a Medical Doctor degree from the Yale School of Medicine. He completed his psychiatry training at the Yale Department of Psychiatry, and he completed his child and adolescent fellowship at the Yale Child Study Center. Dr. Arzubi is a ChildWise Institute Board Member.

Speaker: James Redford

Director, Writer, Producer

Presentation title: "Paper Tigers" - Documentary

Course Description:

Paper Tigers is a documentary by James Redford and Karen Pritzker that follows four teens attending Lincoln High School in Walla Walla, WA. Principal Jim Sporrleder decided to ask the question "What happened to you?" instead of "What's wrong with you?" By implementing trauma-informed practices and resilience techniques Lincoln High School saw an 85% decline in suspensions and a 40% decline in expulsions and an increase in graduation rates five-fold. Paper Tigers covers how children are being exposed to a toxicity that dooms them to become obese, drug, and sex addicts, risk-takers and criminals. Adverse Childhood Experiences alter lives and this documentary examines the latest understanding of ACEs and what we can do to overcome them. It captures the pain, the danger, the beauty, and the hopes of struggling teens—and the teachers armed with new science and fresh approaches that are changing their lives for the better.

Course Objectives:

1. Introduce trauma-informed practices and resilience techniques utilized at Lincoln High School, Walla, Walla, WA resulting in a 85% decline in suspensions, 40% decline in expulsions and an increase in graduation rates five-fold.

Speaker Biography:

James "Jamie" Redford is an award winning writer, director, and producer. His works include documentaries: The Kindness of Strangers, The Big Picture: Rethinking Dyslexia, and Toxic Hot Seat. James, along with his father Robert, is the co-founder and chair of The Redford Center, a non-profit organization committed to transforming social and environmental issues into films that inspire positive changes. Projects include The Raise the River campaign and Watershed: Exploring a New Water Ethic for the New West. Redford has recently

directed and produced “Paper Tigers” a documentary about toxic stress and ACEs that children are exposed to, and how communities and individuals can overcome them.

Speaker: Jim Sporleder

Principal Lincoln High School (retired), Walla, Walla, WA

Presentation title: “Catching Kids Before the Fall”

Course Description:

Why do we need a new approach to school discipline? What does a “Trauma-informed” model look like in a school setting, and how does a trauma-informed approach impact school culture, student achievement, and graduation rates?

Course Objectives:

1. Explore trauma-informed models in the school setting.
2. Discuss how a trauma-informed approach impacts school culture, student achievement and graduation rates.
3. Identify, discuss and explore successful trauma-informed approaches specifically utilized in Lincoln High School, Walla, Walla, WA.

Speaker Biography:

Jim Sporleder, Principal of Lincoln High School (retired) in Walla Walla, Washington. Lincoln High School has been nationally recognized as a “Trauma Informed” school. In the first year of implementation of trauma-informed strategies, Lincoln experienced an 85% reduction in out of school suspensions days. Jamie Redford, documentary film director, filmed a documentary on Lincoln High School, “Paper Tigers” during the 2012-2013.

Agenda

Thursday Oct.1st

8:30 a.m. – 10:15 a.m.	Dr. Sandra Bloom – Keynote Address “The Sanctuary Model”
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	Dr. Sandra Bloom – Small Group Discussion/Activity
12:00 p.m. – 1:15 p.m.	Lunch (on your own)
1:15 p.m. – 2:45 p.m.	Pam Ponich – Trauma-informed approaches from a parent perspective

2:45 p.m. – 3:00 p.m.	Break
3:00 p.m. – 4:30 p.m.	Dana Eisenberg – Trauma Resiliency Model (TRM)

Friday Oct. 2nd

8:30 a.m. - 9:30 a.m.	Dr. Arzubi (Billings Alliance)
9:30 a.m. – 9:45 a.m.	Break
9:45a.m. – 11:45 p.m.	Screening of “Paper Tigers”
11:45 p.m. –12:45 p.m.	Lunch (included) – 15 min. group discussion on “Paper Tigers”
12:45 p.m. – 1:15 p.m.	Q & A Session with Jim Sporleder & James Redford
1:15 p.m. – 2:30 p.m.	Jim Sporleder – Keynote Address (LHS, Trauma Informed Approach – Schools) – Intro to Small Group Discussion/Activity
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:30 p.m.	Jim Sporleder - Small Group Discussion/Activity