

Fall 2020 Conference
October 29, 2020 & November 10, 2020

TRAUMA-INFORMED CARE: TRAUMA STEWARDSHIP AND RESILIENCE



Tristate Trauma Network

Building hope through system transformation

RESILIENCE

is based on

COMPASSION

for ourselves as well as

COMPASSION

for others.

-Sharon Salzberg



Tristate Trauma Network
Building hope through system transformation

AGENDA for Day 1: Thursday, October 29

LEARNING OBJECTIVES

- a. To understand the principles in dealing with the psychological impact of community wide traumatic events such as the 2020 COVID19 pandemic.
- b. To develop a deeper understanding of trauma exposure and the tools for reconciling such exposure, so folks can do their work sustainably.
- c. Increase content knowledge on the function of the Arts to regulate appropriate student interaction, allowing them to take ownership of their learning through positive, engaging learning experiences.



TRAUMA STEWARDSHIP AND RESILIENCE

DAY 1: Schedule of Events

8:30a Sign In and Sponsor Commercials

9:00 – 9:15a Welcome and Overview, Sponsor Spotlights, Program Instructions and Netiquette

9:15a *“Healing Invisible Wounds in the Pandemic”*

-Dr. Nelson Rodriguez, Lindner Center of Hope

DESCRIPTION The world is experiencing unprecedented changes brought on by the pandemic from the novel SARS coronavirus2 and COVID19. It has created untold amounts of suffering of fear and anxiety, social isolation, depression, suicide, and death. This lecture or presentation will explore principles about healing invisible psychological wounds during traumatic events and focusing on the COVID19 pandemic.

10:15 – 10:30a Break

10:30a – 12:30p **KEYNOTE: “Navigating Amidst Overwhelming Times (Part 1)**

Whether because of trauma, crises, or really, really hard days”

**-Laura van Dernoot Lipsky, MSW, Founder & Director of
The Trauma Stewardship Institute**

DESCRIPTION Part One will cover Cumulative Toll and The Trauma Exposure Response. These are the specific manifestations of cumulative toll. From numbing to anger to cynicism we’ll dive deeply into how one is impacted individually and collectively.

KEYNOTE

12:30p – 1:30p **Lunch Break & Networking (Sponsor time with attendees in breakout rooms)**

1:30 – 3:00p *“Journey – Arts Infused Trauma School Pilot”*

- Joyce Bonomini, Cincinnati Arts Association

- Michael J. Allison, M.Ed, Cincinnati Public Schools

- Liz Wu

DESCRIPTION Combining the practices of creativity and trauma informed care to shift generational trauma responses toward increased learning and wellness for both students and educators. Find out about how an Arts and Education cross-sector partnership between Cincinnati Arts Association and South Avondale Schools works to reduce and prevent trauma.



OCT 29

AGENDA for Day 2: Tuesday, November 10

LEARNING OBJECTIVES

- a. To learn about factors that increase resilience through the personal experience of a trauma survivor.
- b. Teach people in a broad base of fields how to create a sustainable individual and collective culture.
- c. Participants will understand how group active music making can help individuals build protective factors (Agency, Self-Esteem, External Supports, Affiliation, Safe Stable Nurturing Relationships).



TRAUMA STEWARDSHIP AND RESILIENCE

DAY 2: Schedule of Events

9:00a Welcome and Overview, Sponsor Spotlights

9:15 *Survivor Story*
-Teri Wellbrock

DESCRIPTION Survivor Speaker at 2017 Conference returns to update us on her story.

10:15 – 10:30a Break

10:30a – 12:30p **KEYNOTE: “Navigating Amidst Overwhelming Times (Part 2)
Whether because of trauma, crises, or really, really hard days”**
-Laura van Dernoot Lipsky, MSW, Founder & Director of
The Trauma Stewardship Institute

DESCRIPTION Part 2 will focus on how to Sustain Individually and Collectively.

KEYNOTE
Part 2

12:30p – 1:30p Lunch Break & Networking with Sponsors

1:30 – 3:00p **“Building Resilience through Shared Music Making”**
-Betsy Zenk Nuseibeh, Melodic Connections

DESCRIPTION Experiencing trauma (ACEs and CATS) affects our limbic system, in charge of a person’s felt safety, attachment and regulation. Music is a strategy that allows for the facilitator to create an environment of felt safety, attachment and regulation opening up a safe space within which to practice and build protective factors (Agency, Self Esteem, External Supports, Affiliation, Safe Stable Nurturing Relationships). Experience first hand “Common Time”, a music group designed to build relationships and community, based on principles of Trauma Informed Care, Asset Based Community Development, and community music therapy.

Our journey to wellness begins with the ability to listen and ultimately connect with our bodies, our minds, and others. So often we begin from a place of imbalanced stress. We are unsure of our next step and so we seek guidance in building resilience and creating inner peace. Building a relationship with music, with others *through* music, and even a music therapist can help us move forward in our healing journey. Betsy has spent the past decade studying the intersection of the principles of Trauma Informed Care, Asset Based Community Development and community music therapy. Join her as she explores some of the neuroscience supporting the use of music to build connection and resilience, and leads you to begin your journey.



NOV 10

SPEAKER BIOS

NELSON F. RODRIGUEZ

Nelson F. Rodriguez, M.D. is the Lead Psychiatrist, Rapid Access Service (RAS) and Director of the Electroconvulsive Therapy (ECT) service at the Lindner Center of HOPE- UC Health. He is an Assistant Clinical Professor at the University of Cincinnati College of Medicine, Department of Psychiatry and Behavioral Neuroscience.

Dr Rodriguez is a 1985 Doctor of Medicine graduate at the University of Santo Tomas Faculty of Medicine and Surgery, Manila, Philippines, where he also finished Family Medicine residency program. He was Head of the Emergency Department at the Ospital ng Makati.

He finished his General Psychiatry training as Chief Resident at the Harvard Medical School Consolidated Department of Psychiatry- South Shore Program, Brockton/West Roxbury, MA, and Fellowship training in Consultation Liaison Psychiatry at The Cambridge Hospital, Cambridge, Massachusetts.

In 2010, he finished his Certification in Mastery in Global Mental Health: Trauma and Recovery, traveling to Orvieto, Italy for 2 weeks for the didactic portion of the study given by the Harvard Program in Refugee Trauma and Massachusetts General Hospital with CME credits from Harvard Medical School, in collaboration with the Instituto de Sanita, Italy. He continues to provide educational activities on Disasters. Dr. Rodriguez now serves as a member of the Ohio Psychiatric Physicians Association (OPPA) Public Mental Health Committee – Subcommittee on Disasters.

Dr. Rodriguez is the recipient of numerous awards and distinctions including a Presidential Award from Mental Health America of Northern Kentucky, provider nominee for the 2005 and 2006 Cincinnati Business Courier's Health Care Heroes Awards, and listed among America's Top Psychiatrists as ranked by the Consumer Research Council of America 2007, 2004 to 2005 and 2002 to 2003.

LAURA VAN DERNOOT LIPSKY

Laura van Dernoot Lipsky, MSW is the founder and director of The Trauma Stewardship Institute, which she founded in 2011, and author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* and *The Age of Overwhelm*. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades. She has worked with groups as diverse as zookeepers and reconstruction workers in post-Hurricane Katrina New Orleans, community organizers and health care providers in Japan, U.S. Air Force pilots, Canadian firefighters, public school teachers, private practice doctors, tiny non-profits, massive state agencies, libraries, the Pentagon, alternative colleges, and Ivy League universities. Much of her work is being invited to assist in the aftermath of community catastrophes—whether they are fatal storms or mass shootings. She has worked locally, nationally, and internationally. Laura is known as a pioneer in the field of trauma exposure.

KEYNOTE SPEAKER



SPEAKER
BIOS

SPEAKER BIOS

JOYCE M. BONOMINI

Joyce M. Bonomini, B.A. has been a professional in the arts since 1980. She began working in arts integration in 1984 while teaching in the classroom. She is known as a visionary leader in her field for long term sustainable community partnerships and programs. Hired in 1981 to create the design and technical theater department for the School for Creative and Performing Arts (SCPA) in Cincinnati, Ohio After thirteen years, Ms. Bonomini took a position with the Cincinnati Arts Association (CAA) where she bridged relationships between the new Aronoff Center for The Arts and the Cincinnati arts community while establishing CAA's arts education department and programs. The Dana Foundation cited the program as a model of best practice. In 2000, Ms. Bonomini was recruited by Ruth Eckerd Hall to open The Marcia P. Hoffman Performing Arts Institute and to elevate The Eckerd Theater Company (ETC) to national recognition. While there, she developed and implemented a twelve-year arts infusion program, **PASSport to the Arts**, in Pinellas County, Florida. Joyce returned to Cincinnati in 2014 to work once again with the team at the Cincinnati Arts Association to develop an Arts in Healing Initiative and expand CAA's presence in the community. Combining the knowledge and experiences gained through arts integration and arts in medicine led to the development of the **journey** program, trauma-informed practice through arts infusion. Joyce's passion is about the transformative power of the arts.

MICHAEL J. ALLISON

Michael J. Allison, M.Ed. is the Principal of South Avondale School in Cincinnati Public Schools. As an experienced educator, he is responsible for ensuring each student develops an appreciation for being a life-long learner and possesses the necessary tools to become a highly productive citizen. After graduating from Walnut Hills High School (1994), he earned both a B.S. (1999) and Master's in Education (2001) degrees from The Ohio State University and additional graduate licensure in Education Administration from Xavier University (05). As an emerging educator, Mr. Allison started in the classroom as a Health/ Physical Education teacher, where he earned the distinction of Lead Teacher status. Through his dedication to his craft, he showed early signs of leadership by thriving in the roles of district evaluator for teachers, curriculum steering committee, and facilitator for district cadres of Cultural Competency and Anti-Bullying.

Seeking to make a more significant impact, the transition to administration allowed Mr. Allison to share his love for developing students into lifelong learners to a higher level. As an Assistant Principal, his implementation of Positive School Culture principles was instrumental in developing a culture that would help raise student achievement to levels of excellence. Thriving in the area of building positive relationships has allowed him to change the team mindset as it relates to both student and professional expectations. Upon elevating to the role of Principal, his impact heightened through establishing a holistic approach to student development. Including a concentration on approaching student behavior through a trauma-informed lens, improving student achievement through data analysis, and taking an Arts Integrated approach to student learning. His continued drive to get the most out of himself and raise the performance level of all those whom he collaborates with is observed through his work with 4C for Children, Cincinnati Children's Medical Center, and Cincinnati Arts Association. Best described as "Unapologetically driven," Mr. Allison continues to set the tone for future excellence.



SPEAKER
BIOS

SPEAKER BIOS

LIZ WU

Liz Wu is a professional musician (CCM graduate), published author, fitness instructor, and community organizer with a passion for learning and sharing what she has learned. Integrating her trauma-informed yoga training with years of experience teaching children of all ages, she works to maintain a safe, nurturing, supportive, and creative educational space in the classroom and beyond. She serves many local schools as an instructor for the Cincinnati Arts Association, the Cincinnati Symphony Orchestra, SkoolAid, and other arts organizations such as The Kennedy Heights Arts Center and The Barn (Woman's Art Club). Three of her more significant projects include [#Kindflash](#), a nonprofit organization that facilitates community outreach events; [World Music Fest](#), a celebration of world cultures through music, dance, art and food; and [rEVOLUTION Cincy](#), an original music video and website that encourages individuals to create the change they wish to see. Liz is a Dada Rafiki honoree, a Points of Light recipient, and acknowledged for her community work through the BRIGHT award.

TERI WELLBROCK

Teri Wellbrock, B.S. is a trauma-warrior, having survived and thrived after learning to cope with her C-PTSD symptoms and 25 years of severe panic attacks by utilizing EMDR therapy, personal research and learned coping skills along with a foundation of faith and positivity. She is currently writing a book, "Unicorn Shadows: From Trauma to Triumph – A Healing Guide", about her multiple traumas, with the intent to help others reach their own joyous and peaceful existence via her "story of hope". She also speaks publicly about her triumph over trauma, including recent guest appearances on *Healing from Grief and Loss* online summit and Avaiya University's *Overcoming PTSD* online event. Teri is mom to three beautiful children (ages 26, 24, and 14); owns the Milford Ohio based business InvzaShield; graduated magna cum laude from the University of Cincinnati with a Bachelor's Degree in Psychology; has written a children's book, *The Doodle with the Noodle*, with her daughter, about their Therapy Dog, Sammie the Labradoodle; has created the Sammie's Bundles of Hope project (bags filled with trinkets of hope donated to children with trauma history); and is producer and host of *The Healing Place* Podcast on iTunes, Pandora, Spotify, YouTube, Deezer, Google Podcasts, Podbean, Blubrry and more. She maintains a blog at www.unicornshadows.com and writes a monthly Hope for Healing Newsletter. Teri's professional history includes managing, teaching, and case management with a mental health agency. Her life purpose is to make a positive difference in the lives of others, particularly children, and shine a light of hope into dark spaces.

BETSEY ZENK NUSEIBEH

Betsey Zenk Nuseibeh, MM, MEd, MT-BC is the founder and Executive Director of Melodic Connections. She believes that nothing equals the power of music to ignite relationships and move communities to action. Betsey has worked in the field of music and music therapy in Cincinnati for 20 years. In 2008 she began to build what is now the largest team of trauma informed care certified music therapists, music educators and musicians in Cincinnati healing the city through connection and resilience. The work of Betsey and her team is rooted in the study of the intersections of music performance, music therapy, trauma responsive care and asset based community development. Betsey received her BM in Music Therapy from the University of Iowa. She has an MM in Oboe Performance from CCM and her MEd from UC in Special Education. She was honored to be named the CCM Distinguished Alumni of the Year in 2019 and a 2018 TedX Cincinnati Women, Extraordinary Women Honoree.



SPEAKER
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