

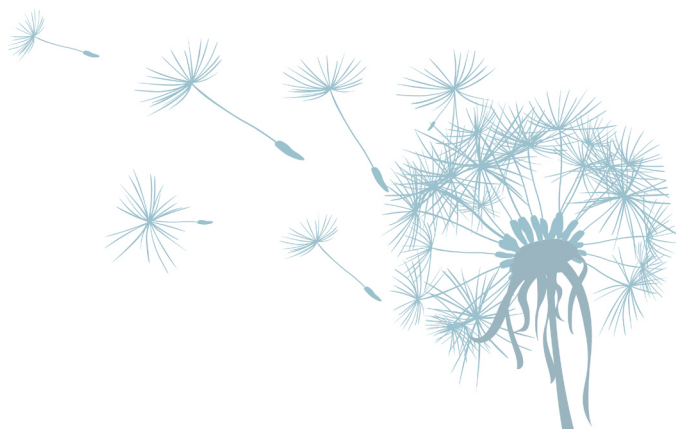


KITSAP
strong

2019

Resiliency

Summit



Schedule

8:00-8:30	Check-in
8:30-9:45	Welcome and Opening Remarks
9:45-10:05	Break
10:05-11:35	Breakout Session 1
11:35-12:35	Lunch
12:35-1:20	Afternoon Keynote
1:20-1:40	Break
1:40-3:10	Breakout Session 2
3:10-3:30	Break
3:30-5:00	Breakout Session 3

Opening Remarks

Benjamin Danielson is a pediatrician, health care leader and community advocate. He experienced the foster care system as a young child and credits his amazing single mom with instilling in him an appreciation for the value of education and a desire to be a contributing member of the community. He has been affiliated with Harborview, Seattle Children's and multiple community clinics and since 1999, has served as a Medical Director of the Odessa Brown Children's Clinic.

Dr. Ben Danielson
Room: Ballroom BCD

Breakout Session 1

10:05-11:35 a.m.

Just When You Thought It Might Be Safe to Come Out As LGBT*QIATS+: Supporting Resiliency In The Midst of Climate Change

We are in an era when the laws and policies that had previously been established to protect the human rights of the LGBT*QIATS+ community are being deliberately reversed, in exchange for a climate that promotes fear, discrimination, homophobia and transphobia. This workshop will address the current climate change and the impact on the community, in addition to discussing ways to protect and support the LGBT*QIATS+ community in order to build resiliency and equity during the changing times.

Brenda Newell, LICSW, CMHS

Room: Ballroom A

The Intersection of Stress and Resilience

In this session, participants will learn about the different types of stress and how stress intersects with resilience. Stressors are inevitable; automatic stress reactions are not. Participants will learn how to reset their own stress thermostat and implement the four-part stress-proofing formula to build resilience.

Mary Allison Brown, MSW, LICSW

Room: Glacier Cove, 2nd floor

Guiding Truths for Supporting People with Trauma-Related Needs

Linda Segur and Tif Junker draw on personal stories and experiences along their long and different paths toward integrating N.E.A.R. science as a way of being. Joining together through a shared passion for supporting parents, building hope and resilience along side children and adults who experienced early trauma, Linda and Tif will share moments of profound connection and insights that became the 4 guiding 'Truths' now serving as their professional and personal compass for supporting, understanding and engaging people with trauma-related needs.

Tif Junker and Linda Segur

Room: Marina Vista, 2nd floor

Stereotypes, Implicit Bias & Stereotype Threat

Shelly Harrell, Ph.D., states “A stereotype does not necessarily disappear from consciousness when it is successfully challenged. However, it does lose its “power” to influence feelings, attitudes, and behaviors so automatically.” Through video, interactive exercises and storytelling, participants are challenged to examine how unspoken, often unconscious, stereotypes create barriers to genuine relationships and influence our attitudes, behaviors and beliefs about one another. Participants will explore what they can do to effectively counteract stereotype threat using research based on Claude Steele’s work.

Jerod Q. Grant, Cultures Connecting
Room: Ballroom BCD

The Nurtured Heart Approach

The philosophy behind The Nurtured Heart Approach (NHA) is about creating healthy relationships with the people in your life. NHA consists of a set of strategies that work towards children building self-regulation skills while building a positive portfolio of themselves; their “Inner Wealth”. NHA embraces The 3 Stands of refusing to give energy and relationship to negative behavior, relentlessly recognize successes as they occur, and create clear and consistent consequences when rules are broken. Together, The 3 Stands offer strategies for parents and teachers during challenging behaviors but most importantly, it transforms relationships where the focus is the celebration of successes.

Rachael Roche, Kitsap Community Resources
Room: Oyster Bay

Afternoon Keynote

12:35-1:20 p.m.

The Pros-of-Conflict

Bio:

A lifelong educator with extensive experience with challenging students inside and outside the classroom. In 2009 Nicholas Bradford started his Restorative Justice education in VT. Working in therapeutic setting, schools, afterschool programs, and justice settings has shaped a skill set that delivers a comprehensive Restorative Justice framework. Having worked with many schools and districts he has built a robust framework that gives schools, educators, and students the skills and structures they need to create a culture of belonging and success in spite of conflict.

Session Description:

Nicholas Bradford is the founder of the National Center for Restorative Justice and like many of us was drawn to his work from early life experiences. He re-frames how we think about conflict through a personal family journey. This journey many people have had some experience with, and while it is hard we have to sit into the discomfort of conflict. If we isolate Restorative Justice to our professional experiences we are missing the gifts conflict can bring to our lives. Join him on an journey of discovery and growing conflict-tolerance toward a place of connection.

Nicholas Bradford

Room: Ballroom BCD

Breakout Session 2

1:40-3:10p.m.

Roadmap to Resilience: Using the A.P.T. Resilience Framework(TM) to Increase our Capacity for Resilience

Resilience is at the center of achieving goals, overcoming hardship, experiencing life optimally enjoying healthy relationships and contributing positively to our community. The construct of resilience, however, is multifaceted and can be somewhat elusive. This session will provide information that is foundational to experiencing resilience, will include practices that can increase our capacity for experiencing resilience and will include an overview of a resilience framework that can serve as a roadmap to guide efforts for increasing one's capacity for resilience.

Dr. Polo DeCano, UW Resilience Lab

Room: Ballroom A

Stories of Resilience

This year's Resiliency Summit turns our attention to "...interdependence, inclusion, empathy, and the vulnerability necessary to form healing relationships." Sounds pretty good, but how does it match up with our lived realities of understanding and fostering resiliency? In this session, we'll turn to storytelling to find out. How we tell stories of resilience reveals how we understand resilience. Facilitated discussion will follow stories told to explore these concepts. Where does resiliency live... in a person, a family, a community, an organization, a demographic, a culture? What precipitates resiliency? Can (should) resiliency be intentionally cultivated? How do we understand the relationship(s) between resiliency and surviving, thriving, and engaging in the world? Join us to share stories of resilience.

Kristina Kruzan, Airen Lydick

Room: Oyster Bay

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Mary Allison Brown, MSW, LICSW

Room: Glacier Cove, 2nd floor

Restorative Justice is a Mindset; Not a Program

When thinking about Restorative Justice these are the questions you should ask. You've heard about Restorative Justice but maybe someone told you they do that in the office or afterschool or in juvenile justice, that is half true. You will see restorative tools at every level of the school, but those things aren't "Restorative Justice." Restorative Justice is actually a mindset. We'll take some time thinking about Restorative Justice and where we see it in schools, families, and our community. I hope this provides the context to see Restorative Justice as a way of being.

Nicholas Bradford

Room: Ballroom BCD

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Jerod Q. Grant, Cultures Connecting

Room: Marina Vista, 2nd Floor

Breakout Session 3

3:30-5:00 p.m.

Roadmap to Resilience: Using the A.P.T. Resilience Framework(TM) to Increase our Capacity for Resilience

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Dr. Polo DeCano, UW Resilience Lab
Room: Ballroom A

The Roots of Collective Care – What Are Immigrants Teaching Us about Resiliency?

How do our understandings of resiliency relate to our understandings of immigration? ...our understandings of borders and nations? ...our understandings of cultures and how they interact? In this session, Kitsap Immigrant Assistance Center staff will help participants explore resiliency by drawing from the perspectives of immigrants. We'll hear specific stories of several local immigrants and we'll reflect on what their approaches to challenges teach us about resiliency.

Annika Tuner & Airen Lydick, Kitsap Immigrant Assistance Center staff
Room: Oyster Bay

Youth Voice in Creating a Culture of Belonging in Your Classroom/School

In this workshop two amazing interns from the National Center for Restorative Justice will guide you through the importance of building community in your classrooms. Where they have had success in their own classrooms and leading other classrooms. They will share their tips and tricks but most importantly they embody youth voice. You can do this type of thing in your classroom and schools, promise.

Simone St. Pierre & Zakai Mustard, Youth Presenters
Room: Ballroom BCD

Body, Breath and Restoration, Giving Space and Permission to Heal

Self Awareness and sitting only, yoga practices that promote body, mind, spirit restoration.

Victoria Ahlfors, Co-Founder of Scarlet Road & Trauma Informed Yoga Coach
Room: Marina Vista, 2nd Floor

Telling Without Talking: Healing the ACES Through Restorative Creativity

As a Therapeutic Arts Facilitator with Healing Expressions, Survivor, Mental Health Advocate and Speaker, Lani Kent has been sharing her journey of recovery from the impact of Adverse Childhood Experiences with individual clients, recovery groups and mental health professionals for over 10 years. She is passionate about offering expressive arts support for the resolution of childhood trauma and will share her journey, artwork and the creative tools that gave voice to the unspeakable and opened a resilient pathway for healing and growth.

Lani Kent, Therapeutic Arts Facilitator
Room: Glacier Cove, 2nd Floor

