

Thanks for making Kitsap Strong!



Resiliency Summit October 5, 2018

Kitsap Conference Center at Bremerton Harborside
100 Washington Ave, Bremerton, WA 98337

A hope-filled experience in connecting, learning, and growing together to strengthen our community! Resiliency isn't about rugged independence, it is about interdependence... inclusion, empathy, and the vulnerability necessary to form healing relationships.



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Schedule

Check-in.....	8:00-8:30
Welcome and Keynote Presentation....	8:30-10:30
Break	10:30-10:50
Breakout Session 1	10:50-12:20
Lunch.....	12:20-1:20
Breakout Session 2.....	1:30-3:00
Breakout Session 3.....	3:20-4:50
Evaluations.....	4:50-5:00

Resilience: The Biology of Stress and the Science of Hope

From the same film maker as Paper Tigers, this powerful film chronicles the birth of a new movement among pediatricians, therapists, educators, and communities using cutting-edge brain science to disrupt cycles of violence, addiction and disease. In this session we will screen and discuss this documentary.

Kody Russell - Executive Director, Kitsap Strong
Ballroom BCD

More Energy and Mental Clarity for Resilience

This session will discuss the physiology of decision-making and how food, sleep and exercise can improve sustained energy and mental clarity. Participants will be provided new understanding and tools for being trauma responsive, improving own energy and mental clarity and new tools to prevent secondary trauma and improve resilience.

Dr. Kristen Allott, ND- Dynamic Brains Consulting
Glacier Cove

Know Thyself: Mapping Your Stress Response & Asking for What You Need

In this reflective and highly interactive workshop, we'll explore our physical and behavioral responses to stress and change, and deep dive into the barriers that keep us from asking for what we need when times are tough.

This workshop can help you:

- Tune into the specific ways your body responds to fear, anger, and overwhelm
- Understand the difference between self-care and coping so you function better in rough moments
- Break the patterns that keep us isolated from the people who can provide care and support
- Build resilience with skills and tools that actually work - and start using them NOW

Delena Meyer- Way Enough Decision Coaching
Oyster Bay

trauma's impact on the developing brain, the role shame can play for children with trauma related needs and creating tools for coping with and managing extreme behavior through compassion, connection and an outside of the box community of support

Tiffany Sudela-Junker- XParenting
Oyster Bay

Resilience:A Community Experience

Our brains and bodies adapt rapidly to toxic stress (Adverse Childhood Experiences - ACEs, racism, poverty, historical trauma...) to help us survive. Resilience, however, is learned and built slowly - over time - through repetitive positive experiences and practices. Resilience must be continuously nurtured throughout the life course through multiple positive interactions and connections with different sets of people around us - family, peers, school and work, neighbors and the broader community. When we live in "tight knit" communities, where everyone helps each other flourish - this is "contextual resilience" - and has been found to decrease the negative impacts of ACEs, improve community wide rates of mental and physical health, decrease the prevalence of behavioral problems (like smoking, drug use, and violence) and increase our ability to learn and work. Come ready to learn and share about how we can nurture resiliency and help each person in our community flourish!

Kody Russell - Kitsap Strong and Dario Longhi - Participating Research Partners
Glacier Cove

Breakout Session 3 (3:20 - 4:50)

Sitting Like a Frog and Thumping Like a Gorilla

Methods to soothe the brain and become more resilient. Participants will learn some basic ways to promote mindfulness and positive coping for that child within and those children around all of us.

Jane Cornman- University of Washington Tacoma
Ballroom A

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Keynote Presenter:

Chan Hellman joined the University of Oklahoma in 2002. Chan is a professor in the Anne & Henry Zarrow School of Social Work and Founding Director of The Hope Research Center. Chan holds Adjunct Professor appointments in the Department of Internal Medicine and Department of Pediatrics for the OU College of Medicine and the Department of Health Promotion Sciences for the OU College of Public Health.

Chan has numerous scholarly publications in scientific journals, technical reports, books and has presented his research at both national and international conferences. Chan's research is focused on the application of hope theory to those impacted by trauma and adversity. He is also interested in the impact of prevention and intervention services on increasing and sustaining client hope.

Chan teaches master's and doctoral level students primarily in the areas of positive psychology, research methods, and statistics. He also directs student research in the areas of hope and nonprofit organizations.

Chan is a lifelong Oklahoman and lives in Tulsa Oklahoma with his wife Kendra. They enjoy spending time with their children and grandchildren, traveling, and reading.



Breakout Session 1 (10:50 - 12:20)

Hope as a Psychological Strength. Keynote follow-up:

Hope is an important protective factor that enables individuals and families to thrive. Hope is also an important coping resource to vicarious trauma and burnout among service providers. This workshop will present the Science of Hope as a psychological strength in our ability to cope with traumatic experiences and flourish toward future goals. In particular this seminar will show how (1) hope predicts adaptive outcomes, (2) hope buffers the effects of adversity, and (3) hope can be influenced and sustained. This workshop will also present “hands-on” tools to assess and nurture hope across the lifespan.

Chan Hellman - University of Oklahoma
Ballroom BCD

Resilience in Real-Time: Strengthening Resilience in Children Who Have Experienced Trauma to Help Them Thrive

Childhood trauma and adversity - even that happens before the age of three - has a negative impact on a child's self-image, self-esteem, and worldview that can last throughout the lifespan. In this training, you'll learn how to implement a trauma-informed approach to resilience to help children build the skills they need to thrive in all areas of their life. You'll learn practical skills and strategies to hold space for healing, how to help children make sense of traumatic experiences in a healthy way, and how to strengthen executive functioning and self-regulation skills to support resilience.

Mary Allison Brown, MSW, LICSW, CMHS, IMH-E(III)- Reflecting Relationships
Oyster Bay

Building Resilience by Improving Social/Emotional Skills Through Human-Animal Relationships

Human-Animal Interaction programs target skills that predict resilience: self-awareness, self-management, responsible decision making, social awareness, and relationship skills. Learn how other social mammals and birds can contribute to this healing potential. Explore the latest science supporting the Human-Animal Interaction Field. Learn simple yet powerful ways to explore the relational role animals play in the home and how to expand their role in improving resilience.

Drea Bowen- The Roots Institute at One Heart Wild Education Sanctuary
Glacier Cover (upstairs)

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Healing of the Canoe

The Healing of the Canoe Project is a collaborative project between the Suquamish Tribe, the Port Gamble S'Klallam Tribe and the Alcohol and Drug Abuse Institute, University of Washington. Suquamish and Port Gamble S'Klallam both identified the prevention of youth substance abuse and the need for a sense of cultural belonging and cultural revitalization among youth as primary issues of community concern. The Healing of the Canoe partnership has sought to address these issues through a community based, culturally grounded prevention and intervention life skills curriculum for tribal youth that builds on the strengths and resources in the community. The Culturally Grounded Life Skills for Youth Curriculum uses the Canoe Journey as a metaphor, providing youth the skills needed to navigate their journey through life without being pulled off course by alcohol or drugs – with tribal culture, tradition and values as compass to guide them, and anchor to ground them.

Robin Sigo and Albie Lawrence- Suquamish Tribe
Ballroom A

Breakout Session 2 (1:30 - 3:00)

"LGBT*QI+, Gender Identity and Sexual Orientation: Providing Safe, Supportive & Affirming Services for the Community"

This workshop will provide an overview on how to create inclusive, affirming & culturally supportive services in your organization and community. You will learn about terminology, risk factors, resiliency, and the community resources that are available for the LGBT*QI+ community, family members and friends.

Brenda Newell, LICSW- Rainbow Counseling & Equine Connections, LLC
Ballroom A

N.E.A.R. Science Has Unfolded a Whole New Road Map for Parents, Educators and Caregivers

Whole-Brained, Wholehearted parenting is about adapting, as parents, educators and care-givers, to meet unique needs and provide a secure base for children no matter what struggles they face in their process of recovering from trauma. Deep feelings of grief, loss, dysregulation, and attachment difficulties require important understanding and paradigm shifts for building resilience. In this workshop, we will explore one mother's journey to understanding

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