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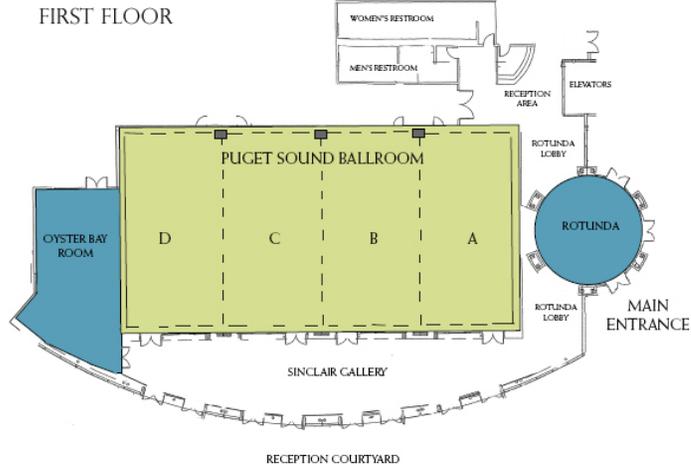
**KC  
RESOURCES**  
KITSAP COMMUNITY  
Creating Hope | Restoring Lives



**2022  
Resiliency  
Summit**



## Conference Center Floor Plan



# Resiliency Summit Schedule

## Day 1, Thursday, October 27

- 8:15-9:00 Check in and Breakfast
- 9:00-9:15 Welcome
- 9:15-10:15 Keynote and Hope Panel
- 10:15-10:30 Break
- 10:30-12:00 Breakout 1
- 12:00-12:45 Lunch
- 12:45-1:15 Intentional Connection
- 1:30-3:00 Breakout 2

## Day 2, Friday, October 28

- 8:15-9:00 Check in and Breakfast
- 9:00-9:15 Welcome
- 9:15-10:15 Keynote
- 10:15-10:30 Break
- 10:30-12:00 Community Activity: Helping All Youth Flourish
- 12:00-12:45 Lunch
- 1:00- 2:30 Breakout 3
- 2:30 Closing and Entertainment
- 3:00-5:00 Bonus Youth Voice & Empowerment

Can you give us the gift of feedback?

Just center the QR code to the right in your phone's camera and visit our survey page.

*Thank you!*



Thursday, October 27

Welcome Keynote

## Science of Hope – Building Hopeful Communities

BALLROOM B, C, D, 9:15

Having high levels of Hope improves coping skills, buffers against stress, predicts achievement, enhances positive relationships, and promotes healthy adaptive behaviors and resiliency. Research tells us that Hope is a leading indicator of success in relationships, academics, career, and business.

**Chan Hellman, PhD**

Co-Founder of Hope Rising Oklahoma and Founding Director of Hope Research Center

As a professor at University of Oklahoma-Tulsa and the founding director of the Hope Research Center, Dr. Chan Hellman focuses on sharing the science and power of hope in our ability to overcome trauma and thrive. He has worked with numerous human service organizations, state agencies, school districts and national coalitions to develop strategic plans to become hope-centered. He is the co-author of "Hope Rising: How the Science of Hope Can Change Your Life" and has published over 150 scholarly publications.



## Hope Panel, FOLLOWING THE KEYNOTE

BALLROOM B, C, D

Washington State Administrative Office of the Courts  
Kelly Warner-King

North Kitsap Education  
Gwen Lyons

OurGEMS – Candyce Chattman

Department of Children, Youth, and Families – Jennifer Personius



## Breakout Session 1, 10:30 - 12:00

### The Strength of Hope: A Mother's Journey Navigating Trauma and Complex Medical Care

GLACIER COVE

Miranda Burger, Program Manager at Olympic Community of Health

Gain insight into the experience as a new mother in rural Clallam County, navigating complex health care for her son born with a critical congenital heart defect.

Miranda shares insights and reflections on her family's journey towards hope, the way trauma impacted her life, and examples of care that made a world of difference. Learn more about Miranda's story here: [www.olympicch.org/post/care-coordination-more-than-just-a-service](http://www.olympicch.org/post/care-coordination-more-than-just-a-service).



## Cultivating a Growth Mindset during Stressful & Traumatic Times

BALLROOM A

Dr. Mona M. Johnson, Executive Director, System Pathways

Past and present challenges in the workplace have resulted in unprecedented levels of professional stress & increased vulnerability to compassion fatigue also known as the “weariness that comes from caring.” This presentation will address the importance of understanding the impacts of working in high stress, trauma-related environments & practical strategies necessary to mitigate the effects. In addition, participants will review current methods for coping, understand the power of self-regulation processes and explore eight comprehensive areas of well-being to support on-going professional resilience and social emotional growth.



## Creating a Strong Foundation for Well-Being

MARINA VISTA 1 & 2

Aubrey Lesicki, Emerging Wisdom

Support your physical and mental health by connecting to your natural relaxation reflexes. Most people are familiar with what happens when their fight, flight, and freeze reflexes are triggered. Our session helps you discover and activate the relaxation reflexes in your body to cultivate support, comfort, and balance within you. You will learn simple processes called “Ease Keys” — quick, responsive exercises that you can do anywhere in just a minute. We all can activate the built-in support systems in our bodies. Spark the healing and restorative capacities within you and your community.



## Understanding Empathic Strain in Helping Professions

MARINA VISTA 3

Rosie Garbe, Executive Director and Co-founder at Scarlet Road

Nicole Reed, LICSW

If your job is to help others, whether that be through treatment, counseling, advocacy, volunteering, community outreach, or customer service, you are a helping professional. Sometimes we pay a huge emotional price for doing the work we do. Learn to identify your personal risk factors, recognize warning signs, and take steps to address your vulnerabilities or help another through a distressing situation.



October  
has been recognized by special proclamation as  
**Resiliency Month**  
by



The image displays a proclamation for October as Resiliency Month. It features the text "October has been recognized by special proclamation as Resiliency Month by" followed by five logos: City of Bainbridge Island (a green 'B' with a tree), City of Bremerton (a black 'B' with a gear), Port Orchard (the name in blue script), Kitsap County (a red and black seal with a fish and the number 57), and City of Poulsbo (a yellow shield with a Viking ship and the name "VIKING CITY").

## Thursday, October 27 Breakout Session 2, 1:30 - 3:00

### OESD 114 Special Initiatives Team: Building Resilience and Hope in Early Learning through Collaboration, Education and Coaching

MARINA VISTA 1 & 2

Mary Rose Dewald, MSW, LIACSW,  
Special Education School Social  
Worker

Paola Stepney, MS, BCBA, Behavior  
Specialist

Mental health in infancy and early  
childhood, the importance of creating  
supportive environments in class-  
rooms and at home, preventing and  
addressing the impact of trauma on  
development and learning, and what  
our team is doing to help.



### Hope in Turmoil: Managing Work and Relationships in Seasons of Volatility, Uncertainty, Complexity, and Ambiguity (VUCA)

MARINA VISTA 3

Delena Meyer

The VUCA concept comes from 90s business and change  
management stuff. But it's really closely aligned with  
perspective taking, self-management and co-regulation,  
and has been incredible tool for linking leadership and  
management practices to trauma informed principles

in a way that feels organic and  
salient to folks in management.  
The conversation around TIC in  
workplaces elevates and deepens  
and continues every time I bring  
this topic in. Being able to do it in  
person will be super-duper fun. It  
includes a fun play-doh exercise that  
gets folks moving and talking.



### Becoming a Recovery Friendly Olympic Region: Tackling Stigma of Substance Use Disorder (SUD)

GLACIER COVE

Amy Brandt, Communications Manager, OCH

Ayesha Chander, Program Coordinator, OCH

Olympic Community of Health will share about the  
presence of stigma relating to substance use disorder in  
the Olympic region. The presentation  
will dive into key findings and  
highlight opportunities for hope and  
action within the community. The  
presentation will feature:

- Overview of: What is stigma? What contributes to and perpetuates stigma?
- A look at regional quantitative data around regional substance use, overdose rates, and treatment patterns for both adults and youth
- Key themes and quotes from 10 focus groups and over 200 survey responses
- Examples of local programs/projects successfully addressing stigma
- Opportunities for action towards becoming a recovery friendly region



Friday, October 28, Equity Keynote

## Equity in Schools & Communities

BALLROOM B, C, D, 9:15

### Erin Jones

Erin Jones has been involved in and around schools for 30 years. She has taught in a variety of environments, from predominantly Black to predominantly White to some of the most diverse communities in the nation. Erin received an award as the Most Innovative Foreign Language Teacher in 2007, while teaching in Tacoma and was the Washington State Milken Educator of the Year in 2008, while teaching in Spokane. She received recognition at the White House in March of 2013 as a "Champion of Change" and was Washington State PTA's "Outstanding Educator" in 2015. After serving as a classroom teacher and instructional coach, Erin worked as an executive for two State Superintendents. Erin left the Office of Superintendent of Public Instruction in 2012 to work in college-access at the school district level. She left her job to run for State Superintendent and was the first Black woman to run for state office in Washington state, a race she lost by a mere 1%. During the pandemic, Erin has logged thousands of hours on Zoom delivering keynotes, doing school assemblies and providing training to government agencies, non-profits and schools.



## Community

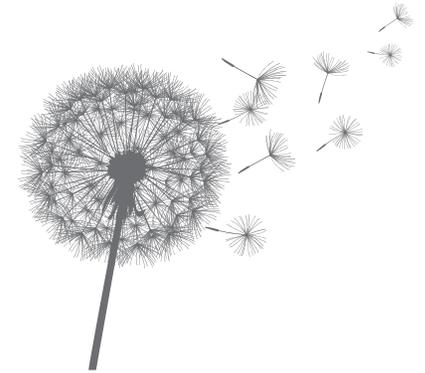
### Activity:

Helping All Youth Flourish

BALLROOM B, C, D

10:30 - 12:00

Promise Partner,  
Graduate Strong



## Breakout Session 3, 1:00 - 2:30

### Toolbox from the Trenches: What Working with Families Has Taught Me About Trauma

GLACIER COVE

Wilder Kruzan, Doula, Community Liaison, and Mentor

We've all been there with our clients, or with friends or family. We know something happened, but we don't know how to help. After 25 years of assisting families as a doula and educator, and 5 years speaking about trauma, I've learned a few things I'd love to share with you. Join me in this workshop where we will build up your toolbox and your confidence in these tender moments.

This workshop is for you if you...

- \* Feel unsure of how to help when your clients are experiencing stress or trauma
- \* Would like to have tools to help reduce harm in stressful environments
- \* Want to understand how stress/trauma can affect decision-making, and how to help support your clients (or yourself) in those moments



## Sovereign Style: Fashion as Indigenous Resilience and Resistance

MARINA VISTA 3

Robin Little Wing Sigo, Suquamish Tribal Foundation Director

Indigenous people around the world, use fashion (jewelry, clothes, hairstyles, etc.) to empower ourselves in all aspects of our lives. This workshop explores ancestral context and mainstream research about how our style not only heals us, but is a powerful way to flex sovereignty.



## Workspaces as “Well Spaces”: the Equity-Hope-Resilience Connection

MARINA VISTA 1 & 2

Lucretia Robertson, Principal, Clarity Partnership and Founder, Women Who Rise

Recent surveys report that women of color in the workplace feel undervalued, disrespected, exhausted and invisible. In 2021, nFormation reported that ½ of the women of color surveyed planned to leave their employers in the following year. Because of workplace inequities, women of color are significantly more likely to report anxiety, depression, burnout and hopelessness. Understanding the impacts of these stressors, structural factors and the lack of equitable opportunities for women of color is foundational to building resilient workplaces.



Through a trauma informed and hope-centered framework, organizational leaders can advance equitable outcomes that transform workplace culture, and ensure that women of color feel connected and supported. Workshop will discuss the equity-hope-resilience connection along with recommendations on institutional supports to reduce harm and cultivate wellness for women of color.

## The Resilient Professional

BALLROOM A

Mary Allison Jensen, LICSW

We will explore strategies to build professional resilience so that you can continue to do meaningful work in a sustainable way. Participants will learn how to identify early warning signs of compassion fatigue and burnout and more importantly, how to proactively apply effective skills to build professional resilience. Learn to distinguish between personal and professional self-care and will learn about the habits included in the poor self-care deadly dozen which are primary causes of professional burnout. Participants will leave this workshop with a personalized action plan to prevent compassion fatigue and burnout and strengthen professional resilience.



2:30 - 3PM - Closing, Raffle, and Local Music  
3-5PM - Youth Voice & Empowerment

Closing the day and opening hearts for Friday afternoon's extended programming with youth-led voice and empowerment are Bremerton's original hip-hop artists. Join us as we offer a stage for the LIONS DEN 360 Music Group to REPRESENT - meet and listen to Jordy Sam and Nick Norton. "We Build a Powerful Community Together" Image by Robbi Perez

Kitsap Strong is honored and privileged to be invited by Gods Broken Home University offering a space for youth voices to connect with the Kitsap Strong backbone team - Cristina Roark, Alyson Rotter, and Promise Partner - asking questions about their life experiences, the work they are involved in, and why they do what they do. This is a new monthly series through May 2023 led by GBHU youth.

The goal is to amplify the voice of our young people and bring our community of youths the information they need to not only get their votes in but understand the power in the youth voice. GBHU is guiding the process of youth participation in civic engagement including all youths working together in both political and non-political actions to express public values and make needed change in our home community.

