

Strengthening Trauma-Informed Care in Virginia: Positive Connections & Resiliency Across the Lifespan



June 6, 2019

DoubleTree Hotel Richmond-Midlothian

Event Schedule

8:15 a.m. Registration Opens

9:00 – 10:00 a.m. Welcome and Introductory Speakers – James River Ballroom

- First Lady of Virginia Pamela Northam
- Senator Creigh Deeds, Virginia's 25th District
- Secretary of Health and Human Resources, Daniel Carey, MD
- DBHDS Commissioner S. Hughes Melton, MD, MBA

Master of Ceremonies – Dr. Olivia Garland, former DBHDS Deputy Commissioner

10:00 – 10:15 a.m. Break

10:15 – 11:30 a.m. Keynote Speaker – Moving from Theory to Practice. *Joan Gillece, PhD – Director, National Association of State Mental Health Program Directors (NASMHPD) Center for Innovation in Behavioral Health Policy and Practice.* This session will address cross agency innovations and practical applications for implementing trauma informed approaches. Moving from deficit to strength based strategies, creative programming will be highlighted as examples in varied settings. Understanding the impact trauma has on our lives is the first step... knowing what to do about it is the critical step to healing. Dr. Gillece has 35 years of experience working in the behavioral health field with twenty dedicated to trauma and fifteen in prevention of seclusion and restraint and other aversive interventions. Working across agencies, Dr. Gillece promotes the use of trauma responsive approaches in multiple settings including mental health, substance abuse, adult and juvenile justice, education, homeless services and community.

11:45 – 12:45 p.m. Lunch and Luncheon Presentation: Snapshots of Recovery – James River Ballroom – Speakers: Mary McQuown, DBHDS, David Rook True Recovery, Virginia Association of Recovery Residences, Cristy Corbin, UMFS, Becky Grasser, Middle Peninsula-Northern Neck CSB

1:00 – 4:30 p.m. Breakout Sessions – *During registration, participants will choose three sessions to attend. There will be 15 minute breaks between sessions. Session 1: 1-2 p.m.; Session 2: 2:15-3:15 p.m.; Session 3: 3:30-4:30 p.m.*

Breakout 1: James River Ballroom G/H - Childhood Trauma and Our Response –

Speaker: John Richardson Lauve, LCSW, Director of Mental Health at ChildSavers.

Chronic toxic stress (trauma) in childhood has the potential to disrupt an otherwise successful trajectory and have lasting impact throughout the lifespan. Understanding how to intervene with individuals, systems, and communities to build resilience helps overcome negative outcomes associated with childhood adversity. Come learn about trauma-informed care and how to be a champion for the resilience of Virginia's children.

Breakout 2: Parlor C - *Understanding Generational Trauma in African Americans* – Speaker: Jessica Young Brown, PhD, LCP, Assistant Professor of Counseling and Practical Theology; Director, Barry Young Center for Ministry Formation, Samuel DeWitt Proctor School of Theology, Virginia Union University. This session will address the cultural factors that lead to and perpetuate generational trauma in African Americans and discuss clinical strategies for understanding and deconstructing its impact. Best practices for addressing generational trauma will be discussed, such as managing mental health stigma in the clinical relationship and understanding how intersecting identities shape perceptions and treatment of trauma.

Breakout 3: Parlor D - *Assessing and Treating Combat Stress and PTSD in Veterans: What You Need to Know* – Speaker: Brian L. Meyer, Ph.D., LCP, Interim Workplace Violence Prevention Coordinator, ETAT Co-Chair, McGuire VA Medical Center. There are over 21 million Veterans in the U.S., and 700,000 live in Virginia. Because only 9 million are eligible for VA services, the majority seek treatment in the community. Many served in a combat role and experience a form of combat stress, including PTSD. This session will provide an overview of combat stress and PTSD in Veterans. It will also discuss common assessment tools and evidence-based treatments that will help you heal psychological combat stress injuries in Veterans.

Breakout 4: Parlor A/B - *Engaging Mental Health First Aid in Virginia's Communities* – Speakers: Michael Olsen, DBHDS, Jamie MacDonald, Loudoun County MHSADS, Michelle Wagaman, Rappahannock Area CSB. Mental Health First Aid (MHFA) is a national program to teach the skills to respond to the signs of mental illness and substance use disorders (SUD). Virginia has made a robust investment in MHFA to reduce the stigma of mental illness and SUDs and to create greater access to appropriate services. Many communities have been creative in using MHFA to make a local impact. This session will highlight Virginia's MHFA efforts and hold a panel discussion on infusing MHFA into local communities.

Breakout 5: James River Ballroom E/F "Putting the Pieces Together"- Exploring the correlation between Trauma & Substance Use – Speaker: Dierdre Pearson, LCSW, CSAC, Director, Women's Substance Use Disorder & Co- Occurring Services, Richmond Behavioral Health Authority. Understanding the effects of traumatic events is critical in addressing needs of individuals diagnosed with substance use disorders. The cycle can be vicious – just as a traumatic event can lead to the use of substances, on the converse, the use of substances can lead one to experience traumatic events. This session will address both as risk factors for the other, provide definitions, interventions and discuss the challenges in treating traumatic stress coupled with substance use disorders.

4:30 p.m.

Adjourn

Breakout Sessions

Each of the five sessions will run concurrently three times: 1-2 p.m., 2:15-3:15 p.m. and 3:30-4:30 p.m.

- *Breakout 1: Childhood Trauma and Our Response – James River Ballroom G/H*
- *Breakout 2: Understanding Generational Trauma in African Americans – Parlor C*
- *Breakout 3: Assessing and Treating Combat Stress and PTSD in Veterans: What You Need to Know – Parlor D*
- *Breakout 4: Engaging Mental Health First Aid in Virginia's Communities – Parlor A/B*
- *Breakout 5: "Putting the Pieces Together" – Exploring the Correlation Between Trauma and Substance Use – James River Ballroom E/F*