

Weaving Our Strengths Together

Friday February 1, 2019

8:00 am to 9:00 am	Registration and Check in
9:00 am to 9:15 am	Opening Comments
9:15 am to 10:15 am	Keynote Address: <i>Linda Chamberlain PhD, MPH</i> <i>Location: Borealis Ballroom</i> <u>Brain Body Practices to Promote Resilience, Self-Regulation and Well-Being</u>
10:15 am to 10:30 am	Break
10:30 am to 12:00 pm	<u>Amazing Adolescent Brain: What Every Educator, Youth Serving Professional, and Healthcare Provider Needs to Know</u> <i>Presenter: Linda Chamberlain PhD, MPH</i> Location: Borealis Ballroom Some of the most exciting new discoveries in neuroscience focus on adolescent brain development. Researchers have learned that the adolescent brain is far from completed. Many of the most important finishing touches in brain development occur during the second decade of life.
12:00 pm to 1:30 pm	UAF Social Work Sponsored Lunch <u>Film Screening: <i>We Breathe Again</i></u> We Breathe Again intimately explores the lives of four Alaska Native people, each confronting the impacts of intergenerational trauma and suicide. Reflected in the northern lights and the city streetlights, from the ice roads to the asphalt, the characters battle for personal healing, hoping to break new trail for their families and their communities to follow.
Breakout Sessions 1:30 pm to 3:00 pm	<u>History and Hope</u> <i>Presenter: Laverne M. Demientieff, LMSW, Ph.D</i> Location: Gazebo Room A collective group convened by the Alaska Resilience Initiative has created a curriculum for teaching about ACEs, resilience, and trauma-informed care. The "History & Hope" training introduces the audience to the adverse childhood experiences study, and addresses the question "Why are adverse childhood experiences so adverse, and what can we do about it?" Bringing together Alaska Native ancestral knowledge of trauma and resilience; the sciences of neurobiology, physiology, and epigenetics; data on social and economic stressors affecting Alaskan families; simple brain-body healing exercises; and promising practices in education and early childhood settings, this presentation provides an introduction to how trauma-informed, culturally-responsive approaches in healthcare and education can help shift our most pressing health and social problems.

Army Family Resilience and Readiness Panel

Presenter: Jessica Lynch, LCSW

Location: Garden Room

US Army Garrison Alaska utilizes many different prevention and resilience programs to support service members, their families and our military community. These programs include financial assistance, domestic violence prevention and intervention, new parent support, suicide prevention, substance abuse and other essential resources for building resilience.

Introduction to Near @ Home Toolkit

Presenter: Jeanine JeffersWoolf

Location: Board Room

An introduction to the NEAR@Home Toolkit - a way to bring the NEAR sciences (Neuroscience, Epigenetics, ACE's and Resilience) to families of young children. This toolkit talks about how to bring this important information to families with young children in a safe and trauma-informed way. The toolkit is designed as a training manual with guided processes to help you learn and practice language and strategies to safely and effectively talk about the trauma of ACEs. This presentation will include information from a home visitor how is currently using the kit.

Foster Care and Resilience + Fostering Science Engaging Scientists in Envisioning a Future for Youth in Foster Care

Foster Care and Resilience Presenters: Rachel Hanft

Fostering Science Presenters: Dr. Christa Mulder, Katie Spellman, Natalie, and James

Location: Borealis Ballroom

This is a paired workshop starting with Foster Care and Resilience. Youth aging out of the foster care system and youth who have had experience in foster care, but are now adults and involved with the Facing Foster Care in AK group will present as a panel in discussing experience in foster care and the role resiliency played in their time in care and what they can reflect on now.

The second half is Fostering Science Engaging Scientists in Envisioning a Future for Youth in Foster Care. This session will describe the Fostering Science program, which is a "science adventure camp" for youth in foster care. This camp which has been run for two years will be adding a second camp (at Denali National Park) next summer. Presenters are inviting feedback and suggestions for recruiting, promoting, and expanding this program. Two campers will be there to share their experiences with the program.

<p>Breakout sessions 3:15 pm to 4:45 pm</p>	<p><u>Understanding Grief and Effects of Alaska Natives: <i>We have the Power to Heal Within Us</i></u></p> <p><i>Presenter: Roxanne Frank</i></p> <p>Location: Board Room</p> <p>This session aims to help attendees understand grief as a part of the process of healing and moving forward. This session will include about how the past has affected the 1st Nation people of Alaska, before contact and after contact. Participants will explore ways in which different policies have had an impact on individuals, families and communities and how Alaska Natives have processed oppression, shame, and guilt. This session will also guide participants to identify ways to recover from grief as an individual, family and community, including the role of hope, the use of cultural and traditional practices to cope in a healthy way, and the importance of teaching our children and grandchildren how to heal from trauma.</p> <p><u>Adverse Childhood Experiences and Implications for Substance Use Disorders</u></p> <p><i>Presenter: Gunnar Ebbeson LPCS MAC CDCS</i></p> <p>This presentation will explore the relationship between adverse childhood experience and substance abuse disorders, and provide strategies for working with people experiencing SUD given they have lived experience of significant Trauma.</p> <p><u>Understanding our Kids: <i>Why They are So Challenging and What to Do About It</i></u></p> <p><i>Presenter: Karen Kallen- Brown</i></p> <p>Location: Gazebo Room</p> <p>This session provides an overview of the brain and behavior changes that occur when children experience adverse life experiences and disrupted attachment. How to reverse the cycle of conflict and failure and shift it towards one of building strength and successful living.</p> <p><u>Blanket Exercise</u></p> <p>Presenters: Rachel Hanft, Teisha Simmons and Connie Jessen</p> <p>Location: Garden Room</p> <p>The Kairos Blanket exercise is an adaptation of a Canadian government response to acknowledging historical trauma in the First Nations people of Canada. ANTHC (AK Native Tribal Health Consortium) has adapted the exercise to mirror AK Native history and historical trauma. The exercise is an experiential activity in understanding impacts and events in Alaska's history.</p>
<p>6:00 pm to 7:30 pm</p>	<p><u>Community Screening of <i>Resilience and Panel</i></u></p> <p>Location: Hunter Elementary School</p> <p>Resilience chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease.</p>

	<u>Saturday February 2, 2019</u>
8:00 am to 9:00 am	Registration and Check in
9:00 am to 9:15 am	Opening Comments
9:15 am to 10:15 am	Keynote Address: <i>Dr. Michael Yellow Bird</i> Location: Borealis Ballroom <u>Using Neurodecolonization and Mindfulness to Elevate Native People’s Health</u>
10:15 am to 10:30 am	Break
10:30 am to 12:00 pm	<u>Using the medicine wheel to transform indigenous peoples health through self-directed neuroplasticity, healthy microbes, genetic explorations, and Neurodecolonization</u> <i>Presenter: Dr. Michael Yellow Bird</i> Location: Borealis Ballroom The Medicine Wheel is a symbol used to represent wholeness, balance, and the natural cycles of life. The Medicine Wheel consists of a circle with four quadrants: spiritual, mental, physical, and emotional. This talk shares how the health of Indigenous Peoples might be transformed by organizing the Medicine Wheel to address the needs of Indigenous microbiome; understanding the genes we inherit and how to positively influence their expression; and using “self-directed neuroplasticity” through mindfulness and traditional Indigenous contemplative practices.
12:00 pm to 1:30 pm	Lunch <u>Film Screening: <i>Resilience</i></u> Resilience chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease.
Breakout Sessions 1:30 pm to 3:00 pm	<u>QPR Suicide Prevention</u> <i>Presenter: Amy Cross, Lisa Latronica, Heidi Shepherd</i> Location: Garden Room QPR (Question, Persuade, Refer) Suicide Prevention: "The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know." - QPR Institute QPR provides three steps anyone can learn to help prevent suicide. A trained QPR Gatekeeper can help prevent suicide by understanding how to recognize warning signs, ask questions, provide hope, and get help.

	<p style="text-align: center;"><u>Healing from Trauma:</u> <u>Embodiment Practices of Yoga and Applied Theatre</u></p> <p><i>Presenters: Jody Hassel, MFA, E-RYT, TCTSY-F, Sarah Finnell, MEd</i></p> <p>Location: Gazebo Room</p> <p>In this session, we will explore two different practices of embodiment--Trauma Sensitive Yoga and Applied Theatre--as tools for healing from trauma. The first half of this session will introduce Trauma Sensitive Yoga (TSY) theory and practice, and will show how yoga forms work as processes of embodiment and empowerment. TSY provides an opportunity for an individual experience of being in the present moment with awareness, while Applied Theatre offers forms in which we can experience our connection to others. Applied Theatre can be a tool for healing, dialogue, and community building. In the second half of the session, we will actively engage in these forms designed to connect us with colleagues and surface new insights around shared community issues.</p> <p style="text-align: center;"><u>Caregiving Practices that Promote Resilience in Stressed Young Children and Their Caregivers</u></p> <p>Presenter: KimAdelia Leff, LCSW</p> <p>Location: Board Room</p> <p>This interactive session highlighting protective factors in young children, common stressors, impact of abuse and neglect with opportunity to discuss and reflect on tools for responding and supporting the development of self-regulation , in ourselves and stressed children we care for.</p>
3:30 pm to 3:45 pm	<p style="text-align: center;"><u>Pebble Meditation</u></p> <p><i>Presenter: Chris Oliver</i></p> <p>Location: Borealis Ballroom</p> <p>Stress and anxiety can strike anywhere at anytime. Luckily, meditation and mindfulness is also something that can happen anywhere at anytime. Join me as we walk through a quick mindfulness activity that can reset your day.</p>
3:45 pm to 4:00 pm	<p style="text-align: center;"><u>World Café</u></p> <p><i>Presenter: Brenda Riley</i></p> <p>Location: Borealis Ballroom</p> <p>Join us for a world café discussion to convene together about how to expand on the work of ACES and Resilience moving forward. This discussion will be facilitated as a World Café with each group being able to move around and discuss each topic. The discussion from this will be used by Fairbanks Wellness Coalition Resilience team to gather feedback in how to continue the resilience movement forward in the interior.</p>