



**Coconino Coalition for
Children & Youth**
Connect. Inspire. Engage. Act.

Annual Child Abuse Prevention Conference
**Healing Collective Trauma through
Community Connections**

April 18, 2019 8am – 5pm, Little America, Flagstaff

Featuring Keynote Speaker,

- Laura van
Dernoot Lipsky



“Laura van Dernoot Lipsky is the founder and director of The Trauma Stewardship Institute and author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*.

Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades. Laura's book, *The Age of Overwhelm: Strategies for the Long Haul* was released this summer.” Source: <http://traumastewardship.com/>

*View Laura’s TED Talk at <http://traumastewardship.com/watch/>

Thank you to our Friend+ Event Level Sponsors!!!!



The Molly and Joseph Herman Foundation

The Exchange Club of Flagstaff

Trauma impacts us all: Maybe as a first responder, a survivor, a policy crafter, a neighbor, a teacher, a therapist, a community leader, a voter or as a member of a shared experience we call life. The whole community has an interest, a role and a responsibility in working toward healing. This journey has been designed to help us each individually and then collectively work toward our highest potential. We invite you to join us!

Event Schedule

8:00 – 8:30 Registration/Breakfast (please allow time for registration and getting settled)

8:30 – 8:45 Opening (please be seated prior to 8:30 as we will begin promptly)

8:45 – 12:00 (plus breaks) *Keynote Presentation*

- Laura van Dernoot Lipsky

We will have an entire morning with the author, speaker and founder of the Trauma Stewardship Institute to discuss caring for ourselves and our community as we respond to our own and others' experience of trauma and the "trauma exposure response". We are diverse caregivers responding to our world, which can feel overflowing with historical, collective, and individual suffering and oppression. We will explore practices to find and return the deep well of wisdom, connection, and self-care to draw the energy we need to engage in work toward healing in the world in a manner that is sustainable and life-affirming.

12:00 – 2:00 Luncheon

(check-in for lunch only begins at 11:30)

*Mexicali Salad

(Special Diet Selections- Vegetarian, Vegan or Gluten Free Available: Chef will make edits)

Chipotle Marinated Chicken Breast with Crisp Romaine and Iceberg Lettuce, Roasted Corn, Jicama, Cherry Tomatoes, Green Onions, Toasted Pepitas, Queso Fresco, and Tortilla Strips with Cilantro Lime Vinaigrette and Rolls on the table. Spice cake for Dessert.

Luncheon Events

*Welcome and Opening Music from Hunter RedDay

* Messages from CCC&Y & community leadership

* **Luncheon Keynote Presentation with**

Personal Impact

“I can break my career up into two sections thus far: before the book Trauma Stewardship and after. Before, early in my work, I had no formal training on bringing balance into caregiving practice, so I quickly became burned out, and yet I worked harder to try and be better, cultivating resentment, isolation and a broken heart. Luckily, through support of those that care for me, I was able to pause and pivot in my career and in my personal practice – and so much of this was with Laura’s book in hand. Since then, I **have found a rich and ongoing process of tending to myself and my energy, which allows me to be more effective in my work with those in the community that I aim to serve and be in coalition with.** I’ve ended up giving away every copy of Trauma Stewardship that I’ve owned, since experiences like mine are common. But I always end up getting another one, because this work is something that I want to continually revisit – living my values depends on it. **It’s our hope with CCC&Y that we can build a resilient community of systems and organizations, and within them resilient caregivers with full, and whole, lives.”**

-Andrea Meronuck, Clinical Director @ Northland Family Help Center and CCC&Y Board Member

Dr. Pearl Yellowman

Pearl Yellowman is a member of the Navajo Nation and currently the Executive Director of the Navajo Nation Department of Community Development.

Pearl earned a Bachelor's Degree in Social Work, a Master's Degree in Educational Leadership, a Master's Degree in Counseling Education and a Doctorate of Education in Educational Leadership from University of Montana, in the Educational Leadership program focusing on the Contributing Factors of the Achievement Gap for Native American students. Pearl's traditional teachings include the Ho'zho' which translates into the Navajo Beauty Way.

Pearl's experience includes: implementation in the development and delivery of prevention, intervention (crisis, secondary, tertiary), behavioral health services to children/youth, families, and groups directly and through consultation and collaboration with tribal departments, local public schools and communities

Pearl also serves as a national Native youth leadership development trainer, providing trainings in the area of Native youth wellness and leadership. With over fifteen years of experience in education and counseling, Pearl started in school counseling and later provided behavioral health services to the "hard to reach" residents in the juvenile detention centers located on the Navajo Nation. Most recently, Pearl has provided Professional Development opportunities and Keynotes addresses to a wide array of organizations and geographic locations. Pearl also works with public school districts in Montana implementing Indian Education for All (IEFA) content material.



* Caring for Children Awards- Presentation of Honorees- Congratulations!!!!!!

2:20– 3:30

Plenary Session- Bahney Dedolph, MA
Deputy Director, AZ Council for Human Service Providers

“Introduction to the Neurosequential Model and its Impact for Arizona”
The Science, The Application, The Policy Impact

Dr. Bruce Perry has a long and distinguished history of working with, researching and writing about trauma. Further, he assisted the mainstream discussion of trauma when he was interviewed by Oprah Winfrey in 2018 for 60 Minutes. Bahney will provide an introduction to the Neurosequential Model in Caregiving, a training program created by Dr Bruce Perry with the Arizona Council of Human Service Providers to help foster, kinship, and adoptive parents better understand the unique, sometimes challenging needs of the children in their care who have experienced the trauma of abuse and neglect. They are in the third year of a three-year project designed to create a training curricula that is practical and easily available for parents and the staff who work with them in the child welfare and behavioral health systems of care. In addition to a library of archived videos, they are training facilitators to continue the program statewide. She will also be discussing the planned impacts for the Education system in Arizona.

"The greatness of a community is most accurately measured by the compassionate actions of its members." - Coretta Scott King

3:50 – 5:00 Breakout Session Choices (Choose One)

“Evolution of Trauma: A look at the Influence of Poverty, Culture, and Trauma on the Behavior and Health Disparities of American Indian Youth.”

Dr. Pearl Yellowman

(see complete Bio in Luncheon section)

This training will provide a conceptual framework for understanding the contributing factors to the health and learning disparities of American Indian youth. The focus of this presentation is to highlight the contributions of the ecological perspective for understanding students that represent the American Indian and Alaskan Native population. We first explore and examine immediate settings that influence student behavior from birth to early childhood. We expand further on understanding how environmental (i.e., poverty, historical trauma, and Native American cultural beliefs) and developmental (i.e. health and wellness) conditions play a major factor in influencing student behavior and socio-emotional development. This presentation will show the current research on cognitive development, specifically epi-genetics. We will incorporate the use of an ecological approach, since; students actively participate in a variety of contexts (e.g., home, school, community), which provide(s) the setting and experiences that shape their subsequent cognitive, emotional and behavioral development. The use of this model will allow us to distinguish and determine influences of student behavior and to better understand the interaction between the individual and the learning environment.

This approach will assist the audience in focusing on the multiple settings within which the individual exists and how these settings impact the individual's functioning. Lastly, we will look at strategies and successful skill sets that can assist adolescents in navigating their learning environments for optimal growth. Our projected outcome will leave educators understanding and embracing the requirements, expectations and vision of the home, school and community.

Or

“New Parent Stress or Post-Partum Depression?”

Cynthia Barnes RNC MN,

Newborn Development Specialist FMC, HealthySteps Specialist

Research tells us that there is a very significant link between the mental health of parents and their child's development. Unfortunately, this means that children who live with depressed parents are at a higher risk for abuse and neglect. According to the National Institute of Mental Health it is estimated that more than 16 million adults nationwide have experienced depression in the past year. Prevent Child Abuse America reports that 1 in 5 children live with a parent who is depressed.

Most of us think of postpartum depression and the devastation it can have on new moms, but new dads and partners also suffer. Being a new parent is hard. Our culture tends to dismiss postpartum challenges as a normal initiation into parenthood, and sometimes it is. But, for as many as 1 in 4 new dads, and 1 in 7 new moms the stress increases and without help, depression follows.

The thing about spotting PPD is that because new parents are stressed and sleep-deprived, they might not pick up on the signs that their partner is sinking into depression. As friends, families, and the greater community how can we better support new parents? It's so important to recognize depression early. Do you know the signs and symptoms? Depression doesn't always feel like you think it would. It can be very different in men than in women. Let's take a closer look and learn how to help.

DEADLINE TO REGISTER: March 29, 2019 (Your choice to register early helps us tremendously and assures your place- we expect to reach full capacity this year!)

Prices

Full Day Conference plus Luncheon = \$95 (\$75 for CCC&Y members)

****Special Sponsorship Level!!**

(Commitment to Growth Level) This level will be recognized for agencies that purchase and register 7+ full conference attendees. Their commitment to ongoing professional development for their teams will be recognized by name in the program the day of the event.

We have purchased a bulk selection of Laura's book: *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* at a discounted price. It will be available for \$15 with your ticket purchase or \$20 at the door (while supplies last). *Every attempt will be made to deliver prior to conference as logistics allow- some may be picked up at event registration.

Luncheon only Individual= \$50 (\$40 CCC&Y members) or

Luncheon Only Table- Purchase a table for 9 people \$400 (\$300 for CCC&Y members)

*We do have a small selection of need-based scholarships available for foster parents and those responsible for preventing or responding to abuse in our communities.

**Refunds will not be given after 3/29/19 to allow for ordering with our venue. Paid tickets can be transferred with notice and approval prior to 4/17/19 but the meal cannot be changed after 3/29/19.

To become a member of CCC&Y visit <http://coconinokids.org/membership/>

The Coconino Coalition for Children and Youth (CCC&Y) exists to provide leadership in developing community-wide strategies that enhance the well-being of children and youth in Coconino County.

To Register-Please visit this link

<http://coconinokids.org/cap-registration/>

Contact Virginia Watahomigie, CCC&Y executive director, at virginia@coconinokids.org with any questions you may have- thank you!!

Thank you to our Ongoing Partners!!!!

