

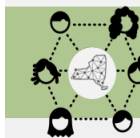


Conference Workshop Offerings

There will be three sessions of Concurrent Workshops scheduled during the conference. You will be able to select the workshops at the conference, there will be no pre-selection required.

Since workshops will be filled on a first come basis, we suggest that you identify a 1st and 2nd choice.

Workshop Trails...



NETWORKING

Partnerships and collaborations that strengthen and expand trauma informed care practices and policies across organizations and communities



RESOURCES & TECHNICAL ASSISTANCE

Evidence-informed, community-based, and culturally responsive tools and resources that support the development, implementation, and sustainability of trauma-informed, equity-focused practices and policies in organizations, regions, or system of care.



Wellness

Promotion of the integration of somatic and expressive practices (i.e., mindfulness, movement, yoga, dance, music, art, creative writing, etc.) that support health and wellbeing for individuals, residents, organizations, and/or communities.

NYSED Approved Provider of Continuing Education Contact Hours (CEs)

New York University Silver School of Social Work is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed Social Workers {#SW-0012}.

New York University Silver School of Social Work is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors {#MHC-0083}. For Mental Health Practitioners: Please check with your state, if you are not licensed in New York, to determine if these credits will be accepted for licensing renewal.

This program is approved for 6.0 Continuing Education Contact Hours*

**Please Note: Not all workshops are eligible for CEs. Eligibility will be noted in the workshop descriptions.*

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-A
10:30AM – 12:00PM

1-A SCHOOL ROUNDTABLE

The School Roundtable discusses the different journeys towards trauma-responsive practices within schools. Panelists will share their trauma-responsive journey and the roadblocks along the way. Lastly, they will discuss the importance of community in this work, and lessons learned as they continue their journey.

PANELISTS:

- * Greta B. Johnston, Program Coordinator for Behavioral Health | Monroe One BOCES
 - * Chelsea Kehoe, Assistant Principal | Monroe One BOCES
 - * Dr. Kristin Garaas-Johnson, Director of Curriculum & Special Education | Randolph Academy
 - * Laura Heeter, Restorative Practices Coordinator | Randolph Academy and Independent Consultant
 - * Andrea Fallick, Director of School Based Programs at SAS Corporation
 - * Kara Santucci, Bullying Prevention and Mental Health Coordinator | SAS Adolescent Counsel and Bullying Prevention Resource Center
- Facilitated by Denise Quamina, Senior Consultant | Trauma Informed Network & Resource Center

Workshop Trail: Networking | Wellness

*This workshop is eligible for CEs

Location

Conference Center

Room

Lake George (North)

2-A FRONTLINE WORKERS ROUNDTABLE

The Frontline Workers Roundtable discusses the impact of COVID-19, workplace burn-out, and trauma-responsive practices for frontline workers and organizations. Panelists will discuss their own experience navigating stress, creating opportunities for trauma-responsive practices, and advice for organizations who are beginning their journey in implementing trauma-responsive practices for frontline workers.

PANELISTS:

- * Carrie Ann Wong, Director of the Division of Forensic Services, Mental Health/Criminal Justice Collaboration Unit | NYS OMH
 - * Jessica Okoniweski, Resilience & Resource Officer | Niagara University and Therapist | Shurmatz Counseling LLC
 - * Natalie Lleras, Director of Training and The Center for Rehabilitation & Recovery InUnity Alliance (formerly Coalition for Behavioral Health)
- Facilitated by Marie Gillum, Senior Diversity, Inclusion, & Equity Consultant | Coordinated Care Services, Inc.

Workshop Trail: Networking | Wellness

*This workshop is eligible for CEs

Location

Conference Center

Room

Lake George (South)

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-A
10:30AM – 12:00PM

3-A THE BODY HOLDS THE STORY: MOVE AND COLOR IT OUT!

This engaging and interactive session focuses on the intersection of trauma and wellness. Grounded in trauma-informed care and mindfulness techniques, it guides attendees in using movement, creative arts, and grounding practices to acknowledge pain and trauma while making space for health and wellness. The workshop aims to equip participants with a toolbox of somatic and creative activities that foster healthy attachments and improve overall well-being.

PRESENTERS:

- * Lisa Maynard, Licensed Therapist
- * Dena Rain Adler, Licensed Art Therapist and Mind-Body Medicine Practitioner

Workshop Trail: Wellness

*This workshop is eligible for CEs

Location	Conference Center
Room	Albany Room

4-A CONNECTING TRAUMA-INFORMED PRACTICE, DEIAB, AND CLIENT/COMMUNITY ENGAGEMENT: THE POWER OF CO-DESIGN

This workshop explores the intersections of trauma-informed practice, Diversity, Equity, Inclusion, Accessibility, and Belonging (DEIAB), and community engagement. The content covered highlights the transformative power of co-design in addressing trauma in a way that respects cultural nuances and promotes equity. Participants will be offered tangible examples of these practices in action and will have the opportunity to delve into community-led solutions for mental health issues.

PRESENTERS:

- * Dr. Melany Silas, Clinical Psychology Consultant
Professor of Health Studies at Monroe Community College
- * Dr. Mickey Sperlich, Licensed Therapist and Academic Researcher
- * Monica Brown, Senior Program Officer | Greater Rochester Health Foundation
- * Ryan Voisin, Director of Innovation & Design Education Programs | Overlap Associates

Workshop Trail: Networking/ Resources & TA
(Intermediate/ Leadership/Supervisors)

*This workshop is eligible for CEs

Location	Conference Center
Room	Ft. Edward Room

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-A
10:30AM – 12:00PM

5-A

HEALING PRACTICES FOR EMOTIONAL HYGIENE AND ENERGY MOVEMENT

This is an immersive, hands-on workshop that introduces attendees to a variety of healing arts practices. These practices are designed to maintain emotional hygiene and manage energy, crucial for maintaining resilience in stressful environments. Participants will explore the importance of self-care and discover new strategies to support their own well-being and resilience.

PRESENTER:

* Liane Benedict, Staff Development Coordinator | Oswego County BOCES

Workshop Trail: Wellness
*This workshop is eligible for CEs

Location	Conference Center
Room	Long Lake Room

6-A

TIC ON A BUDGET – TRANSFORMING DOES NOT HAVE TO BE EXPENSIVE

Creating trauma-responsive communities seems like it is a big lift and big investment. This workshop will illustrate how transformation can be done with good leadership, inclusive contributions, and little to no financial investments.

PRESENTERS:

The YWCA of Rochester and Monroe County

- * Candyce Singletary, Case Manager, Mission Advancement Coordinator
- * Carrie Michel-Wynne, VP of Strategic Partnerships
- * Gloria Hall, Emergency Housing Case Manager

Workshop Trail: Resource & Technical Assistance
*This workshop is not eligible for CEs

Location	Conference Center
Room	Tupper/Indian Lake

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-B
2:30PM – 4:00PM

1-B HEALTHCARE ROUNDTABLE

The Healthcare Roundtable discusses the importance of understanding the impact of trauma, toxic stress, and ACEs in a healthcare setting. Panelists will discuss opportunities to start conversations about trauma and trust and the benefits of adopting trauma-responsive practices, especially towards addressing health disparities.

PANELISTS:

- * **Adair Finucane**, Licensed Social Worker and Perinatal Mental Health Consultant
 - * **Aviva Cohen**, Chief Strategy Officer and Senior Director of Quality and Innovation
Hands Across Long Island (HALI)
 - * **Christine Kirk**, Executive Director | TeleSAFE
 - * **Christi Waldron**, Director of Partnership Development | TeleSAFE
- Facilitated by **Jenna Velez**, Senior Consultant | Coordinated Care Services, Inc

Workshop Trail: Resource & Technical Assistance

*This workshop is eligible for CEs

Location

Conference Center

Room

Lake George (South)

2-B BREATH-BODY-MIND INFORMATION SESSION

Immerse yourself in a transformative journey towards creating trauma-responsive communities. This workshop explores the power of breath and mindfulness, showcasing how these simple yet potent tools can foster a culture of emotional safety and inclusivity. The session combines scientific research with practical examples, demonstrating how breath-centered practices can drive change, promote equity, and enhance well-being with minimal financial investment. This is more than a learning opportunity; it's an invitation to reimagine wellness and resilience in our communities.

PRESENTERS/PANELISTS:

- * **Dr. Patricia Gerbarg**, Board President | Breath-Body-Mind Foundation (BBMF)
- * **Dr. Richard Brown**, Board Vice President | Breath-Body-Mind Foundation (BBMF)
- * **Linda Lentini**, Executive Director | Breath-Body-Mind Foundation (BBMF)
- * **Elena Falcone**, Level 4 Breath Body Mind Instructor
- * **Ann Fleuchaus**, Senior Certified Teacher Breath Body Mind
- * **Dr. Cecilia Beach**, Level 4 Breath Body Mind Teacher

Workshop Trail: Wellness

*This workshop is eligible for CEs

Location

Conference Center

Room

Lake George (North)

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-B
2:30PM - 4:00PM

3-B

TAKE BACK THE BLOCK: BUILDING A RESILIENT COMMUNITY ONE BLOCK AT A TIME

Step into an enriching, interactive workshop that engages participants in the journey towards constructing resilient communities. This workshop, led by passionate community residents, shines a light on the pervasiveness of trauma and the incredible force of resilience. It offers practical, hands-on strategies to bolster community resilience and foster meaningful connections between neighbors. Through this workshop, participants will discover how to cultivate trust, enhance the quality of life for community residents, and ignite sustainable change within their communities.

PRESENTERS:

- * Sheila Carpenter, Lead Resident Ambassador | Connected Communities
- * Atashia Walker, Neighborhood Hub Director | Connected Communities
- * Denise Vogel, Community Leader | Connected Communities
- * Solomon Davis, Resident Ambassador and Counselor | Connected Communities

Workshop Trail: Networking

*This workshop is not eligible for CEs

Location

Conference Center

Room

Long Lake Room

4-B

UNDERSTANDING N.E.A.R. SCIENCE (NEUROSCIENCE, EPIGENETICS, ACES, RESILIENCE)

This workshop experience demystifies N.E.A.R. (Neuroscience, Epigenetics, ACEs, Resilience) Science and its profound impact on community health and development. Steered by experts in community action and human services, this session unpacks the neurobiological effects of adversity on development and its population health implications. It offers actionable insights to foster resilience in individuals and communities, paving the way for healthier, trauma-informed environments.

PRESENTERS:

- * Laura Rossman, CEO | ProAction of Steuben and Yates, Inc.
- * Al Meyers, Community Member
- * Tina Zerbian, CEO | Cattaraugus Community Action, Inc.

Workshop Trail: Resource & Technical Assistance

*This workshop is not eligible for CEs

Location

Conference Center

Room

Tupper/Indian Lake

DAY 1: THURSDAY, NOVEMBER 2nd

CONCURRENT WORKSHOPS-B
2:30PM – 4:00PM

5-B IT'S NOT OVER YET: LONG TERM COLLECTIVE TRAUMA ON EMPLOYEES AND ORGANIZATIONS

This workshop offers a comprehensive exploration of the profound impacts of collective trauma on workplace environments. Facilitators will guide participants through the historical, current, and potential future manifestations of long-term collective trauma in occupational settings. The session concludes with a collaborative development of a toolbox of strategies, customized to accommodate diverse learning, processing, and communication styles.

PRESENTERS:

- * **Megan Clifford**, Founder/Principal Consultant | Wellness Associates of Greater Rochester LLC
- * **Laura Gavigan** Counselor, Coach, and Educator | MindfulMatters585, LLC

Workshop Trail: Resources & Technical Assistance *This workshop is eligible for CEs	Location	Conference Center
	Room	Ft. Edward Room

6-B THE THIRD ACE: THE IMPACT OF COVID-19 PANDEMIC ON YOUTH MENTAL HEALTH

In this interactive workshop, the African American Health Coalition of the Common Ground Health shares their experiences and findings from a community-based participatory project in Monroe County. The focus is on the profound impact of the COVID-19 pandemic on youth mental health. Through a series of activities and discussions, participants will explore the "Pair of ACEs" framework, youth engagement strategies, and the creation of a youth-led change agenda.

PRESENTERS:

- * **Melanie Funchess**, Director of Mental Health & Wellness | Common Ground Health
- * **Alicia Evans**, Mental Health & Wellness Program Coordinator | Common Ground Health
- * **Jamia Williams**, Consumer Health Program Specialist | Common Ground Health
- * **Monique Carlton**, Student and Project Coordinator | Common Ground Health
- * **Shamika Fusco**, Director of Livonia Public Library

Workshop Trail: Resources & Technical Assistance *This workshop is eligible for CEs	Location	Conference Center
	Room	Albany Room

DAY 1: THURSDAY, NOVEMBER 2nd

1-E SALSA DANCING

Salsa music and dance is a form of cultural expression for people of the Afro Latino Diaspora, and an expression of resistance against social injustice. In this session, participants will learn the basics of salsa rueda – a form of salsa where dancers form a large circle and perform turn patterns in unison. This will be a fun and freeing dance experience that builds community and connection.

INSTRUCTOR:

* James Rodriguez
Senior Director of Clinical Initiatives | McSilver Institute of Poverty Policy & Research

Workshop Trail: Wellness

*This workshop is not eligible for CEs

Location

Carriage House

Room

Mezzanine Level

EVENING SESSION
7:00 – 8:00PM

2-E

HEALING RHYTHMS IN COMMUNITY: EXPERIENCING THE POWER OF DRUM CIRCLES

This workshop will be an interactive experience where the presenter will provide participants with an opportunity to connect with their own innate sense of play and the healing and gentle power of rhythm. Participants are invited to bring their own drum or percussive instrument if they'd like. Additionally, instruments will be provided by the presenter (enough for 30- 50 people to share). An atmosphere of gentle safety will be maintained and modeled. This workshop will invite participants to connect with their own heartbeats, develop their abilities to play in community, and find ways to respond to the rhythms of the natural world. We will learn some basic drumming technique and then enjoy a circle of rhythm that is fun for people of all levels of drumming experience.

PRESENTERS:

* Chrys Ballerano, Senior Director of Collaboration and Training | NYS CASA
* Deborah Faust, Director of Mental Health Community Partners & MHANYS Care Path

Workshop Trail: Wellness

*This workshop is not eligible for CEs

Location

Conference Center

Room

Long Lake Room

EVENING SESSION
8:00 – 9:00PM

DAY 2: FRIDAY, NOVEMBER 3rd

CONCURRENT WORKSHOPS-C
8:45 – 10:15AM

1-C DISMANTLING SEX TRAFFICKING

This workshop delves into the unique challenges of combating sex trafficking in Rochester, NY. Attendees will learn about the specific strategies needed to foster community relationships and support the reintegration of trafficking survivors. The workshop also explores the intersection of trauma and equity and encourages participants with lived experience to share their expertise.

PRESENTER:

* Julie Chapus, Clinical Social Worker and Founder of Miss Julie’s School of Beauty

Workshop Trail: Resource & Technical Assistance
*This workshop is not eligible for CEs

Location	Conference Center
Room	Albany Room

2-C TAKING CARE OF OUR OWN COMPASSIONATE AWARENESS OF LIVED EXPERIENCE AND OUR FIRST RESPONDERS: RECOVERY DOWN A FORKED TRAIL

The workshop titled "Taking Care of Our Own Compassionate Awareness of Lived Experience and Our First Responders: Recovery Down a Forked Trail" addresses the importance of recognizing and supporting First Responders who experience "Lived Experience" due to their work in responding to traumatic events. The workshop aims to create a space for attendees to share their personal experiences and learn how to provide supportive therapeutic services to First Responders affected by "Lived Experience." The presentation will be experiential and interactive, allowing attendees to identify, share, and express their experiences with "Lived Experience" as First Responders.

PRESENTER:

* Dr. Kathleen carterMartinez
Trauma and Suicide Crisis Expert | CheyWind Center for Trauma and Healing

Workshop Trail: Wellness
*This workshop is eligible for CEs

Location	Conference Center
Room	Lake George (North)

DAY 2: FRIDAY, NOVEMBER 3rd

CONCURRENT WORKSHOPS-C
8:45 – 10:15AM

3-C

ESSEX COUNTY NY'S JOURNEY TOWARDS A TRAUMA RESPONSIVE SYSTEM OF CARE

The Essex County workshop, titled "Essex County NY's Journey Towards a Trauma Responsive System of Care," shares insights from their journey towards implementing trauma-informed practices across their system of care. The session features experiences from a community organization leader and a parent who navigated the system, offering firsthand accounts of the challenges and success in implementing trauma-responsive practices and policies. Attendees will learn about the Trauma Responsive Understanding Self-Assessment Tool (TRUST), sustainability strategies, and unique challenges and opportunities of a rural system of care.

PRESENTERS:

- * Stefanie Miller, Coalition Coordinator | Building Resilience in Essex Familied (BRIEF)
- * Alan Jones, Executive Director | Adirondack Community Action Programs, Inc.
- * Stephanie DiNatale, Family Member Representative | Building Resilience in Essex Familied (BRIEF)

Workshop Trail: Networking | Intermediate-Advanced

*This workshop is not eligible for CEs

Location

Conference Center

Room

Long Lake

4-C

TELLING IS HEALING: FILM AND DIALOUGE

This workshop incorporates an interactive film viewing experience to foster understanding and dialogue around childhood sexual abuse. This film serves as a dynamic tool, immersing participants in a survivor's narrative and prompting them to engage in a reflective dialogue about their reactions. Attendees will witness a full public recounting of a survivor's story and engage in a dialogue examining their reactions. The workshop aims to facilitate mutual emotional and relational growth and healing for survivors and their allies, and to discuss how to initiate similar dialogues or programs within their own organizations.

PRESENTERS:

- * Donna Jenson, Founder and Director | Time to Tell
- * Maggie Donovan, Tech Moderator | Time to Tell

Workshop Trail: Wellness

*This workshop is eligible for CEs

Location

Conference Center

Room

Lake George (South)

DAY 2: FRIDAY, NOVEMBER 3rd

CONCURRENT WORKSHOPS-C
8:45 – 10:15AM

5-C FACILITATING TOWARD HEALING AND EQUITY

This workshop introduces participants to a participatory facilitation model to co-create healthier and more equitable work environments. This interactive session will explore emerging facilitation technologies that can help leaders tap into collective power and foster inclusive culture change. The workshop emphasizes the importance of inclusion in promoting a sense of belonging and empowerment, especially within underserved and marginalized communities.

PRESENTER:

* Eric McGriff, Prevention Educator and Consultant | Crime Victims Treatment Center

Workshop Trail: Wellness

*This workshop is not eligible for CEs

Location

Conference Center

Room

Tupper/Indian Lake

6-C

GETTING AT THE ROOTS OF TRAUMA: SDOH, EQUITY WORK, AND COMMUNITY WELLNESS

The workshop “Getting at the Roots of Trauma: SDOH, Equity Work and Community Wellness” explores the link between health and life experiences, particularly the effects of stress, oppression, and structural violence. It integrates a Social Determinants of Health (SDOH) approach into a holistic, trauma-informed care model, using SDOH screening to understand and respond to individuals’ experiences. Participants will engage in discussions around Inclusion, Diversity, Equity, and Accessibility (IDEA), address racial trauma, and develop practices to enhance the wellness of both clients and staff members.

PRESENTERS:

* Michael C. Boucher

Co-Director of Counseling and Community Work | St. Joseph’s Neighborhood Center

* Robyn M. Carter

Director of Health Access and Outreach | St. Joseph’s Neighborhood Center

Workshop Trail: Resource & Technical Assistance

*This workshop is eligible for CEs

Location

Conference Center

Room

Ft. Edward Room