



Advancing Mental Wellness

November 2-3, 2016

**Valley River Inn
Eugene, OR**

Welcome

Welcome to Eugene, Oregon and to the Mind Your Mind:
Advancing Mental Wellness Conference!

This event is a much-anticipated follow-up to the 2014 Making Connections: Promoting Mental Wellness & Reducing Adverse Childhood Experiences (ACEs) Conference. It has been exciting to see the progress made since then, including greater knowledge of the impact of ACEs, more training in trauma-informed care and practices, increased understanding and awareness of mental health promotion, and continued integration of primary care and behavioral health efforts. To support this important work, however, we know it's critical to continue focusing on mental wellness, reducing stigma related to mental illness and help-seeking, and creating "resiliency-rich" approaches as well.

We hope this conference will provide you with the information, strategies, and networking opportunities that you can use at work, school, home, and in your community to "Mind Your Mind." So, over the next two days, reflect, re-energize, relax, connect—and enjoy the conference!

Sandy Moses, Conference Coordinator

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Mind Your Mind 2016

General Information

Contact Information

During the conference:

Valley River Inn

1000 Valley River Way

Eugene, OR 97401

(541) 743-1000; Fax: (541) 687-0289

Following the conference:

Sandy Moses, Conference Coordinator

Lane County Public Health

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Registration & Information

For information, assistance and registration questions, please go to the Registration & Information table located in the front lobby of the Valley River Inn.

Registration and information hours:

- Tuesday, November 1: 5:00pm - 7:00pm
- Wednesday, November 2: 7:30am - 5:30pm
- Thursday, November 3: 7:30am - 4:30pm

Admission to Sessions

Your registration materials include a name badge. This badge provides admission to all conference sessions and meals, and must be worn at all conference events.

Workshop Locations

Rooms for each workshop are listed in the "Schedule-at-a-Glance" in your conference bag and posted on the conference message board.

Program Changes

Changes to the program may occur and will be announced in advance whenever possible. Updates will also be posted on our message board. Thank you for your patience and understanding.

Electronic Devices

Please silence your phone and any other electronic devices during conference sessions.

Smoking Policy

The Valley River Inn is a 100% smoke-free facility. Smoking is not permitted anywhere inside the hotel; smoking is permitted outside in designated areas only.

Accessibility

The Valley River Inn is an ADA-accessible facility. To reach the McKenzie, Rogue, Alsea and Umpqua rooms on the second floor, take the elevator located to the right of the entrance to the Willamette Ballroom foyer, near the Registration & Information table. The Columbia meeting rooms can be accessed by exiting the main lobby and crossing the covered walkway to the North Building. The hotel lounge and restaurant are also wheelchair accessible. ADA-approved restrooms are located next to the restaurant and near the Columbia rooms.

Message Center

Please check the Message Board, located near the Registration & Information table, for changes to the program or messages left for attendees.

Business Center & Faxes

The Valley River Inn has a 24-hour Business Center with free internet provided. A copy machine is available for \$.10/sheet. A fax machine for outgoing messages is available at the front desk for conference-related business. The charge is \$1/page.

Exhibits

Please be sure to visit our exhibitors throughout the conference. Exhibits are located in the Willamette Ballroom foyer. A list of exhibitors is included on page 4 of this program.

Conference Bookseller

Barnes & Noble will be displaying various books of interest in the Willamette Ballroom foyer. Specific sale hours will be posted at the exhibit table.

Recycling

Please recycle! Recycling containers are located throughout the hotel and noted on the hotel map. Your conference name badge can also be returned at the Registration & Information table when you leave.

Evaluations

At the conclusion of each workshop you will be given a brief evaluation form to complete. Please turn these in before leaving each workshop. The final conference evaluation is included in your conference bag and should be completed and returned before you leave on Thursday. If you are not staying for the entire conference, please turn in your evaluation at the Registration & Information table at the end of the day.

Continuing Education Credit

This conference has been approved by:

- National Association of Social Workers (NASW)
- Addiction Counselor Certification Board of Oregon (ACCBO)

A Certificate of Attendance will be provided for those needing verification of attendance. Attendance Verification Forms, included in your conference bag, must be completed, signed and returned before leaving the conference to document your attendance and receive your certificate. The certificate will be emailed to you within 4-6 weeks. For those wishing to receive NASW credits, you must sign in and out each day and complete an additional evaluation. Sign-in sheets and other instructions are located at the CEU section near the Registration & Information table.

Early Morning Wellness Activities

We are offering these mental wellness activities both mornings of the conference from 7:00 – 7:45am:

Gentle Yoga:

This class is suitable for all levels of fitness and ability. Please bring a towel or yoga mat. Space is limited. Rogue Room.

Morning Walk:

Meet by the Registration & Information desk at 7:00am to enjoy a morning walk with other conference attendees. A map of walking paths by the hotel will be provided.

Travel Information

Airport shuttle is available 24 hours a day. Please contact the hotel front desk to make arrangements as soon as possible. To reserve a taxi or rental car, check with the hotel's front desk or the Concierge. The Valley River Inn courtesy shuttle is available for local service based on driver and van availability.

Dining & Entertainment

Breakfast (Wednesday and Thursday) and lunch (Thursday) are included with your conference registration and will be served in the Willamette Ballroom foyer each day. In addition to Valley River Inn's Sweet Waters Restaurant, a wide variety of restaurants are located nearby. Adjacent to the hotel is the Valley River Center with more than 140 stores, restaurants and movie theatres. More entertainment and dining information can be obtained at the Travel Lane County table and the hotel's concierge desk, located in the lobby area.

Self-Care

For attendees needing some time for self-care or reflection, we have one room set aside to accommodate you. The Alsea, located on the second floor of the main building, has been set up as a "Quiet Room." Areas for semi-private conversations are located throughout the hotel.

Facebook

Keep up with mental wellness news all year by "liking" Mind Your Mind Project's Facebook page at www.facebook.com/MindYourMindProject.

Twitter

Follow @mindyourmindUSA and tweet using the hashtag #mindyourmind. A lucky tweeter will get a \$10 coffee gift card, announced at lunch on Thursday!

Website

Please visit our website for conference proceedings and other resources: www.mindyourmindconference.org.

Special Thanks

The 2016 Mind Your Mind Conference would not have been possible without the dedication and support of the Conference Planning Committee and many other contributors.

Conference Planning Committee

C.A. Baskerville
Lane County Public Health, Prevention Section

Kathleen Burns
*Oregon Health Authority,
Health Systems Division*

Paige Hamm
Trillium Community Health Plan

Kathryn Henderson
Linn County

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Conference Coordinator*

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*Oregon Health Authority,
Addictions & Mental Health Division (ret.)*

Sponsors

We are especially grateful to our sponsors for their generous funding support.

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Exhibitors

Barnes & Noble

Greater Oregon Behavioral Health

Mind Your Mind Project

OEA Choice Trust

Oregon Family Support Network

Oregon Research Institute

Portland Community College -
Institute for Health Professionals

Trauma Informed Oregon/
Portland State University

Travel Lane County

Youth M.O.V.E. Oregon

YouthLine - a Service of Lines for Life

Program Descriptions

Wednesday, November 2

Opening & Welcome

8:30 - 9:30am

- Welcome, C.A. Baskerville, Lane County Public Health
- Opening Traditional Ceremony
- Senator Sara Gelser (Corvallis/Albany), Chair, Human Services and Early Childhood Committee

Keynote

9:30 - 10:30am

Social Determinants of Mental Health: Promoting Mental Wellness & Equity

Lynn Todman, PhD, MCP

In recent years, considerable attention has been drawn to the Social Determinants of Health (SDOH), the social factors that impact health. However, the SDOH narrative and research has poorly acknowledged and, in some instances, overlooked the social determinants of mental health. In this keynote session, participants will learn about the conceptual model for SDOH and its relevance to mental health. They will learn how governance structures, public policy, and cultural beliefs and attitudes profoundly impact the mental health and wellness of entire populations of people, especially that of the most vulnerable, often exacerbating social and other inequities.

Keynote

11:00am - 12:30pm

Seven C's of Resilience: Preparing Children to Thrive through Good & Challenging Times

Kenneth Ginsburg, MD, MS

This keynote session will discuss the essential forces that build resilience in children and teens. It will present the American Academy of

Pediatrics' Seven C's Model of Resilience, drawn largely from The Positive Development Literature, but adapted to address risks. The session will also discuss the emerging science of the effects of childhood trauma and discuss the basics of trauma-informed practices, focusing on the imperative of giving control back to people from whom it has been taken away. It will also cover how to prepare children and teens to manage life's inevitable stressors in healthy ways.

Session I Workshops

2:00 - 3:30pm

Mental Health Impact Assessments

Lynn Todman, PhD, MCP

This workshop builds on the keynote session titled, "The Social Determinants of Mental Health: Promoting Mental Wellness & Equity." Participants will learn: what Mental Health Impact Assessments are, how they may be used to identify the social determinants of mental health and their impacts on emotional wellness, and how they can be used to promote health equity.

The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids

Charlotte Peterson, PhD

Dr. Peterson has traveled to sixty countries over the past forty years to bring home the world's most effective parenting techniques. Studying techniques used during preconception, pregnancy, birth and toddlerhood, she has found that parents in the world's most peaceful cultures—particularly the Tibetan, Bhutanese and Balinese—embrace techniques that help their children become more joyful, competent, and compassionate. These parenting practices are made relevant and easily implemented by parents in all cultures.

Taking Care of Ourselves: Healing the Healer

Kenneth Ginsburg, MD, MS

Caring professionals are at increased risk of burnout because of their continued exposure to the most passionate themes of human existence. If they are to continue to care for others over a lifetime, they need to take the steps to make sure they themselves do not become depleted. This workshop will discuss the forces that we all endure as stressful versus those that lead to burnout. We will discuss how burnout effects the health of an organization. We will also discuss how being trauma informed and having appropriate boundaries help us to care for others and preserve ourselves.

The Ultimate Natural Remedy: Nature

Krista Shultz, MS

Participants will learn about the benefits of spending time in nature, for themselves and for the students/clients with whom they work. Current research which demonstrates the many health and educational benefits of nature will be highlighted and brought to life with a multi-sensory outdoor nature experience. Please be prepared to spend up to 30 minutes outside, embracing whatever weather visits us at the time. Please be prepared to go 30 minutes without access to your electronic devices/ cell phones. Participants will learn simple ways to incorporate nature into their daily personal and professional lives. Topics to be covered: recovering from and avoiding burnout and stress, improving attention, unplugging from technology, and incorporating technology into the nature experience.

To Do or Not To Do: What IS the Story? Mental Health, Raising Awareness and the Media

Kathy Turner, Meghan Crane & Nina Danielsen

"How" mental health and suicide is presented and reported matters; this is underscored in recent studies and recommendations, particularly related to the media and their reporting practices, but also to organizations hoping to raise awareness. How things are presented and reported has been shown to influence attitudes, and ultimately behavior,

especially in those most vulnerable. This workshop will review best practices to include, and not include, in messages related to mental health and suicide. We will also demonstrate how stigma reduction can be advanced or hindered, and provide tools that communities can use when working with local media and in developing their own mental health public awareness campaigns.

Zentangle®, the "Art" of Relaxation

Wendy Hoffman, MS, NCC, CZT

In this workshop we will explore the Zentangle® method, an easy-to-learn, relaxing and fun way to create beautiful images while experiencing mindfulness, stress reduction and relaxation. Whether self-directed or in a clinical setting, Zentangle® art provides a non-verbal modality for feedback, journaling, reflection and analysis, personal growth and increased confidence. Some applications include: addiction therapy, self-esteem enhancement, anger management, stress reduction and many others. We will explore the modality, its history and engage in a hands-on experience of Zentangle® creation.

Session II Workshops

4:00 - 5:30pm

Canoe Journeys & Healing of the Canoe Curriculum

Doug Barrett, CADC/CPS & John Spence, PhD

The Canoe Journeys began in 1989 during the Suquamish Tribe's "Paddle to Seattle." The initial plan was to reclaim their aboriginal waterways. An integral part of the Canoe Journey is the formation of Canoe Families at each tribe, which typically includes local tribal youth, their families and extended families, and other tribal and community members. It has grown to become a drug and alcohol-free event that has life-changing effects on the mental well-being of everyone who participates. This workshop will provide an overview of this cultural best practice, how it can be applied to life's journey, and provide an overview of the Healing of the Canoe curriculum through presentation and video.

Interpersonal Neurobiology in the Treatment of Trauma: An Experiential Workshop

Sharma Rapoport, MA, LPC

In this experiential workshop, participants will learn a variety of modalities to help themselves and others work with and recover from past traumas. Participants will gain an understanding of what Interpersonal Neurobiology is, and how it conceptualizes trauma and its effects on our brains. Participants will gain a variety of tools and techniques to help children, teens, or adults in individual or group settings to gain skill in managing many of life's difficult experiences. Come and learn how our increasing understanding of neuroscience can help us in our ability to be of service to others.

Mindfulness for Physical, Mental and Emotional Well-being

George Baskerville, MS

This workshop will provide an overview of 'mindfulness' as a tool for managing stress, anxiety and maintaining overall health. In this experiential workshop, techniques explored will include meditation and yoga. Participants should come prepared to participate.

Reaching Teens

Kenneth Ginsburg, MD, MS

Reaching Teens is a comprehensive toolkit that allows youth-serving professionals to apply the principles found in three theoretical frameworks: Positive Youth Development, Resilience and Trauma-Informed Care. It is a continuing education product that has been approved for up to 4 years of credit by the national organizations representing social workers, counselors, nurses, physicians, and health educators. In this workshop, Dr. Ginsburg will review the major components of this multimedia toolkit which includes written chapters, over 450 videos, and group learning discussion processes to reinforce learning. He will also demonstrate how Reaching Teens prepares youth-serving professionals to use strength-based communication strategies to facilitate positive behavioral change processes while addressing a variety of behavioral risks and mental health issues. Most importantly, attendees will be prepared to use

it within their own agencies to solidify and magnify strength-based and trauma-informed practices.

The Write Remedy: Healing through Writing

Kathleen Perkins, PhD

The client sits next to you, silent, her eyes brimming with tears. You wait, then through sobs she whispers, "I'll never be able to forgive myself. Shouldn't have stayed...knew he was hurting my children." Or...As she breathes into the phone, the sobs subside. "I deserve it. He always says he's sorry, but I'm afraid. I'm ashamed to tell my parents." Forgiveness is an on-going part of our overall mental wellness. In this interactive workshop, you will learn how to incorporate a writing/hearing/bearing-witness component as a means of forgiveness leading to closure of painful life events. Please bring pen and pad.

Trauma Informed Strategies Aimed at Reducing Work-Related Stress and Promoting Mental Wellness Among the Workforce

Stephanie Sundborg, MS

This workshop builds on the idea of parallel process and the understanding that the workforce absorbs the traumas of the service recipients. In order to promote mental wellness among the workforce, participants will learn about the various types of work-related stress and consider risk and protective factors. The emphasis of the workshop is to learn about trauma informed strategies that have been tried by others. Examples across multiple agencies around Oregon will be used to highlight concrete ideas. Participants will also have the opportunity to consider strategies that might be effective when thinking about their own work-related stress.

Evening Event: Film

7:00 - 9:00 pm

Paper Tigers:

One High School's Unlikely Success Story

Paper Tigers follows a year in the life of an alternative high school that has radically changed its approach to disciplining its students, becoming a promising model for how to break the cycles of poverty, violence and disease that affect families. (Not rated.)

Welcome/Keynote

8:30 - 9:30am

Emotional Intelligence: From Theory to Practice

Marc A. Brackett, PhD

Emotions matter. They influence our thinking, decisions, relationships, health, and everyday effectiveness. In this highly interactive presentation, participants will learn about the ability model of emotional intelligence, including what emotional intelligence predicts about people’s lives. The Yale Center for Emotional Intelligence’s evidence-based approach to teaching emotional intelligence in schools, RULER, will also be highlighted. RULER involves training for students, teachers, leaders, and families, and has been adopted by over 1,000 schools around the world.

Session III Workshops

10:00 - 11:30am

Care for Caregivers: Moving Beyond Self-Care with Mindfulness & Sustainable Compassion Training

Ana Hristić, MA, CSWA

The effects of burnout and secondary stress are real, but are they an inevitable job hazard when working in helping professions? Is there a way to reclaim one’s creativity, vigor, and sustainability in social service and social justice work? Through facilitated discussion, reflection, and guided experiential exercises, participants will explore the impact of mindfulness based and innate compassion training practices on burnout, secondary stress, and compassion fatigue. Using traditional wisdom of colleagues and peers, as well as current research and understanding of the impact of stress, trauma, mindfulness, and compassion training on the human experience, participants will get a snapshot of practical tools that they can implement in their daily life and work.

Creating an Emotion Revolution in Our Nation’s Schools

Marc Brackett, PhD

Emotions matter – and matter a great deal in school and everyday life. In this presentation, Dr. Brackett will share the results of a large-scale survey, conducted in collaboration with Lady Gaga’s Born This Way Foundation, that unpacked the emotional lives of our nation’s teens—from how they currently feel to how they hope to feel in school. The associations between school-based experiences, such as bullying and quality relationships and different emotions, will also be presented. A discussion will focus on (1) the role of emotions in schools, (2) the development of emotional intelligence among teens, and (3) how schools can better support teens with the integration of evidence-based practices to enhance emotional intelligence and school climate.

Feedback Informed Treatment (FIT): Improving the Quality and Outcome of Behavioral Health Services One Person at a Time

Scott D. Miller, PhD

It’s not a pretty picture. Available evidence indicates that the effectiveness of psychotherapy has not improved in spite of 100 years of theorizing and research. What would help? Not learning a new model of therapy or the “latest” so-called “evidence-based” treatment approach. And no, not attending another CEU event or sorting through that stack of research journals by your desk. A simple, valid, and reliable alternative exists for maximizing the effectiveness and efficiency of treatment, based on using ongoing feedback to empirically tailor services to the individual client’s needs and characteristics. Research from multiple randomized clinical trials documents that this simple, transtheoretical approach as much as doubles the effectiveness of treatment while simultaneously reducing costs, drop-out rates and deterioration.

**LAUGHING TO THRIVE:
Experience and Learn about Laughter
as an Emerging Wellness Tool**
.....
Chris Van Schaack, MS

LAUGHING TO THRIVE provides a fun and quick way to improve wellbeing by engaging our bodies and our minds. Laughter exercises are led to stimulate laughter with breathing exercises interspersed. The physical act of laughing awakens our nervous, circulatory, respiratory, immune and endocrine systems. Practitioners experience a release in muscle tension and decreased pain. LAUGHING TO THRIVE focuses attention on engaging and integrating the mind to increase awareness and decrease anxiety. In a playful, carefree space, participants place attention on joyful physical experiences rather than thoughts. Life-affirming experiences including connection, contribution and appreciation, enhance participants' attitudes and behaviors.

**Mindful Relationships: Seven Skills for
Success--Integrating the Science of Mind,
Body & Brain**
.....
B Grace Bullock, PhD

Why do we struggle in relationships, and undermine connections with family, friends, coworkers, and others? Why do we ruminate over the same thoughts and re-enact the same patterns of behavior? Based on the book, *Mindful Relationships: Seven Skills for Success*, this accessible and experiential workshop integrates the science of mind, body and brain revealing how chronic stress undermines our lives and relationships, and what we can do about it. By integrating research in neuroscience, psychophysiology, psychology, and the science of mindfulness, you will learn mindfulness-informed practices to alleviate stress, increase self-awareness, self-regulation, and emotional intelligence, and cultivate thriving and resilient personal and professional bonds.

PROGRAM SHOWCASE
.....
This session will highlight the following four programs that demonstrate different approaches to increase understanding, awareness and support for families, individuals and communities:

- 1) Avoiding Crisis, Creating Awareness:
A Mental Health First Aid Approach**
.....
Maria Gdontakis Pos, MA, MFT, MEd
This program provides an overview of Mental Health First Aid (MHFA) and how administrators, educators, and staff can implement this in schools or communities. MHFA is an empirically-backed public education and prevention tool. Similar to traditional First Aid CPR, MHFA trains individuals to assist a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.
- 2) Peer Wellness: Project ABLE**
.....
Michelle Miller & Jenn Pangburn
Project ABLE believes individuals with mental health issues can, and do, recover. At Project ABLE, individuals receive support from peers who have an intimate and personal experience with recovery. Some have travelled their own road to recovery, while others have supported family or friends. Through this life experience, peer supporters connect with individuals they are working with at a level not otherwise achievable in a traditional patient-provider relationship.
- 3) Promoting Positive Parenting Via a
Community Collaboration to Implement
the Triple P Program in Lane County**
.....
Carol W. Metzler, PhD & Taylor Ludtke
This program showcase will describe the Triple P program and Lane County's implementation. The Triple P – Positive Parenting Program – is an evidence-based parenting support program aimed at preventing behavioral and socioemotional problems in children by developing positive parenting practices. Three levels of Triple P are being implemented: a universal media campaign; parenting consultation provided to parents in primary care clinics; and free access to Triple P Online for Trillium Community Health Plan members.
- 4) The Parent Well-Being Project: Holistic Support
for Intergenerational Healing and Wellness**
.....
Elaine Walters, MS
Launched in January 2016, the Parent Wellbeing Project (PWP) is a partnership between the Trauma Healing Project and two home visiting programs that aims to improve child outcomes by supporting parent wellbeing. As part of PWP, parents of young children (0-3) with histories of trauma are supported to develop and follow a wellness plan based on their own interests and needs. This presentation will highlight the benefits of integrating complementary and conventional care for both parents and their children.

Lunch & Keynote

11:30am - 1:00pm

Imagine That! Storytelling as a Practice in Mental Wellness

Will Hornyak

"Every day dance, every day sing, every day tell stories and every day be silent. These are the healing salves of the human spirit."

- West African saying

Storyteller Will Hornyak tells traditional and original stories and explores the age-old art form of storytelling and its connection to current ideas and research on narrative as a tool in the practice of mental health. Stories, song, dance and silence are considered to be gateways from the world of linear time into the timeless realm of imagination. Storytelling ushers us across the threshold of time into "once upon a time" and provides a sequence and a structure for understanding ideas and events. Storytelling develops the capacity to express ourselves as well as the ability to listen and empathize with others. Stories and storytelling are the ways we human beings make meaning from our experiences.

Session IV Workshops

1:15 - 2:45pm

Appreciative Living Learning Circles and Social Networking: Sustainable Antidotes for Loneliness

Helen Teresa Buckland, PhD, MEd

Appreciative Living Learning Circles, combined with Social Networking Groups, provide weekly opportunities for building personal strengths, while engaging in developmentally appropriate, safe interactions among young adults with psychotic disorders. Results from the eight week intervention demonstrated significant decreases in loneliness and trends toward greater well-being/reduced social fear. Participants experience the research model used for these sessions, participate in sample activities, and reflect upon and identify applications of this research to support mental wellness and recovery. Materials are provided.

Art, Jive & Mo: Expressive Resilience

Meghan Caughey, MA, CPRP

"Art, Jive and Mo" is an experiential visual art and movement workshop that uses both free-form and guided drawings (art supplies are furnished by presenter) and combines them with movement and semi-structured dance. The goal is to replace being sedentary with a joyful and healing experience.

Developing Resilient Youth through Trauma Informed Positive Youth Development Programming

Lynette Black & Mary Arnold, PhD

Positive Youth Development programs' guiding principles incorporate many of the skills research has identified as those needed to be resilient in the face of adversity. A trauma-informed positive youth development program further insures resiliency skill development in the young participants. In this session, you will gain knowledge of the guiding principles of positive youth development programs, review trauma-informed care principles and learn how the two are combined to develop resiliency skills in youth. Come prepared to participate in activities and games used to assist youth in the development of resiliency skills.

Harnessing Three Critical Resources to Advance Mental Wellness: Leadership, Resilience Science, and Hope

Karen R. Elliott, JD & Kathryn D. Scott, DrPH

We live within complex, dynamic systems that are experiencing rapid change and many challenges. Cultivating resilience within individuals, families, organizations, and communities enhances the odds that individuals will achieve their full potential and mental wellness. This workshop will help individuals become stewards of resilience by providing an interdisciplinary understanding of resilience science and by expanding perspectives on the value of hope and leadership. Participants will use this information, along with workshop tools, to outline a potential resilience project for their workplace or community.

Reach: Pushing your Clinical Skills & Effectiveness to the Next Level
.....

Scott D. Miller, PhD

Pulitzer Prize-winning author Thomas Friedman recently observed, “The era of average is over. In the 21st century, everyone is going to have to find something extra to stand out in their field.” What can mental health and substance abuse professionals do to enhance their performance? Over the last decade, Scott D. Miller, PhD, with colleagues at the International Center for Clinical Excellence, has been tracking the outcomes of thousands of clinicians around the world. Along the way, they have identified specific practices that separate highly effective clinicians from average ones. In this workshop, participants will learn three specific strategies that separate the good from the great. Attendees will not only learn a simple method for determining their effectiveness but also how to develop a profile of their most and least effective practices—what works and what doesn’t. Step-by-step, evidence-based instructions will be given for using the profile to identify and eliminate weak spots while enhancing their effectiveness and efficiency.

Storytelling & Wellness
.....

Will Hornyak

During this upbeat, enjoyable and participatory workshop, participants will listen to and embody a variety of traditional tales, as well as share some of their own. We will consider how to integrate storytelling as a practice in caring for self and community. We will explore storytelling as a means to engage the head and heart and inspire the imagination of ourselves and our listeners. We will discuss resources, methods and techniques of finding and developing stories and consider examples of effective storytelling as a tool in healing and wellness. No previous storytelling experience is required and no one will be required to share a story.

PROGRAM SHOWCASE (Repeated)
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See Session III for description.

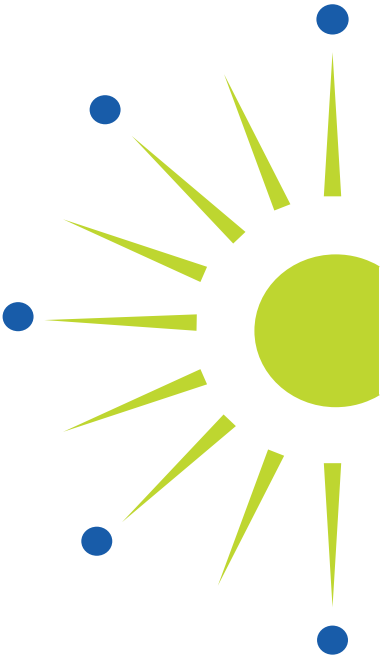
Keynote & Closing

3:00 - 4:30pm

Play@Work: Unleashing Growth through Creativity and Innovation
.....

Kevin Carroll

As children, our days were filled with productive play. What was entertaining was also instructive. Games of tag were exercises in planning, teamwork, strategy, design, decision-making, creativity, interpersonal communication and risk-taking. Play was serious business in our youth—and it should be even more serious business in our professional lives if we hope to unleash the creative genius that spurs organizational and personal growth. By cleverly drawing from childhood lessons, Kevin Carroll reveals the relevance of play and how we must continue to tap into those lessons for our future success. An innovator who passionately inspires leaders to create sustainable change in their own organizations, Carroll raises a variety of questions during the keynote, including: Are you continuing to strengthen the creative genius of your organization? Why should an organization's culture embrace the power of play even more so in the 21st century? How can an organizational culture that incorporates “purposeful play” impact leadership, and employee quality of life?



Keynote Presenters

Marc A. Brackett, PhD

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Director, Yale Center for Emotional Intelligence

Dr. Brackett, Ph.D., is Director of the Yale Center for Emotional Intelligence. His research focuses the role of emotional intelligence in decision-making, relationships, mental health, and both academic and workplace performance, as well as the impact of emotional intelligence training. He has published over 100 scholarly articles and is the recipient of numerous awards, including the Joseph E. Zins Award for his research on social and emotional learning. He is the co-creator of RULER, an evidence-based approach to teaching social and emotional learning that has been adopted by more than 1,000 public and private schools, reaching nearly one million students, including their educators and families. Dr. Brackett serves on a wide-range of Advisory Boards, including CASEL and Born This Way Foundation. For the last three years, he has collaborated with Facebook on three projects: (1) tools to help adolescents manage online bullying, (2) The Bullying Prevention Hub that provides resources for children, families, and educators; and (3) inspirED, a resource center to help high schools build more positive learning environments. He regularly consults with school systems and corporations around the world and his research has been featured in the New York Times and Time Magazine; he also is a frequent guest on National Public Radio. He holds a 5th degree black belt in Hapkido, a Korean martial art.



Kevin Carroll, MS

.....
Best-Selling Author, Expert on Creativity & Innovation, Agent for Social Change

Kevin Carroll is the founder of Kevin Carroll Katalyst/LLC and the author of three books, "Rules of the Red Rubber Ball," "What's Your Red Rubber Ball?!" and "The Red Rubber Ball at Work." As an author, speaker and agent for social change (a.k.a. the Katalyst), it is Carroll's "job" to inspire businesses, organizations and individuals—from CEOs and employees of Fortune 500 companies to schoolchildren—to embrace their spirit of play and creativity to maximize their human potential and sustain more meaningful business and personal growth. Carroll has helped turn creative ideas into reality for organizations such as the ESPN, Nike, Starbucks (his words appeared on 17 million Grande cups), The National Basketball Association, Walt Disney Company, Mattel, Procter & Gamble, Discovery Channel, Capital One and many others. Carroll has dedicated his life to advancing sports and play as a vehicle for social change. He was honored to address the United Nations as part of the UN Year of Sports for Development and Peace in 2005 and to serve as the host of the Beyond Sport Summit & Awards that featured Archbishop Desmond Tutu in 2009. Carroll holds a Master of Science degree in Health Education from St. Joseph's University, a Bachelor of Arts degree in Speech Communication with a minor in Physical Education from Angelo State University.



Kenneth Ginsburg, MD, MS

Professor of Pediatrics, Univ. of Pennsylvania School of Medicine

Dr. Ginsburg is a pediatrician specializing in Adolescent Medicine at The Children's Hospital of Philadelphia and a Professor of Pediatrics at the University of Pennsylvania School of Medicine. He also serves Philadelphia's homeless youth as Director of Health Services at Covenant House Pennsylvania. The theme that ties together his clinical practice, teaching, research, and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. His goal is to translate the best of what is known from research and practice into practical approaches parents, professionals and communities can use to prepare children and teens to thrive.

Dr. Ginsburg has more than 125 publications, including 34 original research articles and five books. He has received over 30 awards recognizing his research, clinical skills, and advocacy efforts including The Young Investigator Award and a visiting professorship from The Society for Adolescent Health and Medicine, The Lindback Award for distinguished teaching from the University of Pennsylvania, and The Humanism in Medicine Award given to the Penn faculty member who "demonstrates the highest standards of compassion and empathy in the delivery of care to patients."



Will Hornyak

Storyteller, Instructor, Marylhurst University Communications Dept.

Storyteller, writer and educator Will Hornyak has offered workshops in storytelling and professional communication for Intel, Doc Marten's Shoes, Johnson Controls, Schneider Electric (Europe), Thyssen Krupp (Europe), the American Cancer Society and numerous other corporate and non-profit organizations. He helps individuals and organizations alike to find and develop the stories that communicate their values, vision and mission. A strong advocate for storytelling as a "change agent" in personal and collective life, he teaches storytelling in communication at Marylhurst University in Portland, Oregon and performs throughout the United States. He will be a featured teller at the National Storytelling Festival in Jonesborough, Tennessee in October 2016. He lives in Milwaukie, Oregon, not far from the Willamette River.



Lynn Todman, PhD, MCP

Executive Director, Population Health at Lakeland Health System

Dr. Todman is an author, speaker, researcher, and thought leader committed to influencing what matters to community health. Her career has focused on identifying and addressing the social and economic factors that undermine the welfare of urban communities. Currently, she serves as the Executive Director for Population Health at Lakeland Health System in St. Joseph, Michigan. In her role, she is responsible for setting the strategic direction of the hospital system to improve the health of the regional population and reduce health disparities. Prior to her role at Lakeland Health System, Dr. Todman was Vice President for Leadership in Social Justice and Executive Director of the Institute on Social Exclusion at the Adler School of Professional Psychology in Chicago. At Adler, her work drew from diverse fields such as economics, political science, sociology, public health, psychology, nutrition sciences, and systems' dynamics to identify and address the myriad social factors that impact emotional wellbeing and shape mental health outcomes. Dr. Todman earned a Master in City Planning (MCP) and a PhD in Urban and Regional Planning from the Massachusetts Institute of Technology.



Workshop Presenters

Mary Arnold, PhD

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*Professor and Youth Development
Specialist, College of Public Health,
Oregon State University*

Dr. Mary Arnold is an Extension Youth Development Specialist with the Oregon 4-H Program, and Professor in the School of Social and Behavioral Health Sciences, College of Public Health and Human Sciences at Oregon State University. Dr. Arnold works exclusively with the 4-H Youth Development Program, providing leadership and capacity building for program planning and evaluation. Dr. Arnold's work focuses on the translation of adolescent and positive youth development research and theory into youth program practice. She is also a Governor appointee to Oregon's Youth Development Council, where she is leading efforts to bring positive youth development principles to juvenile crime prevention and juvenile justice programs.

Doug Barrett, CADC I & CPS

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*Prevention Activities Coordinator,
Confederated Tribes of Coos, Lower
Umpqua & Siuslaw*

For more than 17 years, Mr. Barrett has worked in numerous ways promoting culture, traditions, and wellness for the Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians. Doug is a Certified Prevention Specialist, Certified Alcohol and Drug Counselor and Native Wellness Trainer. His Tribal skills also include 18+ years as weaver, canoe skipper, drummer and singer, culture preservationist, and arrowhead maker. He has served for 10 years on the Culture Committee, participated in Project Venture Training, and is always working for the betterment of the whole Tribe. Doug has three wonderful daughters and four grandchildren.

George Baskerville, MS

.....
*Adjunct Faculty, University of Oregon,
Substance Abuse Prevention Program*

George is an adjunct faculty for the University of Oregon, Substance Abuse Prevention Program, where he has taught 'Mindfulness in Alcohol and Drug Treatment' for the past eight years. His past work experience includes being a Mental Health and Addiction counselor for about 20 years and a yoga instructor for 12 years. He continues to do evaluations for court-mandated clients with alcohol and drug problems. George spent two years in India studying yoga and meditation and has attended numerous retreats, including a 10-day silent retreat. He continues to practice yoga and meditation on a regular basis.

Lynette Black

.....
*Associate Professor, Oregon State University
Extension Service, 4-H Youth Development*

Lynette Ranney Black is 4-H Youth Development Faculty for the Oregon State University Extension Service. She earned a master's degree in the field of Youth Development and has been working closely with youth in the development of their resiliency skills for more than a decade. Her programming includes a focus on psychological first-aid skills and natural disasters; and mental and behavioral health skills for leadership development.

Helen Teresa Buckland, PhD, MEd

.....
*Clinical Assistant Professor,
University of Washington*

Since 1974, Dr. Buckland has been an educator and counselor, working with adolescents and young adults. She has presented locally, regionally and nationally on the topics of Appreciative Inquiry, Appreciative Living Learning Circles and the use of both to decrease loneliness and social isolation and increase hope, happiness, and well-being in young adults with schizophrenia and schizoaffective disorder. In addition, her experience as a mother of a young adult with schizophrenia, as a sibling of adults with

mental illness, and as a volunteer with NAMI (National Alliance on Mental Illness) for the past two decades, has allowed her to learn a significant amount about the needs and interests of young adults with mental health conditions as related to improving their quality of life. Currently Dr. Buckland works as a program manager and Clinical Assistant Professor at the University of Washington.

B Grace Bullock, PhD
.....
*Founding Director,
International Science & Education Alliance*

Dr. Bullock is the author of “Mindful Relationships: Seven Skills for Success,” an evidence-based approach for those seeking to create mindful, effective personal and professional relationships. She is a visionary psychologist, scientist, journalist, educator and yoga and mindfulness expert whose research and practice integrate principles of applied neuroscience, cognitive-behavioral psychology, psychophysiology and contemplative science and practice. Dr. Bullock is the Founding Director of the International Science & Education Alliance, a firm that provides strategic visioning, research, program evaluation and assessment design for organizations specializing in health and human services and education. She recently served as Senior Research Scientist on the Ethics Education and Human Development Initiative at the Mind & Life Institute, and is the former Editor in Chief of the International Journal of Yoga Therapy.

Meghan Caughey, MA, MFA
.....
*Senior Director, Peer and Wellness Services,
Cascadia Behavioral Healthcare*

Meghan Caughey is the Senior Director of Peer and Wellness Services for Cascadia Behavioral Healthcare in Portland. She designs and implements wellness-informed peer service programs and works at the federal level as part of the SAMHSA Wellness Steering Committee and Subcommittee on Research and Evaluation. She is a national consultant to mental health, public health, and primary care organizations on the design and implementation of wellness-informed peer support programs and peer workforce development. She is an instructor at Portland State University, where she teaches the Peer

Wellness Specialist training. She has served on the Oregon Medicaid Advisory Committee and the Traditional Health Worker Commission. Meghan has an MA and Master of Fine Arts in visual art and currently shows her work at the J. Pepin Gallery in Portland.

Meghan Crane
.....
*Suicide Prevention Coordinator,
Washington County Public Health*

Meghan Crane is the Suicide Prevention Coordinator for Washington County Public Health. She is coordinating the Garrett Lee Smith demonstration site grant that aims to implement the Zero Suicide initiative in a broad health system. She is a member of the regional tri-county prevention team and an Applied Suicide Intervention Skills Training (ASIST) trainer.

Nina Danielsen
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*Health Promotion Coordinator,
Clackamas County Behavioral Health*

Nina Danielsen is the Health Promotion Coordinator for the Clackamas Behavioral Health Division. She is a program planner for local mental wellness and suicide prevention initiatives, and is a member of the regional prevention team. She is a Mental Health First Aid trainer.

Karen R. Elliott, JD
.....
Consultant, Resilience Strategies NW

Karen R. Elliott, founder of Resilience Strategies NW, is passionate about capacity building for health, wellness and resilience. Her experience as a public health professional, coalition leader, and attorney drives her interdisciplinary, collaborative approach to addressing complex health issues. She graduated from Lewis and Clark Law School and University of Colorado at Colorado Springs and continues to pursue training in resilience science, culture, and trauma-informed care. Karen has participated in the Northwest Public Health Leadership Institute and studied health message design at the University of South Florida. She presented on collaborative leadership and resilience at both the “Pathways to Resilience” Conference in Halifax, Nova Scotia (2015), and the Society for Intercultural Education, Training, and Research (SIETAR-USA) Conference, “Pioneering Intercultural Leadership: From Awareness to Action,” in Portland, Oregon (2014).

Wendy Hoffman, MS, NCC, CZT
.....
Mental Health Specialist, Kidco Head Start

Wendy Hoffman has been working in the mental health field with Kidco Head Start for 28 years. She works directly with Head Start parents, doing parenting classes, home visits and counseling. She holds a MS Degree in Counseling from Oregon State University. She started exploring the Zentangle Method about eight years ago and attended the certification classes for the method last June. She is a Certified Zentangle Teacher and has started teaching classes and working with individuals using this art-based method in the last year.

Ana Hristić, MA, CSWA
.....
Quality Improvement Analyst, Clackamas County Behavioral Health Centers

Ana Hristić obtained a master's degree in psychology from Boston College, and a Master of Social Work from Portland State University. The heart of Ana's education, however, comes from years of direct service experience working with children, teens, and families in special education, acute residential care, therapeutic wilderness camps, foster care and adoption, and outpatient mental health. Ana seeks to facilitate open dialogue and collaborative skill-building among social service professionals, building individual and group resilience and healing and confronting the impacts of burnout and secondary stress. Ana integrates into her work her study and practice of meditation and contemplative practice, along with formal and informal education and research, as well as the voices of many individuals she has been honored to work with (clients, colleagues, and mentors alike).

Taylor Ludtke
.....
Parenting Education Hub Coordinator, United Way of Lane County

Taylor Ludtke manages Lane County's Parenting Education Hub – one of fourteen such hubs in Oregon that are part of the Oregon Parenting Education Collaborative (OPEC) Initiative. Taylor collaborates across sectors to implement evidence-based parenting programming and embed parenting education into Lane County's existing system of parenting

supports. Taylor graduated from Portland State University with a BS in Psychology before moving to Eugene and becoming deeply involved with United Way and the Lane Early Learning Alliance. While in Portland she focused her efforts on community housing and was part of a research team that examined sense of community for individuals with serious mental illness residing in supported housing environments.

Carol Metzler, PhD
.....
Science Director & Senior Scientist, Oregon Research Institute

Dr. Metzler received her Ph.D. in Clinical Psychology from the University of Oregon and is a Senior Scientist and Science Director at Oregon Research Institute (ORI) in Eugene. She conducts research on parenting practices and child development, and evaluates the efficacy of family interventions for reducing behavior problems in children. She is particularly interested in research on promoting a public health framework for improving parenting practices and in evaluating the effects of delivering parenting information through media-based approaches. She is involved in research projects to develop and evaluate video- and web-based approaches to providing parents of young children with parenting education and support, and to integrate these programs into pediatric primary care.

Michelle Miller
.....
Administrative Assistant, Project ABLE

Michelle has served as the Administrative Specialist with Project ABLE since September 2011. She started her recovery journey in 2005 as a consumer with Project ABLE and became one of the first Peer Support Specialist in the Peer movement there. Michelle spent five years in addiction before her recovery in March 2009. In her role at ABLE, Michelle offers individuals a safe environment and hope. She does this by modeling recovery, using the 10 components of recovery, co-chairing Dual Diagnosis Anonymous meetings, sharing A Better Life Experience in the Salem (OR) community, and meeting people right where they are. Michelle is also a member of the Marion Polk Peer Coalition. She is a proud mother of three grown children and several grandchildren.

Scott D. Miller, PhD

.....
Director, International Center for Clinical Excellence

Dr. Miller is a co-founder of the International Center for Clinical Excellence, an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavior health. Dr. Miller conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations to achieve superior results. He is one of a handful of “invited faculty” whose work, thinking, and research is featured at the prestigious “Evolution of Psychotherapy Conference.” His humorous and engaging presentation style and command of the research literature consistently inspires practitioners, administrators, and policy makers to make effective changes in service delivery. Scott is the author of numerous articles and co-author of many books, including *Handbook of Solution-Focused Brief Therapy: Foundations, Applications, and Research* (with Mark Hubble and Barry Duncan), and *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Therapy* (with Barry Duncan).

Jenn Pangburn

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Peer Support Specialist, Project ABLE

Jenn has been a Peer Support Specialist with Project ABLE since January 2015, providing Peer Support to individuals with mental health challenges and co-occurring issues. In addition, Jenn works with Polk County Behavioral Health's ACT (Assertive Community Treatment) Team with as a Peer Support Specialist, is co-chair of Dual Diagnosis Anonymous meetings at Project ABLE, and is a member of the Marion Polk Peer Coalition. Jenn's lived experience with mental health has given her the opportunity to be employed as a peer in her recovery journey. “I absolutely love and enjoy working with people – it's a passion of mine,” she says. She also enjoys learning new things each day from her peers and engaging in social activities. Jenn has three amazing children and a very supportive husband.

Kathleen Perkins, PhD

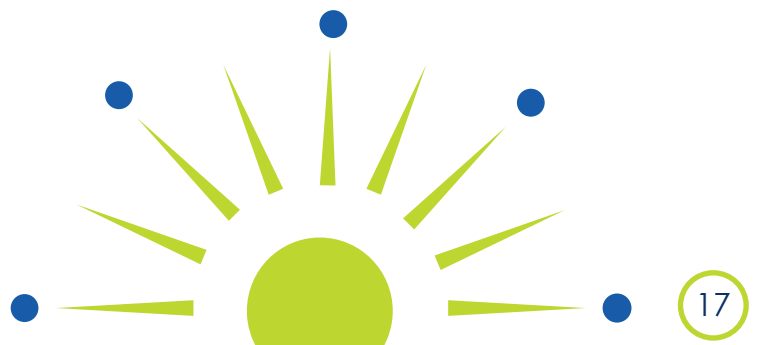
.....
Writer – Teacher

Dr. Kathleen Perkins is the author of an award-winning memoir, *Flight Instructions: A Journey Through Guilt to Forgiveness*. This workshop evolved out of her personal journey of healing through writing. This workshop is a preview of the more extensive writing program she is offering at spiritual centers in Oregon and Washington and at local libraries. Kathleen has been a practicing therapist for over 25 years. Her education includes a master's degree and PhD in Social Work.

Charlotte Peterson, PhD

.....
Psychologist

Dr. Charlotte Peterson has been a psychologist in private practice for over thirty-five years specializing in Child Psychology, Prenatal, Postpartum, and Infant Mental Health with a particular focus of helping parents promote positive psychological development in their infants and toddlers. Dr. Peterson has served as Vice Chair of the Oregon Healthy Start Advisory Board, and the Founder and President of the Oregon Network for Infant Mental Health (ONIMH) for ten years. As a sought-after speaker, Dr. Peterson has presented her findings at many regional, national, and international conferences including the Opening Keynote Address at the International Society for Prenatal and Perinatal Psychology and Medicine in Heidelberg, Germany. Her recently published book, *The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids*, is available in English in five countries throughout the world.



Maria Gdontakis Pos, MA, MFT, MEd

State Coordinator & Instructor, Mental Health First Aid Association of Oregon Community Mental Health Programs

Maria Gdontakis Pos is the Statewide Coordinator and Instructor for Mental Health First Aid. She holds a master's in counseling and a Master of Education. She has worked in Mental Health for many years including working as a therapist for over 4 years, and has experience in crisis intervention and suicide prevention. Maria assists with coordinating Mental Health First Aid and Assessing and Managing Suicide Risk trainings throughout Oregon and provides support to instructors. Maria is passionate about promoting mental health awareness and supporting those struggling with mental health issues.

Sharma Rapoport, MA, LPC

Therapist

Sharma Rapoport, LPC, has practiced as a Child & Family Therapist for over six years, leading individuals and groups to achieve a greater sense of well-being through an Interpersonal Neurobiology Framework. Sharma is in private practice in Eugene Oregon, and supervises counselors at The Child Center. She has been involved with Portland State University's certificate program in Interpersonal Neurobiology (IPNB) and is currently in a yearlong intensive with Bonnie Badenoch, a leader in the field. Sharma brings a unique and creative background to the counseling field, and shares that with others through workshops and presentations.

Kathryn D. Scott, DrPH

Owner, KD Scott Consulting, LLC

Kathryn D. Scott, DrPH is a public health professional who founded KD Scott Consulting, LLC in 2009. Her interest in resilience first began while she pursued her doctorate in community health sciences from the University of California, Los Angeles. During that time, she was a National Institute of Mental Health fellow studying risk factors for and outcomes to interpersonal violence. The role of social support was a key focus of her studies. After 15 years working with local and state health

departments, she has returned to her mental health roots by collaborating with her long-time colleague, Karen R. Elliott, J.D. of Resilience Strategies NW, on leadership and resilience projects. Kathryn also has a Bachelor of Science degree in microbiology from Purdue University, and she did her post-doctoral work with the Alcohol Research Group in Berkeley, California.

Krista Shultz, MS

Early Interventionist, Early Childhood CARES

Krista Shultz grew up in various small mountain and desert communities in California and for the past 12 years has made her home in Eugene, Oregon, where she is raising her two teenagers. She enjoys a variety of activities in the natural world, especially kayaking, trail running, and hiking. Krista holds a degree in Elementary Education from Armstrong Atlantic State University (Savannah, Georgia), a master's degree in Early Intervention/Early Childhood Special Education from the University of Oregon, and is nearing completion of a Graduate Certificate in Ecopsychology from Lewis and Clark College. Krista has 15 years of experience as a special educator and she currently works for Early Childhood CARES (University of Oregon), providing early intervention/early childhood special education services to children in Lane County, Oregon.

John Spence, PhD

Native American Therapeutic Horsemanship LLC

Dr. Spence is a Consultant, Tribal Best Practice, for the Confederated Tribes of Warm Springs, and for the Native American Rehabilitation Center NW. Previous positions include Tribal Liaison, Oregon Criminal Justice Commission; Director of Social Services for the Confederated Tribes of Grand Ronde; and Consultant, DHS/Addictions and Mental Health, Tribal-State Incentive Agreements. He holds a Master in Social Work from Rutgers University and a PhD in Higher Education from the University of Washington. Dr. Spence is co-author of two publications, "Tribal Best Practices: A Native American Horsemanship Program for Indian Youth," and "Provider and State Perspectives on Implementing Cultural-Based Models of Care for American Indian and Alaska Native Patients with Substance Abuse Disorders."

Stephanie Sundborg, MS

Training and Consultation, Trauma Informed Oregon

Stephanie Sundborg is part of the Trauma Informed Oregon training and consultation team at the Regional Research Institute at Portland State University. She spends a majority of her time training groups around Oregon about Trauma Informed Care (TIC) and consulting with organizations that are implementing TIC in their agencies. Stephanie has extensive research and work experience focused on early childhood and adverse conditions. She was part of the formation of the Early Learning HUB of Central Oregon, and also worked for public health as the evaluator of Project LAUNCH, an early childhood wellness initiative in Deschutes County. With an MS in cognitive neuroscience, Stephanie is particularly interested in the neurobiology of trauma and toxic stress and the developmental implications related to attention, memory, executive function, and emotional regulation.

Kathy Turner

Regional Prevention Coordinator, Clackamas County Behavioral Health

Kathy Turner is the Regional Prevention Coordinator for the Portland Tri-Counties: Clackamas, Multnomah, Washington. She manages the regional "Get Trained to Help" training website and provides coordination for several behavioral health prevention initiatives including the Providence "Mental Health and Media" grant that was awarded to the region in the fall of 2015. She is working specifically with Clackamas County to support the implementation of Zero Suicide with the Health, Housing and Human Services Department. Kathy is a certified QPR (Question, Persuade, Refer) Trainer and offers trainings to community partners throughout the region. She is committed to building a system that includes opportunities for mental health.

Chris Van Schaack, MS

Laughter Host, LAUGHING TO THRIVE

Chris Van Schaack discovered the practice of Laughter Yoga three years ago in Portland. Immediately seeing the value of adding laughter to his life, he completed leadership training. Chris manages the Hawthorne Laughter Club and supports Portland Laughter Clubs. In developing the practice of LAUGHING TO THRIVE, Chris draws upon the principles of Non Violent Communication and Interpersonal Neurobiology. Chris's career work has centered on building and maintaining environments for people, plants and animals. He has degrees in Business and Environmental Education. He is grateful to have a practice that allows one to be witnessed in a life-affirming way, to come to know one's true nature and build up from there!

Elaine Walters, MS

Executive Director, Trauma Healing Project

Elaine Walters is the founding Executive Director and lead trainer at the Trauma Healing Project, an organization that provides professional and community training and direct healing support for survivors. Prior to this position she coordinated the Sexual Assault Nurse Examiner Program for the Attorney General's Sexual Assault Task Force in Oregon and the Domestic Violence Intervention Project in Lane County. For the last 20 years she has been a consultant, trainer and community organizer working to address and eliminate intimate violence. She has designed and facilitated workshops on many related topics and has provided direct services and support to youth and adults impacted by violence, abuse and other forms of trauma and oppression. She is involved in the effort to expand accessible trauma healing resources and to implement trauma-informed care practices regionally and statewide.

Notes/Doodles





Conference Overview

Tuesday Nov 1

3:00 - 7:00pm
5:00 - 7:00pm

Exhibitors Set-Up
Registration

Wednesday Nov 2

7:00 - 7:45am
7:30 - 8:30am

Morning Yoga or Walk
Registration / Exhibits
Continental Breakfast

8:30 - 9:30am

Welcome
Traditional Opening Ceremony

9:30 - 10:30am
10:30 - 11:00am

KEYNOTE
Break / Exhibits / Bookstore

11:00 - 12:30pm

KEYNOTE

12:30 - 2:00pm

Lunch on Own

2:00 - 3:30pm

Workshops: Session I

3:30 - 4:00 pm

Break / Exhibits / Bookstore

4:00 - 5:30pm

Workshops: Session II

7:00 - 9:00pm

FILM | *Paper Tigers:*
One High School's
Unlikely Success Story

Thursday Nov 3

7:00 - 7:45am
7:30 - 8:30am

Morning Yoga or Walk
Registration / Exhibits
Continental Breakfast

8:30 - 9:30am

Welcome / KEYNOTE

9:30 - 10:00am

Break / Exhibits / Bookstore

10:00 - 11:30am

Workshops: Session III

11:30 - 1:00pm

Lunch / KEYNOTE

1:00 - 1:15pm

Break

1:15 - 2:45pm

Workshops: Session IV

2:45 - 3:00 pm

Break

3:00 - 4:30pm

KEYNOTE

Traditional Closing Ceremony
Evaluation / CEUs / Bookstore