

Our Speakers

Ann Jennings, PhD

AM KEYNOTE • *The Adverse Childhood Experiences Study: Trauma as a Public Health Crisis and Implications for Human Services*

Ann Jennings, PhD, has been involved for over 27 years in raising public awareness and influencing fundamental change in how service systems view and treat people with histories of unaddressed childhood trauma. Personal experience underscores her conviction that prevention of and early intervention in childhood trauma is core to reducing human tragedy and creating compassionate and effective human services. As Director of the State of Maine's Office of Trauma Services for eight years, she initiated projects bringing trauma-informed trainings and services to numerous agencies throughout the state. She consults nationally, is keynote speaker and presenter at national and state conferences and has authored numerous published articles and documents. Dr. Jennings is founder and Executive Director of The Anna Institute, a non-profit organization dedicated to speaking truth about childhood trauma, and providing resources for professional, community, and survivor use. For more information visit: www.TheAnnaInstitute.Org

Steffanie Alexander, LCSW

PM KEYNOTE • *Engaging Adversity*

Steffanie is a senior clinician with exceptional training and clinical experience. She has taught workshops and co-authored books and professional articles on Collaborative Problem Solving Therapy. She has advanced training in systems and collaborative therapies. She has a longstanding interest in adaptive and creative approaches to adversity. She ran a psychotherapy training business and has experience with psychotherapy marketing and program development.

Break Out Sessions

Magdalena Linhardt • *Trauma and Disaster*

Marcia Cooper • *Implications of Brain Injury and Social Issues*

John O'Brien • *Addiction and Trauma*

Scott Hutcherson • *Evidence-Based Treatment for Military-Related Trauma*

Daniel Gaiser • *The Biology of Psychological Pain*

Patrick Douglas, Sarah Goan, Arabella Perez • *Trauma Informed Treatment and the SAMSHA Research Project THRIVE*

Steffanie Alexander • *Who can I be now? Helping clients move to "what's next"*

Marie Sheffield • *Healing Collective Trauma Through Community*

Kelly Staples • *Transformation: Creating a Life of Resilience*

Don Burke, Amy Stevenson • *Children, Trauma and the Impact of Substance Abuse*

Peter Wohl • *Understanding Trauma in the Criminal Justice Population*

Pat McKenzie • *Coping, Cutting, and Control: Listening to the Voices of Youth and Their Advice to Professionals*

3rd Annual Co-Occurring Disorders Institute

Complexities of Trauma

Thursday, June 9, 2011

8:45 am - 4:30 pm

University of Maine, Jewett Hall
Augusta, Maine



Sponsored by the Co-Occurring Collaborative Serving Maine
with Funding by the Office of Substance Abuse,
Department of Health and Human Services
Co-Sponsored by the University of Maine at Augusta

AGENDA

8:00 - 8:45 AM Registration
8:45 - 9:00 AM Welcome and Introductions
9:00 - 10:00 AM MORNING KEYNOTE • Ann Jennings, PhD
Effects of Trauma, ACES Study

Breakout sessions A • 10:15 - 11:45 AM

- 1) Marcia Cooper, Network Coordinator, BIIN • *Traumatic Brain Injury*
- 2) Magdalena Linhardt, PhD • *Trauma and Disaster*
- 3) John O'Brien, PhD • *Addiction and Trauma*
- 4) Scott Hutcherson, LCPC, ACS • *Evidence-Based Treatment for Military-Related Traumas*

11:45 - 12:30 PM Lunch

12:30 - 1:30 PM AFTERNOON KEYNOTE • Steffanie Alexander, LCSW
Engaging Adversity

Breakout sessions B • 1:45 - 3:00 PM

- 1) Daniel Gaiser, LCSW • *The Biology of Psychological Pain: A Psycho-Social Rehabilitation Approach to Services*
- 2) Patrick Douglas, LCSW, Sarah Goan, MPP, Arabella Perez, MSW • *Trauma Informed Treatment, SAMSHA Research Project THRIVE*
- 3) Steffanie Alexander, LCSW • *Who Can I be Now?*
- 4) Marie Sheffield, MA, LCPC • *Healing Collective Trauma Through Community*

Breakout sessions C • 3:15 - 4:15 PM

- 1) Kelly Staples • *Transformation: Creating a Life of Resilience*
- 2) Don Burke, MS Ed, Amy Stevenson, MS Ed • *Children, Trauma, Impact of Substance Abuse*
- 3) Peter Wohl, MA, LADC, CCS • *Understanding Trauma, Criminal Justice Population*
- 4) Pat McKenzie, LCSW • *Coping, Cutting, and Control: Listening to the Voices of Youth and Their Advice to Professionals*

4:15-4:30 PM Evaluations

Complexities of Trauma

(Your registration includes parking, continental breakfast, lunch & contact hours)

Date Thursday, June 9, 2011
Time 8:45 AM - 4:30 PM • *Registration begins at 8:00 AM*
Place University of Maine at Augusta, Jewett Hall
46 University Drive, Augusta, Maine
Cost \$55.00



Easily register on line, choose breakout sessions, and pay with your credit card by going to:

<http://complexitiesoftrauma.eventbrite.com>

If you have any questions, please contact:
CCSME • 94 Auburn Street, Suite 110 • Portland, ME 04103
Tel. 207-878-6170 • Fax. 207-878-6172 • Email: ccsme@ccsme.org

3rd Annual Co-Occurring Disorders Institute
KEYNOTES & BREAKOUT SESSIONS
9:00 -10:00 AM Keynote • The Adverse Childhood Experiences Study: Trauma as a Public Health Crisis and Implications for Human Services • Presenter: Ann Jennings, PhD The Adverse Childhood Study (ACE) is the largest study ever done to look at health, behavioral health and social effects of adverse childhood experiences over the lifespan. The study was conducted as collaboration between Kaiser Permanente's Department of Preventive Medicine in San Diego, CA, and the Center for Disease Control and Prevention (CDC). Interviews with over 17,000 HMO members produced irrefutable evidence showing that childhood experiences are the single most powerful determinants of who we become as adults. When unaddressed, adverse childhood experiences have a significant graded relationship to the development of the most troublesome health, mental health, substance abuse, and social problems of today. In this presentation, a review of ACE study findings is presented and additional research on the impacts of early childhood sexual abuse is cited. The story of a young woman whose life ended in tragedy is told as an example of what can happen when the impacts of adverse childhood experiences and trauma remain unrecognized by our culture and unaddressed in our human service systems. Re-traumatization taking place in service systems that are not trauma-informed will be described and the serious implications for public policy delineated. Finally, the financial costs of our failure to address trauma and the need for a public health approach are demonstrated.
10:15 - 11:45 AM • "A" Breakout sessions
A1. Implications of Brain Injury and Social Issues • Presenter: Marcia Cooper, Brain Injury Information Network Why do you need to know about the Implications of brain injury and social issues? This workshop gives a brief overview of brain injury and changes that may take place for an individual and their family, and in turn on the provision of social services.
A2. Trauma and Disaster • Presenter: Magdalena Linhardt, PhD Trauma and Disaster will provide an introduction to the disaster field, a detailed examination of the service delivery systems, and guidelines for attending to the mental health needs of disaster victims and responders.
A3. Addiction and Trauma • Presenter: John O'Brien, PhD This session will examine the complex relationship between addiction and trauma. After reviewing the biological underpinnings of these disorders, the presenter will identify and discuss ways to effectively manage the symptoms associated with both addiction and trauma. Phase 1 and Phase 2 trauma treatment will be addressed. Strategies for deciding if and when to transition to Phase 2 trauma treatment will also be discussed.
A4. Evidence-Based Treatment for Military-Related Trauma • Presenter: Scott Hutcherson, LCPC, ACS By attending this training, participants will experience an introduction into the unique aspects of working with veterans and military-related traumas. The major evidence-based treatments of Cognitive Processing Therapy and EMDR will be outlined, as well as complimentary treatments such as ACT, mindfulness, and yoga. Participants will be able to identify common themes, irrational ideations and behavior patterns experienced by individuals with military trauma, and tools to successfully process this traumatic material.
11:45 - 12:30 Lunch
12:30-1:30 PM Keynote • Engaging Adversity • Presenter: Steffanie Alexander, LCSW This keynote address demonstrates how adaption and creativity help individuals move through adversity. We will question the use and purpose of adversity, as well as the definition of "normal." A multimedia format of quotes, video-clips, music and book excerpts will illustrate individual inspirational and often hard-won approaches to adversity. We will explore research on Post Traumatic Growth, as well as several clinical models that use meaning and purpose to enhance adjustment. Professionals will extend their theoretical knowledge and practice skills in the area of trauma and crisis.

1:45 - 3:00 PM • "B" Breakout sessions
B1. The Biology of Psychological Pain: A Psycho-Social Rehabilitation Approach to Services • Presenter: Daniel Gaiser, LCSW This presentation seeks to present an approach to understanding and treating co-occurring disorders that is easy to understand, grounded in basic biology, respectful of and compassionate towards client pain, and of value to clients and providers alike. It also provides an expanded view of co-occurring disorders to including other pain-driven behaviors such as cutting, eating disorders, chronic suicidality, etc.
B2. Trauma Informed Treatment/SAMSHA Research Project THRIVE • Presenters: Douglas Patrick, LCSW, Sarah Goan, MPP, Arabella Perez, MSW The THRIVE Initiative, a federally funded system of care for children and youth, has created a Trauma Informed System of Care in Maine in response to findings that childhood trauma strongly impacts the lives of children, youth and their families, especially those with mental health, behavioral and emotional challenges. Preliminary findings from this initiative prompted Maine's Department of Health and Human Services to change its contract expectations for all child serving agencies, not just those engaged in the system of care grant.
B3. Who Can I be Now? • Presenter: Steffanie Alexander, LCSW We are "wired" to attend to, and make sense of, distressing events and emotions. Therefore, it is easy to become stuck in unproductive rumination and distress. So what can we do to help clients move from "Why me?" to "What's next?" This presentation will provide techniques for helping clients shift focus and create new meanings.
B4. Healing Collective Trauma Through Community • Presenter: Marie Sheffield, MA, LCPC This session will inform attendees of contemporary research and thinking about collective trauma and its impact on children. We will look at the importance of community health with children and use of expressive activities. Using the Center for Grieving Children's program as a model, we will look at how these approaches help increase resiliency.
3:15-4:15 PM • "C" Breakout sessions
C1. Transformation: Creating a Life of Resilience • Presenter: Kelly Staples Kelly will share her story of hope and maturation through the use of the four tasks of Intentional Peer Support. Participants will learn how the tasks aid a person to becoming resilient through challenging life events and help them to achieve their full potential.
C2. Children, Trauma and the Impact of Substance Abuse • Presenters: Don Burke, MS Ed, Amy Stevenson, MS Ed The session will look at the impact of parental substance abuse and the ways it might add to the level of trauma experienced by children in the family. The workshop will look at assessing families for substance abuse, assessing for trauma related impact and consider best practice approaches to addressing these issues
C3. Understanding Trauma in the Criminal Justice Population • Presenter: Peter Wohl, MA, LADC, CCS This workshop will look at the incidence of the various forms of trauma among offenders. It will then discuss the implications of this trauma in the treatment setting and the challenges it presents for building effective treatment alliances. Finally it will explore how trauma-based anti-social thinking and behavior can be moved towards pro-social goals.
C4. Coping, Cutting, and Control: Listening to the Voices of Youth and Their Advice to Professionals Presenter: Pat McKenzie, LCSW This workshop is for people who may become perplexed or anxious when attempting to intervene with individuals who engage in cutting and other self-inflicted harming behaviors. Informal research conducted with teenagers and young adults about potential meanings of self-harm will be presented, as well as ideas about managing and reducing self-harming actions.
4:15-4:30 PM Evaluations



PLANNING COMMITTEE

Grace Leonard • Peter Wohl • Monica Elwell • Claudia Bepko
Catherine Chichester • Jeanne Hackett • Carla Ramos

Powerpoint presentations and other materials will be posted on line following the conference. Follow this link:

<http://www.ccsme.org/info.php?id=179>

CONTACT HOURS

Certificates will be available upon completion of this training. No partial credit will be given for this activity.

- 6 contact hours for nurses. CCSME Provider Unit is an approved provider of continuing nursing education by ANA-MAINE, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- 6 contact hours pending by the Maine Board of Alcohol and Drug Counselors
- 6 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists
- Certificate of attendance for 6 contact hours for social workers, licensed clinical professional counselors, and other professionals



Special thanks to our co-sponsor University of Maine at Augusta for their ongoing generous support.

3rd Annual Co-Occurring Disorders Institute

Complexities of Trauma

This innovative conference will appeal to all who work to enhance recovery for people who have experienced trauma in its many forms. It looks at the ways that different groups of people – including children, people in the military, criminal justice system, refugees, immigrants, and those who experience co-occurring disorders – are affected by trauma. It will also explore concepts of resilience and strengths-based approaches to countering its effects. National experts in trauma studies and treatment present their latest findings and perspectives.

Conference Goals

- Provide an overview of trauma in multiple populations and its impact on psychological and physical health
- Highlight trauma experiences in key populations including children, military, criminal justice, refugees, immigrants, and in co-occurring mental health and substance abuse
- Present current research findings in the field of trauma
- Explore trauma treatment and recovery strategies

Target Audience

Behavioral Health Professionals, Peers, Recovery Coaches, Psychologists, Physicians, Nurses, Therapists, Administrators, Social Workers, Alcohol and Drug Counselors, Health Educators, School staff, and other interested stakeholders.

Accommodations

The site is wheelchair accessible. A sign language interpreter and/or other accommodations are available upon request made no later than three weeks prior to this event.

Refund Policy

Cancellations received in writing by email, fax or mail no later than one week before the event will be refunded minus a \$10 administration fee. Cancellations less than one week before the event and no shows are charged the full registration fee.