

Expressive Therapy by Avery Blair-Wilson, ATR, LPC; Art Therapist and Licensed Professional Counselor, YWCA of Greater Cincinnati

Dedicated to family violence intervention and prevention, Avery Blair-Wilson spent the last 6 years interweaving trauma-informed care, art and meaning-making into traditionally psychoeducational and correctional spaces. After several years in Chicagoland, she returned to Cincinnati to continue her passion at the YWCA Greater Cincinnati. There, she facilitates groups for men who have perpetrated intimate partner violence and for youth who are incarcerated at the Clermont County Juvenile Detention Center. She holds a Master of Arts in Art Therapy, is a Registered Art Therapist and navigating endorsement for her Clinical Professional Licensure in Ohio. She maintains a personal arts practice to ground and inform her clinical work.



Experiencing Mindfulness by Lisa Monast, MA; Crisis Intervention Team Coordinator, Mental Health America of NKY & SWOH

Lisa Monast, MA: A certified trainer in Crisis Intervention, Mental Health First Aid, and numerous other evidence based models, Lisa Monast specializes in mental health education and advocacy. In her work, she interfaces with clinicians, educators, law enforcement, and other local community stakeholders to provide critical knowledge and skills shown to improve outcomes for those living with mental illness, their families, and their communities. Lisa holds the Master of Arts degree in both Mental Health Counseling and Theology and serves as the Education Specialist and Law Enforcement Liaison at Mental Health America of Northern Kentucky & Southwest Ohio, as well as Adjunct Professor at Xavier University's Department of Theology.

Attendees will develop a further understanding of mindfulness through firsthand experience as they take part in a series of brief exercises and activities.

Through a series of interactive presentations, these local experts will discuss and demonstrate evidence based solutions for addressing the challenges faced by children adversely affected by trauma, as well as for those who working with children in the school setting.

One-Day Summit on Trauma-Informed Interventions for Youth

Friday, April 28, 2017 • 8am-3pm
Vineyard Church • Springdale, Ohio



Register Now: <https://tinyurl.com/ivsrb2v>

Mental Health America of Northern Kentucky & Southwest Ohio
www.mhankyswoh.org
859-431-1077

Location: Vineyard Church, 11340 Century Circle E.
Cincinnati, Ohio 45246
Vineyard Cincinnati at Tri-County is located in Springdale off Kemper Road (across from Target and behind Best Buy).

Price: \$120 (Includes all training, continental breakfast, buffet lunch and 6 hours of Continuing Education Credits)

Agenda:

8:00 - 8:40	Registration and Continental Breakfast
8:40 - 9:00	Welcome by Elizabeth Atwell, Executive Director, Mental Health America NKYSWOH
9:00 - 10:15	Keynote
10:30 - 11	Learning Activity
11:00 - 11:30	Trauma - Impact on Learning and School Climate
11:30 - 12:30	Lunch Break
12:30 - 1:15	Implementation Activity
1:30 - 2:30	Expressive Therapy
2:30 - 3:00	Mindfulness
3:00	Evaluation and Adjourn

Mental Health America of NKY & SWOH maintains responsibility for this program and its content. Mental Health America of NKY & SWOH is approved #RCST111001 by the State Of Ohio Counseling, Social Worker, Marriage and Family Board as a sponsor for continuing education for counselors, social workers and marriage and family therapy. KY Board of Social Work Continuing education sponsorship number KASWS2016027.

Online Registration: <https://tinurl.com/jvsrb2v>

Sponsorship and Underwriting Opportunities Available

For more information, contact Lucy Gillespie at 859-431-1077 or lgillespie@mhankyswoh.org

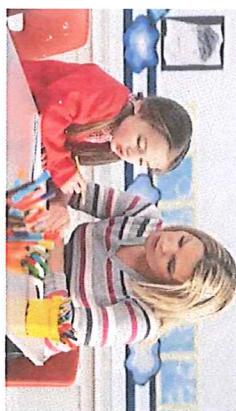
Attendees will learn:

1. How early trauma affects the brain, emotional development, and behavior;
2. How adversity/toxic stress and trauma contributes to early onset of mental health problems;
3. How school climate impacts learning and improves opportunities for all children;
4. What evidence based treatments work for children and adolescents exposed to trauma;
5. How schools can become better trauma informed;
6. How counselor involvement with the Core-Life primary prevention program for youth serves to identify children at greatest risk;
7. How to utilize Core-Life to support a positive, safe, and supportive learning environment;
8. How mindfulness can improve your work and overall wellbeing;
9. How Expressive Therapies can help all students deal with stress and toxic stress; and
10. How mindfulness techniques can be learned today and applied tomorrow, in the classroom and beyond.

Event description:

National Keynote Speaker: Anthony P. Mannarino, Ph.D. is the Director of the Center for Traumatic Stress in Children and Adolescents and Vice Chair, Department of Psychiatry, Allegheny General Hospital, Pittsburgh, Pennsylvania. He is also Professor of Psychiatry at the Drexel University College of Medicine. Dr. Mannarino has been a leader in the field of child traumatic stress for the past 25 years. He has been awarded numerous federal grants from the National Center on Child Abuse and Neglect and the National Institute of Mental Health to investigate the clinical course of traumatic stress symptoms in children, and to develop effective treatment approaches for traumatized children and their families.

Dr. Mannarino has received many honors for his work, including the Betty Elmer Outstanding Professional Award, the Most Outstanding Article Award for papers published in the journal, *Child Maltreatment* given by the American Professional Society on the Abuse of Children, The Model Program Award from SAMHSA for "CBT for Child Traumatic Stress", and the Legacy Award from the Greater Pittsburgh Psychological Association. Dr. Mannarino has completed two-year terms as the President of APSAC and the President of the Section on Child Maltreatment, Division of Child and Family Policy and Practice, American Psychological Association. He is one of the co-developers of Trauma-Focused CBT.



"I was fortunate to hear Dr. Mannarino present at the 2016 Annual NIMH Outreach Partner Conference in Bethesda Maryland. His presentation was highly regarded by participants of many disciplines." ~ Jill King, KY Outreach Partner of the NIMH Outreach Partnership Program & MHA Assistant Director

Local area expert presenters' sessions include:

School Climate and It's Impact on Social/Emotional Well-Being by Bonnie Hedrick, Ph.D., Director of Youth Mental Health Promotion, Mental Health America of NKY & SWOH and Andrea Barker, MSW, SBIRT Trainer/Project Coordinator, University of Cincinnati

This session will cover the importance of school climate to the well-being of staff and students. Whereas school culture is the set of norms, values and beliefs, rituals and ceremonies, symbols and stories that make up the 'persona' of the school, climate is more related to what happens on a daily basis: how safe students feel; how welcome parents/guests feel; how supported staff feel and much more. A positive school climate contributes to academic, social, and personal well-being for persons working and learning in that environment. This session will introduce Core Life as an emerging practice for transforming/enhancing the climate of schools. Participants will have a hands-on experience with the content of the Core-Life curricula.