

CREATING A RESILIENT COMMUNITY:
**FROM TRAUMA
TO HEALING**

KEYNOTE SPEAKER
Dr. Vincent Felitti

April 3, 2019 | 9:00AM - 4:00PM

PRESENTED BY
THE PEACE AND JUSTICE INSTITUTE OF VALENCIA COLLEGE
in partnership with the Early Learning Coalition of Orange County
and the Florida Department of Health Orange County

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PROGRAM

- 8:00AM** — **Doors Open for Registration**
- 9:00AM** — **Welcome and Introductions:** Rachel Allen and Will Jefferson

Special Guests: Orlando Mayor Buddy Dyer, Dr. Yolanda Martinez, Orange County Health Services Department Director

Keynote Address: Vincent Felitti, MD, Founder and Executive Director, California Institutes of Preventive Medicine

Break

Exploring Trauma Healing: Reflective Practice
Special Guest: Dr. Sandy Shugart, President, Valencia College
- 11:30AM** — **Lunch**

Special Guest: Dr. Joel Hunter, Founder and Chairman, Community Resource Network

Panel Discussion: Integrating ACEs Science and Trauma Healing Practices Nationally, Regionally and Locally

Moderator: Monica May, Speaker, CEO and Philanthropist

Panelists: Clayton Lodes, Lucy Roberts, Robin Saenger, and Dr. Candice Jones

Break

Community Possibilities Meeting

Special Guests: Orange County Sheriff John Mina, Donald Plumley, MD, Arnold Palmer Hospital for Children

CollaborAction: Call to Action Karen Willis, CWDP Chief Executive Officer Early Learning Coalition of Orange County
- 4:00PM** — **Closing**



Vincent Felitti

*Founder & Executive Director
California Institutes of Preventive Medicine*

Dr. Vincent Felitti is the founder and executive director of the California Institutes of Preventive Medicine. A graduate of Johns Hopkins Medical School (1962), he was previously a physician in the Department of Preventive Medicine, Southern California Permanente Medical Group. He founded the Department of Preventive Medicine for Kaiser Permanente in San Diego 30 years ago and served as chief of Preventive Medicine until March 2001. Under Dr. Felitti's leadership, the Health Appraisal Division of the Department of Preventive Medicine provided Comprehensive Medical Evaluation to 1.1 million people. During his career, the health risk abatement programs expanded from three (weight loss, smoking cessation and stress management) to a wide range of cutting-edge programs offered to more than 1,000 patients per month at one facility. Dr. Felitti was also clinical professor of Medicine at University of California, San Diego, and a Fellow of The American College of Physicians, licensed to practice medicine in Maryland, California, and Arizona.

INTEGRATING ACES SCIENCE AND TRAUMA HEALING PRACTICES LOCALLY, REGIONALLY, NATIONALLY



Monica May *MODERATOR*

Monica May is celebrating her 40th year as a broadcaster with both radio and television experience. She is the winner of the prestigious GRACIE Award which recognizes exemplary programming created by women, for women and about women in all facets of media and entertainment. Monica is currently the producer and host of the Tom Joyner

Morning Show - on the Orlando Affiliate Star 94.5 a COX Media Group station, and the creator of the fastest growing mother-daughter communications workshop entitled, "Let's Spill the Tea." She is an expert in optimal communications and speaks to audiences around the country to fulfill her purpose of empowering mothers and daughters to create thriving relationships through healthy communication.

As CEO of Monica May Communications, she has developed a variety of life skills and mass media curriculums for organizations as well as parents and teens. She also speaks to organizations about community relations development, including the best cultural and diversity practices as well as to service organizations about customer care.

Her concern and generosity toward community projects garnered her the title of the HARDEST WORKING WOMAN IN RADIO. Her work with the homeless and managing a \$4 million fundraising project for the Knowles Temenos Place in Houston is one of many highlights of her career.

Monica currently resides in Orlando, Florida with her husband George where they operate a full-service catering company and event center. They have a blended family of five adult children, 13 grandchildren and one puppy, Miss Jean Gray.



Clayton Lodes *PANELIST*

Clayton Lodes is President of First National Bank & Trust Co. in Ardmore, Oklahoma. As a CPA, he has over 37 years of experience in financial services management, team building and strategic planning with various business, nonprofits and civic organizations. He serves on several local and state boards and is a charter/core team member of the Ardmore

Behavioral Health Collaborative (ABHC).



Lucy Morse *PANELIST*

Lucy Morse Roberts is the Executive Director of Family Hui and known for her ability to design, develop, and implement effective programming that promotes peace and wellbeing.

In California, she redesigned the Family Hui Bloom parenting curriculum by embedding ACEs educational components and reflective,

resilience building activities. In Florida, Lucy collaboratively developed transformative programming for elementary and middle school students (ArtReach Orlando and the Multifaith Education Project), and programming for college faculty, staff, and students (Valencia College's Peace and Justice Institute). Lucy also serves on county and State of California committees focused on child abuse prevention, maternal mental health, and the creation of more trauma/healing informed communities. She was named Yolo County Public Health Hero in 2016 and recognized as one of California Congressman John Garamendi's Women of the Year in 2018.



Robin Saenger *PANELIST*

Robin Saenger is Founding Director of Peace4Tarpon, a Trauma-Informed and Resilience-Building Community Initiative, the first of its kind in the nation.

Robin was inspired to bring Peace4Tarpon into reality in 2010 while serving as Tarpon Springs' Vice-Mayor. She became aware of the many efforts in place to address her city's

most challenging issues but knew that somehow, the root causes weren't being addressed. When Robin learned of the ACE study, she

understood the roles that violence and trauma play in community health and well-being. She realized that Tarpon Springs must begin to view its challenges and solutions to those challenges through a trauma-informed lens.

Other communities are following this path including Peace4Gainesville, Peace4The Big Bend, Peace4Manasota and Peace4Crawford County, Pennsylvania. Robin is an artist who creates award-winning architectural art glass and metal from her studio in Tarpon Springs. She sees Peace4Tarpon as another dimension of her creativity. Robin serves on the Board of The Center for Religious Tolerance and has been engaged in interfaith and Peacebuilding work for many years.



Candice W. Jones *PANELIST*

Candice W. Jones, MD, FAAP is a board-certified physician practicing as a general pediatrician in Orlando, FL. She is dedicated to the health and well-being of underserved children and adolescents in areas affected the greatest by health inequalities. Dr. Candice supports various children's health initiatives and promotes wellness in the community.

For her efforts, she was awarded in 2018 the Health Empowerment Award by the Central Florida Urban League and the Public Health Hero Award by the Department of Health Orange County. Dr. Candice has special interest in medical media. In 2016, she launched DrCandiceMD.com, a website focused on kid health education. She also created a podcast, KIDing Around with Dr. Candice where she discusses various pediatric and parenting topics with other experts. She is a Spokesperson for the American Academy of Pediatrics (AAP) and a member of its' Council on Communications and Media (COCM). She has been featured on Fox 35, News 13, WDBO, WMFE, the Orlando Sentinel, SiriusXM Doctor Radio, on various health panels and as a guest speaker.

Notes

A conference of this size, pulling together such a diverse gathering of voices to create a resilient community, could not happen without the generous collaboration of many individuals. Today, institutions of health and education, law and business, government leaders, arts organizations, the healing arts, nonprofits and citizens are here together to make a broad commitment to community health.

We offer a special thanks to Karen Willis of the Early Learning Coalition of Orange County for helping to initiate this conference, bringing her community partners to the table and making an early financial commitment through her agency. We would not be here without the passion and vision of Dr. Kevin Sherin who dreamed of 500 people in the room to begin the work of a community-wide effort to acknowledge collaboratively the significant impact that ACEs play in affecting personal and public health outcomes and to create a resilient, trauma-informed community, one adult, one child, one school, business and medical facility at a time.

Thank you to the many members of the planning team who have given their time and gifts to assure the success of our day together. Thank you to our partners and sponsors, the Central Florida Foundation, the Kamran Farid Foundation, Orlando Health, and the National Association of Social Workers for making this day possible.

Today we form a vision that integrates education, research-based practices and collective, integrated efforts to reduce and prevent some of our most intractable physical and mental health problems. We are thankful to come together for the common good, and to make a difference in the lives of our families, neighbors and fellow community members.

**With sincere gratitude,
Rachel Allen
and the Peace and Justice Institute of
Valencia College**

PRINCIPLES FOR HOW WE TREAT EACH OTHER

Our Practice of Respect and Community Building

1. **Create a hospitable and accountable community.** We all arrive in isolation and need the generosity of friendly welcomes. Bring all of yourself to the work in this community. Welcome others to this place and this work, and presume that you are welcomed as well. Hospitality is the essence of restoring community.
2. **Listen deeply.** Listen intently to what is said; listen to the feelings beneath the words. Strive to achieve a balance between listening and reflecting, speaking and acting.
3. **Create an advice free zone.** Replace advice with curiosity as we work together for peace and justice. Each of us is here to discover our own truths. We are not here to set someone else straight, to “fix” what we perceive as broken in another member of the group.
4. **Practice asking honest and open questions.** A great question is ambiguous, personal and provokes anxiety.
5. **Give space for unpopular answers.** Answer questions honestly even if the answer seems unpopular. Be present to listen not debate, correct or interpret.
6. **Respect silence.** Silence is a rare gift in our busy world. After someone has spoken, take time to reflect without immediately filling the space with words. This applies to the speaker, as well – be comfortable leaving your words to resound in the silence, without refining or elaborating on what you have said.
7. **Suspend judgment.** Set aside your judgments. By creating a space between judgments and reactions, we can listen to the other, and to ourselves, more fully.
8. **Identify assumptions.** Our assumptions are usually invisible to us, yet they undergird our worldview. By identifying our assumptions, we can then set them aside and open our viewpoints to greater possibilities.
9. **Speak your truth.** You are invited to say what is in your heart, trusting that your voice will be heard and your contribution respected. Own your truth by remembering to speak only for yourself. Using the first person “I” rather than “you” or “everyone” clearly communicates the personal nature of your expression.
10. **When things get difficult, turn to wonder.** If you find yourself disagreeing with another, becoming judgmental, or shutting down in defense, try turning to wonder: “I wonder what brought her to this place?” “I wonder what my reaction teaches me?” “I wonder what he’s feeling right now?”
11. **Practice slowing down.** Simply the speed of modern life can cause violent damage to the soul. By intentionally practicing slowing down we strengthen our ability to extend community building to others—and to ourselves.
12. **All voices have value.** Hold these moments when a person speaks as precious because these are the moments when a person is willing to stand for something, trust the group and offer something they see as valuable.
13. **Maintain confidentiality.** Create a safe space by respecting the confidential nature and content of discussions held in the group. Allow what is said in the group to remain there.

Prepared by the Peace and Justice Institute with considerable help from the works of Peter Block, Parker Palmer, the Dialogue Group and the Center for Renewal and Wholeness in Higher Education

