



2021 Conference Summary

Creating a Resilient Community: From Trauma to Healing
Third Annual Conference
Virtual Event
April 20 - 21, 2021





Executive Summary

On April 20 - 21, 2021, the Peace and Justice Institute at Valencia College, along with the Early Learning Coalition of Orange County and title sponsor Orlando Health, hosted the third annual (virtual) <u>Creating a Resilient Community: From Trauma to Healing Conference</u> to continue the conversation, collaboration, and education around Positive & Adverse Childhood experiences (PACEs), trauma informed practices, and community resilience.

In order to continue our commitment to safety and health amidst the COVID-19 pandemic, the 2-day conference was again offered on a virtual platform. This year, in order to improve participant engagement, interaction, and networking capabilities, we selected an innovative platform called Hopin for the 2021 conference experience.

Of the 358 that registered, 338 individuals from 9 sectors and 162 organizations and agencies participated in the live, 2-day event on Hopin. Of the 338 attendees, 42.6% had attended at least one of our previous conferences and 14.2% of attendees attended three years in a row.

What set this year apart were the sheer number of community presenters who offered their time and expertise. **70 community leaders** volunteered to serve as workshop presenters, moderators, and/or panelists throughout the 2-day conference. This level of engagement demonstrated the power of the community network that has been nurtured over the last three years, and how we are poised for continued forward momentum and collaboration for measurable change.

The vision of this year's conference was two fold:

- 1. **Day One Vision:** To go beyond our initial foundational learning about Adverse Childhood Experiences (ACEs) and make deeper connections to neuroscience, immunology and positive childhood experiences and their relationship to community and individual wellness.
- Day Two Vision: To curate and elevate local practitioners and leaders currently implementing emerging and best practices around PACEs, resilience, and Trauma Informed Care in our community.

Conference Day One - April 20, 2021:

On day one of the conference, we were able to learn from an award-winning science journalist, author of six books, and an internationally-recognized speaker, Donna Jackson Nakazawa through her Keynote presentation titled: "A New View of the Brain: Trauma, ACEs, and Flourishing." Directly following her morning presentation, Ms. Jackson Nakazawa went on to offer an additional afternoon workshop, "Your Healing Narrative: Write-to-Heal With Neural Re-Narrating for Individuals and Healing Professionals" which used science-based writing-to-heal and mindfulness techniques to

help participants recognize and override the brain's old thought patterns and create new, transformative healing narratives to promote flourishing. Additional day one workshop offerings included presentations on "Protective and Promotive Factors," "Service Navigation Across Child-Serving Systems", "Epigenetics, PACEs, and Salutogenesis," and "Promoting Resilience Across the Lifespan."

Conference Day Two - April 21, 2021:

On day two of the conference, participants started out the day with pledges of continued support from key leaders in our community including City of Orlando Mayor Buddy Dyer and Orange County Sheriff John Mina.

Following the opening remarks, participants could select to attend two of ten "Emerging and Best Practices Workshops" offered and moderated by community professionals. These engaging, 45-minute sessions highlighted the most innovative work happening around Positive and Adverse Childhood Experiences (PACEs) and Trauma Informed Care in our community.

The day concluded with back-to-back panels where community leaders shared their experience and vision for a more trauma-informed, resilient community:

Panel 1: "Shifting from "What is Wrong with You?" to "What Happened to You?" moderated by board certified pediatrician Dr. Candice Jones. Panelists included: Seminole County Sheriff Dennis Lemma, Orange County Mayor Jerry Demings, School District of Osceola County Deputy Superintendent Thomas Phelps, and Orlando Health's Teen Xpress Medical Director Dr. Adaobi Okobi.

Panel 2: "Our Collective Impact: Regional Resilience Networks" moderated by Peace and Justice Institute Director Rachel Allen. Panelists included: Valencia School of Public Safety Executive Dean Dr. Jeff Goltz, Central Florida Foundation Vice President of Community Strategies and Initiatives Sandi Vidal, Seminole County Florida Department of Health Office of Health Promotion and Education Venise White.

The Participant Experience:

In addition to the speakers, conference participants engaged in mindfulness practices, heard local musical performances, and received relevant community resources and specific ways to engage with this work around trauma healing and resilience in Central Florida.

As one would hope with the continued education and community engagement around this work over the years, the majority of conference participants who took the conference survey entered the conference with above average knowledge about ACEs, Trauma Informed Care, Resilience Strategies. By design, our conference created a

learning experience on par with what participants were hoping for, with **100% of participants who took the post-survey indicating that the conference met their expectations.** Additionally, many of the survey narrative reflections indicated that participant expectations were not only met, but exceeded or surpassed:

"I am blown away..."

"The conference actually surpassed my expectations."

"The conference was amazing!"

Moving Forward Together

What started in 2019 as just an idea for a local conference to raise awareness about Adverse Childhood Experiences (ACEs) in Central Florida, has grown into a multi-sector collective impact movement actively building a trauma-informed, resilient community.

Creating a Resilient Community (CRC) Network

Strategic planning meetings have been held every other month since the first conference in 2019. The group, now known as the Creating a Resilient Community (CRC) Network, has grown to 296 individuals representing 156 different organizations and agencies. The network's mission is to "collaborate across sectors and communities to transform our region into one of prevention, hope, healing, and resilience for all."

Training: "Why Positive & Adverse Childhood Experiences (PACEs) Matter"
Based on the relationships developed through the conferences and the growing CRC
Network, a 2-hour, introductory workshop titled "Why Positive and Adverse Childhood
Experiences (PACEs) Matter" was born. This workshop is already being offered in the
community and selected facilitators within the CRC Network have been trained to roll this
educational experience out intentionally and broadly within Central Florida.

Community Common Read Initiative

PJI has a Community Common Read Initiative focused on books addressing Positive and Adverse Childhood Experiences (PACEs), trauma healing, and resilience. The group has grown to now have 264 members and we have read the following books as a community:

- 2019: The Deepest Well by Dr. Nadine Burke Harris
- 2020: Building Resilience in Children and Teens by Dr. Kenneth Ginsburg
- 2021: Childhood Disrupted by Donna Jackson Nakazawa

In partnership with the generous support of Valencia's courier services, PJI was able to give away nearly 400 free books since 2020 to promote this community-wide initiative.

Beyond the learning and discussion that happens on the online platform, PJI hosts multiple virtual, live sessions for each book to create opportunities for further dialogue and connection.

Management and Expansion of ACEs Connection Central Florida

www.acesconnection.com/g/aces-central-florida

ACEs Connection Central Florida is an online space for community members, professionals, and leaders to collaborate across sectors in a movement to prevent Adverse Childhood Experiences (ACEs), heal from trauma, and build resilience in Central Florida. PJI is a community manager of this online community, posting content, articles, and events as well as inputting shared ACEs data into a tracking system to broaden our impact and measure our collective community impact.

The past three *Creating a Resilient Community: From Trauma to Healing* Conferences have laid the foundation for what is now a critical moment of potential. A strong network of relationships have been built across sectors, a base understanding of PACEs, resilience, and trauma-informed practices has been established, workshops have been developed, trainers have been trained, a community-wide vision has been cast, and now we are ready to move into action.

We are seeking a committed partner to invest in the community's forward momentum and elevate the impact of the collective efforts to "transform our region into one of prevention, hope, healing, and resilience for all."

Yours in the work,

Rachel Allen Director

Peace and Justice Institute

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Valencia College

Kelsey Visser Community Resilience Program Manager

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Peace and Justice Institute

Valencia College

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Conference Summary

Conference Details

Name of Event: Creating A Resilient Community: From Trauma to Healing

Date of Event: April 20 - 21, 2021

Location of Event: Virtual - Hopin Platform

Number of Persons Participated: 338

Partner Organizations

- Peace and Justice Institute at Valencia College
- Early Learning Coalition of Orange County

Sponsoring Organizations

- Gold Sponsor Orlando Health
- Bronze Sponsor Foundation for a Healthier West Orange
- Workshop Sponsor JP Morgan Chase
- Scholarship Sponsor Central Florida Foundation
- Copper City of Orlando
- Service Sponsors:
 - University Behavioral Center
 - Administered CEU Process
 - Devereux Advanced Behavioral Health
 - Administered the mobile crisis health line during the conference
 - 1 conference participant utilized this service during the hours of the conference.
 - Peer Support Space
 - Offered free post conference peer-support debrief session

Exhibitors

- Central Florida Foundation
- City of Orlando Government
- Dar Al Arab Women and Children Resource Center
- Devereux Advanced Behavioral Health
- Early Learning Coalition of Orange County
- Foundation for a Healthier West Orange

- JP Morgan Chase
- Peace and Justice Institute at Valencia College
- PJI Academy for Teachers
- Positive Behavioral Solutions
- Prevent Child Abuse Florida
- Orlando Health
- Social Bridges
- University Behavioral Center

Registration & Tickets

Registration

- Eventbrite:
 - 308 individuals registered on Eventbrite
 - 338 attended the event on Hopin
 - 26 registered on eventbrite but did not access the live event on Hopin
- Scholarships:
 - 104 Offered (50%, 75%, 100%)
 - 89 registered with discount code

Ticket Cost Breakdown

- Early Bird Rate-\$100
- General Registration- \$120
- Virtual Exhibitor + Ticket Package \$250

Discounts

- Conference Planning Team: 50% off ticket price
- CRC Network: 20% off ticket price
- Nonprofit: 15% off ticket price
- Group Rate: 10% off ticket price

Ticket Sales

Tickets Sold on Eventbrite: 308

Gross Sales: \$17,350.59

Eventbrite Payout: \$16,103.00Eventbrite Page Views: 6,000

Conference Attendee Representation

Number of Attendees by Sector (Approximations)

- Education = 36.7%
- Health/Wellness = 32%
- Nonprofit = 25.5%
- Government = 8.4%
- Child Welfare = 4.5%
- Faith = 4.2%
- Other = 3.6 %
- Criminal Justice = 3.0%
- Business = 2.8%
- Public Safety = 2.2%

Repeat Conference Attendees

- Of the 338 attendees, 42.6% had attended at least one of our previous conferences and 14.2% of attendees attended three years in a row.
- Of the 338 attendees, 57.4% were new to the conference and had never attended a previous conference (compared to 79% in 2020).

List of Organizations/Agencies Represented at 2021 Conference

• Total: 162

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ACEs Matter, Corp	Florida Department of Health, Orange County	One Voice Impact
Advent Health	Florida Department of Health, Seminole County	Ontarion Art Therapy Association
AdventHealth - West Lakes Early Learning Center	Florida Senior Caucus	Open Tabs
Advocate	Florida State University	Orange County Corrections
Anne Arundel County Public Schools	Fond du Lac High School	Orange County Government
Arizona Recovers	Foundation for a Healthier West Orange	Orange County Public Schools
Army Community Service	Foundation for Foster Children	Orlando Children's Church
ArtReach Orlando	Friedman Family TX LLC	Orlando Health
Asheville City Schools	Girls Inc., Sarasota	Orlando Neighborhood Improvement Corporation
Aspire Health Partners	Grace Medical Home	Orlando Police Department
Barry University of Law	Graham Leak Branding	Osceola Public Schools
Bishop Moore Catholic High School	Greater Holy Christian Academy	PACEs Connection
Bureau of Federal Educational Programs	Greater Susquehanna Valley United Way	Park Maitland School
Careersource Central Florida	Greater Vision	Peace and Justice Institute at Valencia College
CarePortal	Hanna Institute - Hanna Boys Center	Peer Support Space, Inc.
Catholic Charities	Healing Tree	Polis Institute
Catholic Social Services Alaska	Health Council of East Central Florida	Positive Behavioral Solutions
Center for Abuse and Rape Emergencies	Healthy Families Orange	Potts Family Foundation
Central Florida Community Arts	Healthy Families Osceola	Poverty Solutions Group
Central Florida Foundation	Healthy Start Coalition of Orange County	Pregnancy Solutions

Healthy Start Coalition of Seminole	
County	Prevent Child Abuse Florida
Hillsborough Community College	Primary Care Access Network (PCAN)
Hope CommUnity Center	Rambeau Consulting Group, LLC
Howard Phillip Center for Children and Families	Rollins College
Impower	Saint Leo University
Indiana Youth Services Association	Second Harvest Food Bank of Central Florida
J.P. Morgan Chase	Selfless Love Foundation
Jill Hamilton Buss Coaching and Counseling	Seminole County Council of PTAs
Jobs Partnership	Seminole County Public Schools
KatAlyst People	Seminole County Sheriff's Office
Keiser University	Social Bridges
Kids Avenue Learning Center	St. Michael's Episcopal Church
Knowledge for Living, Inc.	The Meaningful Life Center
La Amistad	The Mental Health Association of Central Florida
Lake-Sumter State College	Tracing Trauma
Latisha's House Foundation Florida	UF/IFAS Extension Osceola County
Law Office of Roger L Weeden	United Against Poverty
Lead4Tomorrow	United Cerebral Palsy of Central Florida
League of Women Voters of Orange County	Universal
Makin' It Happen	University Behavioral Center
	Hillsborough Community College Hope CommUnity Center Howard Phillip Center for Children and Families Impower Indiana Youth Services Association J.P. Morgan Chase Jill Hamilton Buss Coaching and Counseling Jobs Partnership KatAlyst People Keiser University Kids Avenue Learning Center Knowledge for Living, Inc. La Amistad Lake-Sumter State College Latisha's House Foundation Florida Law Office of Roger L Weeden Lead4Tomorrow League of Women Voters of Orange County

Planning Council		
EB Consulting	Mid Florida Community Services	University of Minnesota
Eckerd Connects	Minga Advisors	University of South Florida
Edgewater Pediatrics	Mosaic Church	Valencia College, School of Public Safety
Embrace Families Solutions, Inc.	Mountain Projects	Valencia Foundation
Essex County Learning Community	Muslim Women's Organization	Victim Service Center of Central Florida
Facilitating Learning for Youth, Inc.	New Life Birthing	Visionary Vanguard Group, Inc
Faine House, Inc.	Ninth Judicial Circuit of Florida	West Orange Healthcare District
Family Hui	Nubia Body Delights	West Virginia Center for Children's Justice/WV State Police, Crimes Against Children Unit
Family Service of Roanoke Valley	Oak Glen Elementary School- SD 158	Wholesome Community Ministries
FAMU College of Law	OBT Development Board, Inc	Wraparound Osceola County
Florida Blue	Office of Adoption and Child Protection, Executive Office of the Governor of Florida	YMCA of Central Florida
Florida Community Partnership	Office of Court Improvement, Florida Supreme Court	Youth Advocate Programs, Inc.
Florida Department of Children and Families	Office of Criminal Conflict and Civil Regional Counsel, 5th District	Zebra Coalition

Conference Planning Team:

- Anne Pimentel-Kerr
- Anne Sutherland
- AnneWedge-McMillen
- Dr. Candice Jones
- Cindy Jurie
- Debbie Carruth
- Donna Walsh
- Jane Hursh
- Dr. Jeff Goltz
- Jeff Griesemer
- Jennifer Grant
- Jerry Daniels
- Jessica Darden
- JoDee Buis
- Juanita Carbajal
- Karen Willis
- Kari Williams
- KathleenMcLeod-Daly
- Katie Murphy

- Kelsey Visser
- Dr. Kimberly Renk
- Lainie Fox-Ackerman
- LaJuana Raines
- Lauren Cooper
- Lauren Parker
- Linda Sutherland
- Lindsey Phillips
- Lisa Diamond
- Lisa Spector
- Luis Santiago
- Lux Chandrasekar
- Lynell Hodge
- Maria Long
- Marie Martinez
- Martha Santoni
- Mary Bridges
- Mary Harper
- Meredith De La Cruz
- Michelle Ball

- Michelle Crozier
- Michelle Sperzel
- Miguelina Abrey
- Nadine Daniels
- Nicole Leacock
- Patricia Ambinder
- Patricia Wiggins
- Pernell Bush
- Rachel Allen
- Roger Weeden
- Sally McCarthur
- Sandi Vidal
- Sara Osborne
- Staci Zavattaro
- Tina Morgan
- Yasmin Flasterstein
- Yolanda Russell

Conference Schedule: Day 1

7:30 a.m.	Log in to the Hopin Virtual Platform
	Complete details for how to access Hopin (link, password, and attendee user guide) were sent to you in an email from resilience@valenciacollege.edu.
8:00 a.m.	Open Networking & Exhibitor Time
8:30 a.m.	Opening Ceremony Welcome and Opening Remarks Rachel Allen, Director, Peace and Justice Institute at Valencia College Rudy Darden, Professor and Peace and Justice Institute Facilitator, Valencia College Gold Sponsor Remarks Orlando Health: Cary D'Ortona, Senior Vice President, Orlando Health, President, Arnold Palmer Hospital for Children Early Learning Coalition of Orange County Remarks Karen Willis, CEO, Early Learning Coalition of Orange County Mindfulness Practice Celine Kavalec, Qualified Mindfulness Based Stress Reduction Teacher and Academic Coordinator, Peace and Justice Institute at Valencia College Principles for How We Treat Each Other Peace and Justice Institute at Valencia College
9:00 a.m.	Keynote - Part 1 - Donna Jackson Nakazawa A New View of the Brain: Trauma, ACEs, and Flourishing Donna is an award-winning science journalist, author of six books, and an internationally-recognized speaker whose work explores the intersection of neuroscience, immunology, and human emotion. *View Donna's complete bio on page 11.
10:20 a.m.	Break Resilience and Self-Compassion Presentation & Meditation Ashley Lewis, Central Florida Community Arts
10:35 a.m.	Keynote - Part 2 - Donna Jackson Nakazawa A New View of the Brain: Trauma, ACEs, and Flourishing
11:55 a.m.	Morning Celebration & Preview of Day 2 Kelsey Visser, Community Resilience Program Manager, Peace and Justice Institute at Valencia College

12:00 p.m.	Poetry Reading & Musical Performance Rebekah Lugo, Central Florida Community Arts
12:10 p.m.	Break: Lunch, Networking, Exhibitor Time Grab some lunch, try out the networking feature, and visit all of our virtual exhibitors!
1:00 p.m.	Afternoon Concurrent Workshops Conference attendees will select which workshop to attend. Details about each workshop are listed in the conference packet.

Conference Schedule: Day 2

7:30 a.m.	Log in to the Hopin Virtual Platform Complete details for how to access Hopin (link, password, and attendee user guide) were sent to you in an email from resilience@valenciacollege.edu.
8:00 a.m.	Open Networking & Exhibitor Time
8:30 a.m.	Opening Ceremony
	Welcome and Opening Remarks
	Rachel Allen, Director, Peace and Justice Institute at Valencia College
	Rudy Darden, Professor and Peace and Justice Institute Facilitator, Valencia
	College
	City of Orlando Remarks
	Mayor Buddy Dyer, City of Orlando
	Gold Sponsor Remarks
	Orlando Health: <i>Marie Martinez</i> , CEO, Howard Phillips Center for Children & Families
	Flaviane Carvalho, Child Advocate & Restaurant Manager
	Early Learning Coalition of Orange County Remarks
	Karen Willis, CEO, Early Learning Coalition of Orange County
	Orange County Sheriff's Office Remarks
	Sheriff John Mina, Orange County
	From a Meeting to a Movement: Creating a Resilient Community Network
	Rachel Allen, Director, Peace and Justice Institute at Valencia College
9:00 a.m.	Morning Session (A): Emerging & Best Practices Workshops
	Conference attendees will select which workshop to attend. Details about each workshop are listed in the conference packet.

9:45 a.m.	Break
10:00 a.m.	Morning Session (B): Emerging & Best Practices Workshops Conference attendees will select which workshop to attend. Details about each workshop are listed in the conference packet.
10:45 a.m.	Break

11:00 a.m.	Community Panel 1 Shifting from "What is Wrong with You?" to "What Happened to You?" Moderated By: Dr. Candice Jones, Pediatrician, CRC Network Member Presented By: Dr. Adaobi Okobi, MD, Medical Director, Teen Xpress, Child Advocacy Center at Orlando Health Sheriff Dennis Lemma, Sheriff of the Seminole County Sheriff's Office Mayor Jerry L. Demings, Mayor of Orange County Government Deputy Superintendent Thomas Phelps, Deputy Superintendent of Human Services and The School District of Osceola County
11: 45 a.m.	Community Panel 2 Our Collective Impact: Regional Resilience Networks Moderated By: Rachel Allen, Director, Peace and Justice Institute at Valencia College Presented By: Dr. Jeff Goltz, Executive Dean, School of Public Safety at Valencia College Sandi Vidal, Vice President of Community Strategies & Initiatives, Central Florida Foundation Venise White, Community Programs Manager, Office of Health Promotion and Education, Florida Department of Health Seminole County
12:15 p.m.	Conference Closing Remarks & Performance PACEs Connection Update Carey Sipp, Southeastern Facilitator, PACEs Connection Closing Remarks Rachel Allen, Director, Peace and Justice Institute at Valencia College Rudy Darden, Professor and Peace and Justice Institute Facilitator, Valencia College Closing Performance Desiree Montes, Central Florida Community Arts
12:30 p.m.	Post Conference Networking & Exhibitor Time

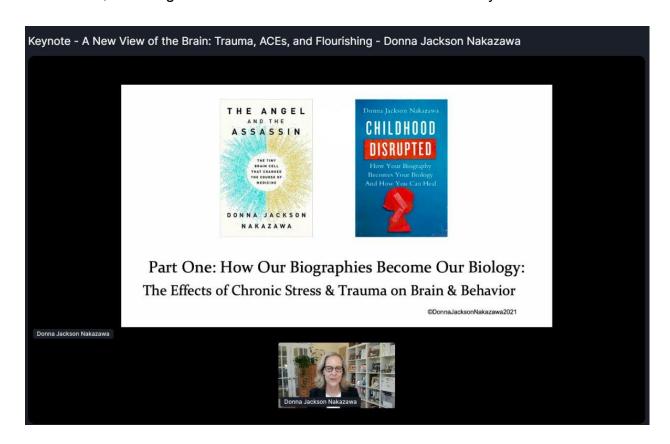
Keynote Speaker



Donna is an award-winning science journalist, author of six books, and an internationally-recognized speaker whose work explores the intersection of neuroscience, immunology, and human emotion.

Her newest book, *The Angel and the Assassin: The Tiny Brain Cell That Changed the Course of Medicine* was named one of the best books of 2020 by Wired. Donna's other books include *Childhood Disrupted* and *The Last Best Cure*. Her writing has appeared in Wired, The Boston Globe, Stat, The Washington Post and Health Affairs.

She has appeared on The Today Show and NPR and is a regular speaker at universities, including the 2020 Harvard Division of Science Library Series.



Conference Budget

Conference Expenses

Creating a Resilient Community Conference				
	Program Expenses 2021			
Items:		Amount		
Operational Expenses				
	PJI/Valencia Admin Fee (15%)	\$6,431.79		
	Conference Coordinator Costs	\$25,425.00		
	Support Staff Costs	\$12,237.95		
Marketing				
	Advertising Costs	\$1,712.53		
	Graphic Design	\$0.00		
	Website	\$0.00		
	Post Conference Video Editing	\$1,500.00		
Speakers/Presenters				
	Keynote Speaker	\$10,000.00		
	Other Workshop Presenters	\$0.00		
	CFC Arts Performers	\$1,000.00		
Technology				
	Hopin Platform	\$1,060.00		
	Seamless Events Tech Support	\$2,520.00		
Other				
	Books for Giveaways (200)	\$1,778.00		
	Survey Gift Card Giveaway	\$100.00		
	Total Expenses:	\$63,765.27		

Conference Revenue

Creating a Resilient Community Conference		
Program Revenue 2021		
Participants & Sponsor	Invoice Amount	
Orlando Health	\$20,000.00	
Early Learning Coalition Orange County	\$15,000.00	
Foundation for a Healthier West Orange	\$5,000.00	
Central Florida Foundation	\$3,500.00	
JP Morgan Chase	\$3,000.00	
City of Orlando	\$1,000.00	
Eventbrite Registration Payout (Tickets)	\$16,103.00	
Invoiced Tickets	\$240.00	
East Campus President's Office, Valencia College (CFC		
Arts)	\$1,000.00	
Total of Invoiced Proceeds:	\$64,843.00	

Net Profit

Net Profit (Revenue -	
Expenses)	\$1,077.73

Appendices:

Appendix A: 2021 Conference Survey Report

Appendix B: 2021 Conference Participant Packet

About the Peace and Justice Institute at Valencia College:

The goal of the Peace and Justice Institute at Valencia College is to promote a culture of peace and understanding within our community - one where conflict leads to growth and transformation. Since 2008, the Institute has offered a robust calendar of events, courses and professional development opportunities. To learn more about PJI, please visit www.valenciacollege.edu/PJI.

