



CREATING A  
*Resilient*  
**COMMUNITY**  
FROM TRAUMA TO HEALING

**2022**  
**CONFERENCE**  
**REPORT**

APRIL 21-22

**PREPARED BY**

CRC NETWORK  
PEACE AND JUSTICE INSTITUTE  
VALENCIA COLLEGE

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# EXECUTIVE SUMMARY

The 4th Annual Creating a Resilient Community: From Trauma to Healing Conference was hosted by the Peace and Justice Institute, in partnership with the Early Learning Coalition of Orange County, on April 21st-22nd, 2022. Due to the ongoing COVID-19 pandemic, the conference took place online via a Zoom meeting. This particular platform was selected because the organizers intended to host a more interactive session with increased audience participation and the ability to break out into smaller groups for dialogue and connection.

Whereas in previous years, we have listened to and learned from nationally recognized speakers, this year we decided to take a **hyper-local focus**, inviting epidemiologist and physician, Dr. Asim Jani to be our keynote speaker and outline the "shift" needed in our region to build a **resilient, healing-centered community**.

This year we had **192 individuals** registered for the conference representing **9 sectors** and **87 different organizations**. Funding was provided for **17 scholarship recipients** to participate in the conference this year. Over **20%** of survey respondents attended the conference in 2021. Below we have outlined the vision and experience from days 1 and 2 of the conference.

## Day One - April 21, 2022 **Let's Make the Shift!**

**VISION** - Expose participants to the notion that building a resilient, trauma-informed community involves responding to the challenges inherent in all three realms of Adverse Childhood Experiences (ACEs) - household, community, and environment. These realms respectively include the broad range of individual, social, and climatic determinants of overall health. Looking at existing and emerging problems, regardless of which realm they relate to, involves a paradigm shift on an individual and collective level. The interactive day introduced participants to three key concepts, especially related to ACEs and the countervailing set of Protective and Compensatory Experiences (PACEs) - **salutogenesis, syndemics, and systems thinking**. These concepts are all part of the paradigm shift that will enable our community to engage in more effective individual and collective level actions for change.

**EXPERIENCE** -The keynote was structured as a full day workshop, broken up into three parts (each focusing on one of the above key concepts), with testimonials from community members woven throughout the day. Each keynote lecture was also followed by dedicated time for guided journaling, breakouts, and discussion. Participants had the opportunity to participate in multiple mindfulness activities throughout the day including meditation and a guided acoustic mindfulness practice. The conference closed with an integration of the arts with a live musical performance of the song "Lean on Me."

Day Two - April 22, 2022

## Workshops for the Community, By the Community!

**VISION** - Take a hyper-local focus by exploring workshops for the community, by the community, connecting more deeply to understand what's happening in each individual sector, and learning about best practices to support our community in becoming a resilient, trauma-informed Central Florida.

**EXPERIENCE** - Over one hundred conference participants started day two learning about the CRC Network and sectors. Data was shared about the impact of the network since its inception (see summary below). During this session, participants attended breakout groups to learn about goals and work of specific sectors of interest (i.e. Health/Wellness, Education, Nonprofit, Faith, Criminal Justice, Public Safety, Child Welfare, Business, Government). Following the morning session, conference participants had the opportunity to select from a menu of **18 workshops** hosted by community members and organizations. The purpose of the workshops was to further our community knowledge, skills, and awareness of best practices around the topics of PACEs, Trauma Informed Care and Resilience.

### DATA SHARED ON DAY 2 ABOUT IMPACT OF CRC NETWORK (TO DATE)

Since the inception of this work in 2019, when we had our first conference and launched the Creating a Resilient Community Network (CRCN), we have been able to reach and educate over 600 people through film screenings, over 880 people through our Why PACEs Matter Workshop, and we've had over 300 members join our Community Common Read. In addition, the network itself now has over 380 members, representing over 200 local organizations. Our movement is certainly picking up momentum locally, and we are moving towards our goal of becoming a more resilient, trauma-informed central Florida. Locally, we also have witnessed many changes that bring hope to our cause. Many leaders have embraced this work, and are finding ways within their sectors to incorporate more trauma-informed practices.

**600 +**

People educated through  
film screenings

**300 +**

Members in the  
Community Common Read

**380 +**

Members in the  
CRC Network

**880 +**

Educated through  
Why PACEs Matter Workshop

**200 +**

Local Organizations  
Represented in CRC Network

Overall, **98%** of survey respondents stated that the **conference met their expectations**. To understand how this year's conference fits in with our previous annual conferences, we have outlined the general conference goals on page 5. Outcomes of this year's conference, based on the general goals are also listed.

The conference was a successful community convening filled with learning, connection, and celebrating the CRC Network's achievements over the previous year. There is much work to be done in the coming year and PJI is grateful to our partner and financial sponsors who have contributed to our new **collective funding collaborative model**. To learn more about this model, refer to page 10. In essence, we have asked our conference sponsors to go beyond sponsoring a single event, and instead put forth a contribution that will allow our team and the network to **make this work sustainable** by funding the full body of work that continues throughout the year.

This past year in particular has highlighted the importance of the work we are doing with the CRC Network. We have witnessed so much suffering regionally, nationally and internationally, with a mental health crisis coming out of the COVID global pandemic, increased community violence, racialized conflict, war, the climate crisis, rising inflation resulting in even greater economic disparities across communities, and continued barriers to gender equality. All of these interrelated challenges are emblematic of the larger need to address traumas that result from and are exacerbated by systemic problems in our communities. These challenges affect us all and highlight our **interconnectedness** and **shared vulnerability**. We also know that these disruptions disproportionately affect marginalized sectors of society, including women, the economically disadvantaged, and people of color. The Peace and Justice Institute, through the CRC Network, seeks to address many of the above social and psychological concerns of our community in order to build a **culture of peace**. Our local work also fits within the framework of the international Sustainable Development Goal's 3 (good health and wellbeing) and 16 (peace, justice, and strong institutions).

We look forward to continuing to work with community partners to become a **resilient trauma-informed Central Florida**. Thank you for committing your time to be a part of this collective journey of healing, loving and being part of the shift - a movement that does not stop at the conference, but **continues 365 days per year**.

Sincerely,



**Rachel Allen**  
Director, Peace and Justice Institute  
Valencia College



**Sofiya Asedrem**  
Implementation Coordinator  
Peace and Justice Institute, Valencia College

# CONFERENCE GOALS & 2022 OUTCOMES

Goals of the Annual CRC Conference mirror those of the CRC Network.

## 01 **CREATE SHARED UNDERSTANDING ABOUT THE SCIENCE OF POSITIVE AND ADVERSE CHILDHOOD EXPERIENCES AND INTERVENTIONS FOR HEALING**

This year's conference keynote introduced 3 new concepts (salutogenesis, syndemics, systems thinking) related to ACEs to create shared understanding and language around the paradigm shift needed to achieve individual and collective change and healing.

## 02 **EXPAND THE CRC NETWORK'S SECTOR REPRESENTATION, ACCOUNTABILITY & COMMUNITY LEADERSHIP**

30+ new members joined the CRC Network following the conference and one new sector chair representing business was identified as a result of the conference.

## 03 **LEARN, COLLABORATE & DEEPEN CONNECTIONS AS A COMMUNITY NETWORK**

During day one, conference attendees had the opportunity to spend time in breakouts learning, collaborating, and deepening connections with other central Floridians as we delved into the topic of PACEs. On both days one and two, participants had the opportunity (via testimonials, group dialogue, and workshops) to learn about models and best practices from community leaders and organizations within our community.

## 04 **LEVERAGE OUR IMPACT THROUGH RESEARCH, DATA, POLICY & ADVOCACY**

On day two, our community partners offered workshops focused on furthering our impact through research and data. The first was titled *Leveraging PACEs Connection to Build Relationships, Partnerships, and Success in Your Community*. This workshop outlined ways our community can become a member of the PACEs Connection Coop and utilize the Milestones tracker to measure the progress of organizations in our community in becoming trauma-informed. The second, titled *I Sent Out a Survey, Now What?* and outlined how organizations can effectively collect and assess data as well as make data-driven decisions to reach organizational objectives.

# GENERAL EVENT DETAILS

## **Tickets**

Early Bird - \$75

General Registration - \$100

## **Discounts**

PJI Advisory Council - 25% off

CRC Network - 25% off

Conference Planning Team - 50% off

Half Scholarship - 50% off

Student Scholarship - 75% off

Group Rate (10+ individuals) - 10% off

**Keynote Speaker:** Dr. Asim Jani

**Moderators:** Rachel Allen, Dr. Candice Jones

**Convener:** Peace and Justice Institute at Valencia College

**Key Organizers:** Rachel Allen, Sofiya Asedrem

(with support from the PJI team, and the Conference Planning Team)

**Partner:** Early Learning Coalition of Orange County

**Sponsors (financial):** Central Florida Foundation, City of Orlando, Florida Blue, Foundation for a Healthier West Orange, JP Morgan Chase & Co., Orlando Health

**Sponsors (in-kind):** Children's Advocacy Center, Devereux Advanced Behavioral Health, University Behavioral Center

**Workshop Presenters:** 38 in total

(Presenters were required to submit a workshop proposal. Proposals were reviewed and selected by a committee of 8 members from the conference planning team).

**Performers/ Mindfulness Practice Leads:** 3

**Official Continuing Education Certifications Offered:**

Certificates of Attendance - 26

Continuing Education Units - 15

(for the following clinical licenses: Florida Board of Clinical Social Work, Florida Board of Marriage and Family Therapy, Florida Board of Mental Health Counseling, Florida Board of Nursing, Florida Board of Psychology and School Psychology)

Professional Development Points - 6

(for Orange County Public Schools Staff and Teachers)





# WHO ATTENDED?

**192**

**PARTICIPANTS**

**17**

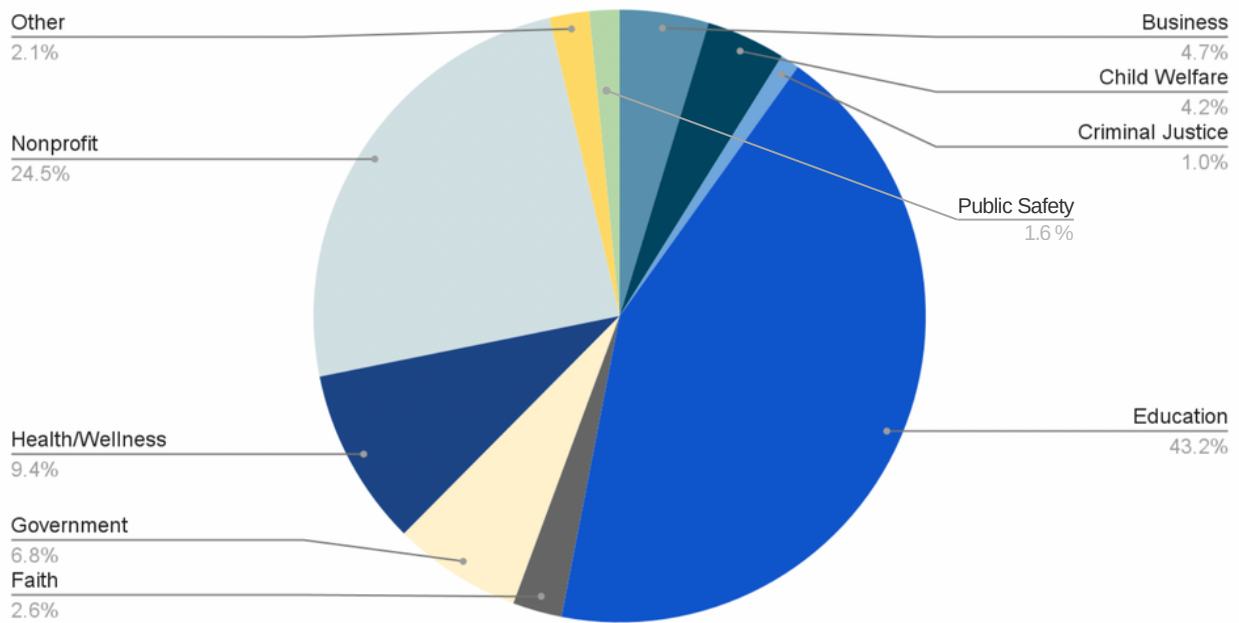
**SCHOLARSHIP ATTENDEES**

**87**

**ORGANIZATIONS REPRESENTED**

## Sectoral Representation

(Based on Eventbrite Registration)





## EXPENSES

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### OPERATIONAL & STAFFING EXPENSES

PJI/Valencia Admin Fee	\$3,200
Conference Coordinator	\$7,200
Support Staff	\$1,300

### MARKETING

WMFE Advertisement	\$1,000
Graphic Design	\$2,400
Post Conference Video Editing	\$2,250

### SPEAKERS/PRESENTERS

Keynote (including 2 post conference workshops)	\$8,000
Vocal Performer	\$100
CFC Arts - Guided Acoustic Meditation	\$200

### TECHNOLOGY

Tech Support Team	\$400
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### SCHOLARSHIPS

Full, Half and Student Rate	\$1,200
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### OTHER

Books for Giveaway	\$170
Survey Gift Card Giveaway	\$75

<b>TOTAL</b>	<b>\$27,495</b>
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# FINANCIAL INFORMATION

**Note:** Due to this year's conference being held virtually, the cost was decreased substantially. Per the request of participants in the post-conference survey, we intend on going back to in-person for the 2023 conference. As such we anticipate atleast a 30% increase in cost.

# FINANCIAL INFORMATION

## REVENUE

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REGISTRATION **\$10,915**

SPONSORSHIPS **\$16,580**

*\*\* Conference expenses were funded by registration costs, and a portion of sponsorships received through the CRC collaborative funding model. Therefore, the sponsorship amount displayed above does not encompass the total level of funding contributed by our sponsors for the CRC Network. Refer to page 7 for the full list of our 2022 financial sponsors.*

## CRC COLLABORATIVE FUNDING MODEL

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The CRC Collaborative Funding Model is part of the Peace and Justice Institute's effort to move away from the traditional hierarchical model of sponsorship for the CRC Conference - instead honoring all levels of donation and viewing all partners and funders as part of a greater collaborative community, working together to achieve the CRC Network Horizon goal of creating a resilient and trauma-informed Central Florida.

CRC Network sponsors not only support the conference but their one year investment covers the full body of work (including conference expenses, books for the Common Read, film screenings, workshops and training offered throughout the year, guest speakers, and staffing/operational costs to manage the CRC Network year-round).

# PARTICIPANT FEEDBACK

"The conference was a great learning experience, and a way of showing people we can create a culture of health through both our personal journey and our community journey."

"Dr. Jani tied purpose and meaning to theory and practice. [He] inspired me and fueled me to continued action."

"Thank you for everything you did to make this come together. I think several participants left with a new hope and a glow."

"It was my first time attending; It's hard to pinpoint one [most valuable part of the conference]. I found every workshop to be most valuable. Thank you for the wonderful work you are doing in the community."

"The keynote speaker was extremely knowledge[able] and all of the presenters were wonderful."

"Material covered was conducive for beginners and experienced attendees."

"[The conference was] very well organized for both days."

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# AREAS FOR IMPROVEMENT

01

Multiple conference participants voiced that they would like to go back to in-person meetings.

02

Multiple conference participants expressed that there should be more support for workshop presenters in the future.

03

Multiple conference participants suggested that during future sector sessions, it would be better for participants to be able to hear from all sector chairs in order to gain an understanding of the intersectionality between sectors (instead of selecting only one breakout to attend).

04

Conference attendees expressed that in the future, PJI should consider a small group rate, especially to make the conference affordable for newer or low resourced organizations.

# APPENDIX

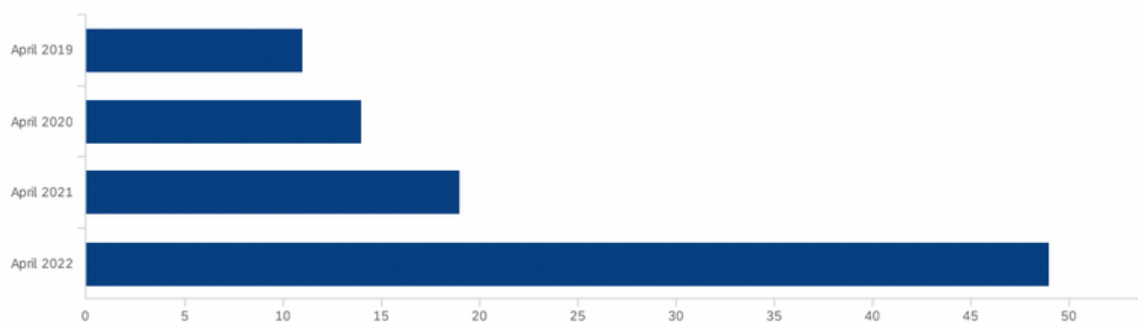
## Creating a Resilient Community: From Trauma to Healing Post-Conference Survey Results

Recorded Responses: 60  
Conducted in Qualtrics

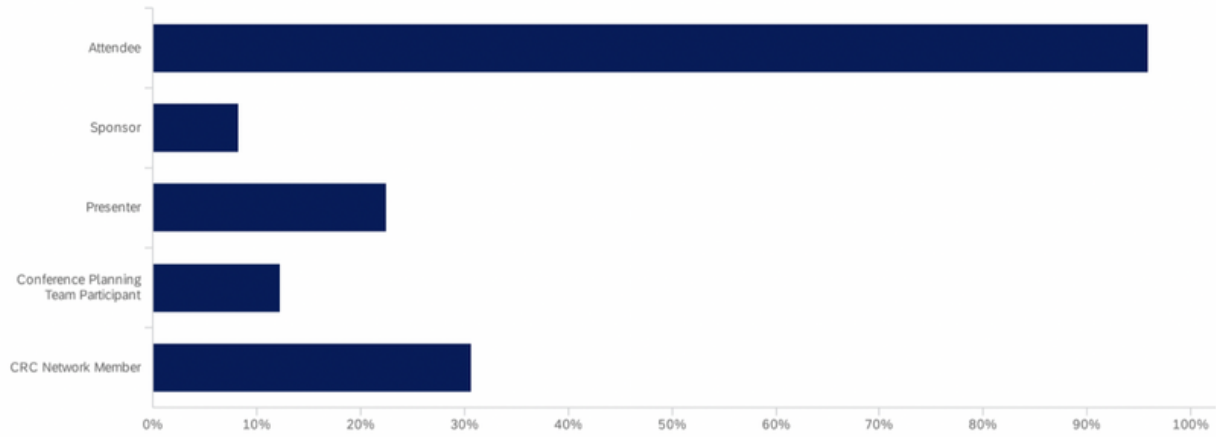
Q1 - Which of the following Creating a Resilient Community: From Trauma to Healing conferences have you attended? Choose all that apply.

#	Field	Percentage
		93
7	April 2022	52.69%
6	April 2021	20.43%
5	April 2020	15.05%
4	April 2019	11.83%

Showing rows 1 - 5 of 5



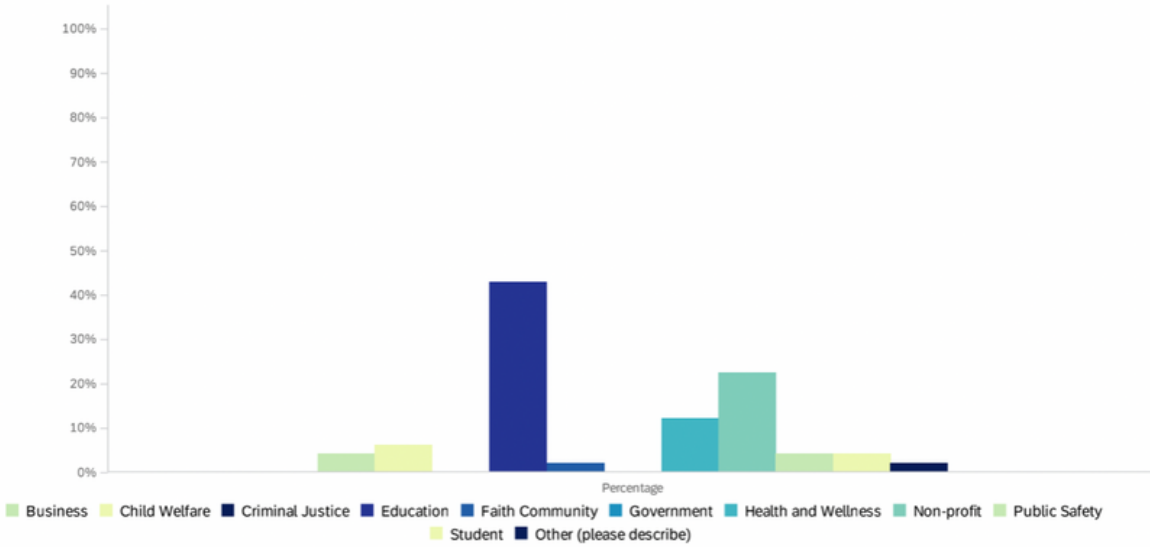
Q2 - Please let us know your conference participation. Choose all that apply.



#	Field	Choice Count
1	Attendee	56.63% 47
2	Sponsor	4.82% 4
3	Presenter	13.25% 11
4	Conference Planning Team Participant	7.23% 6
5	CRC Network Member	18.07% 15
		83

Showing rows 1 - 6 of 6

### Q3 - With which sector do you primarily identify?



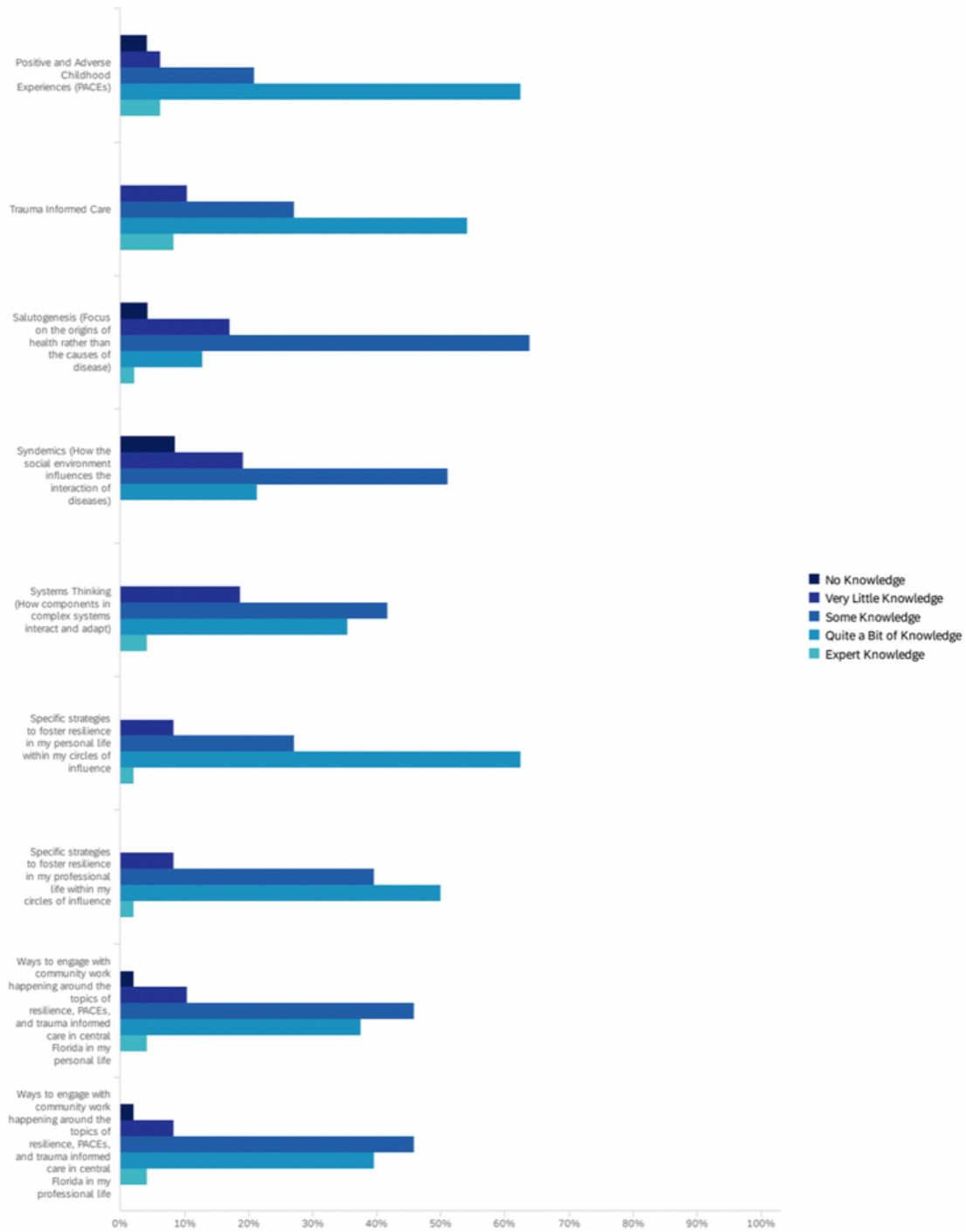
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	With which sector do you primarily identify? - Selected Choice	1.00	11.00	5.63	2.48	6.15	49

#	Field	Choice Count
1	Business	4.08% 2
2	Child Welfare	6.12% 3
3	Criminal Justice	0.00% 0
4	Education	42.86% 21
5	Faith Community	2.04% 1
6	Government	0.00% 0
7	Health and Wellness	12.24% 6
8	Non-profit	22.45% 11
9	Public Safety	4.08% 2
10	Student	4.08% 2
11	Other (please describe)	2.04% 1
		49

Showing rows 1 - 12 of 12

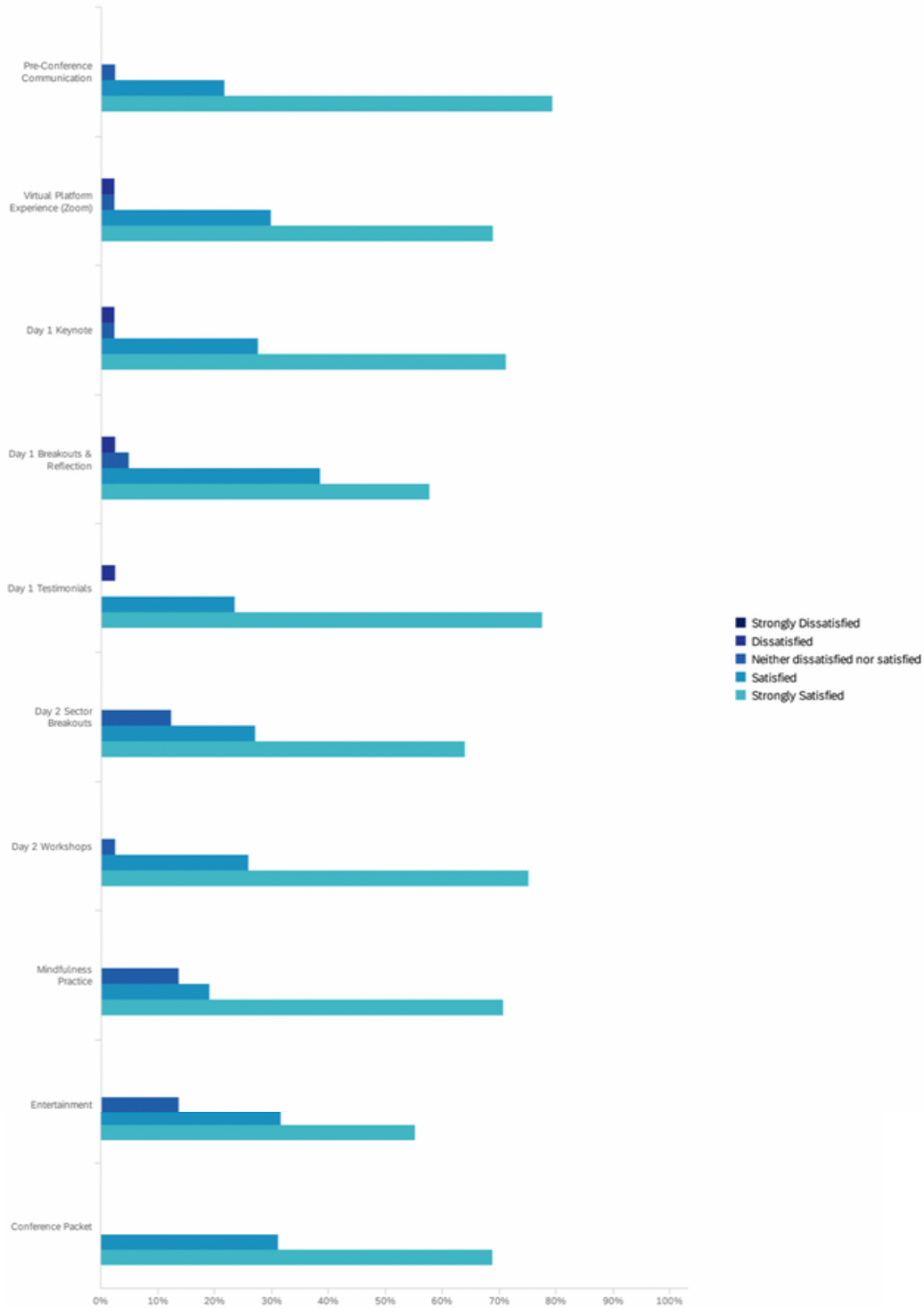


Q4 - For the following areas, please consider your current level of knowledge.



Q5 - For the following conference elements, please consider your level of satisfaction. If

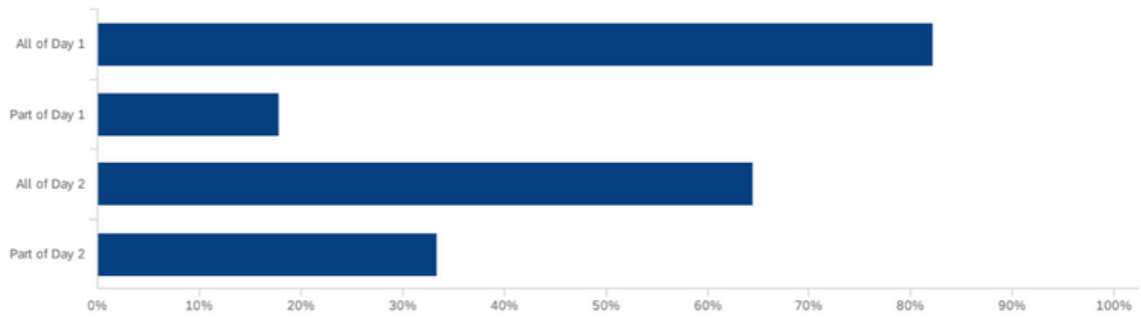
you did not experience an element, please select N/A.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Pre-Conference Communication	3.00	17.00	16.47	2.12	4.48	43
2	Virtual Platform Experience (Zoom)	2.00	17.00	16.07	2.96	8.77	45
3	Day 1 Keynote	2.00	17.00	16.09	2.97	8.79	45
4	Day 1 Breakouts & Reflection	2.00	17.00	15.63	3.58	12.84	43
5	Day 1 Testimonials	2.00	17.00	16.43	2.24	5.02	44
6	Day 2 Sector Breakouts	3.00	17.00	15.07	4.46	19.88	42
7	Day 2 Workshops	3.00	17.00	16.43	2.09	4.38	44
8	Mindfulness Practice	3.00	17.00	14.97	4.68	21.87	38
9	Entertainment	3.00	17.00	14.84	4.63	21.45	38
10	Conference Packet	16.00	17.00	16.69	0.46	0.21	45

#	Field	Strongly Dissatisfied	Dissatisfied	Neither dissatisfied nor satisfied	Satisfied	Strongly Satisfied	Total
1	Pre-Conference Communication	0.00% 0	0.00% 0	2.33% 1	20.93% 9	76.74% 33	43
2	Virtual Platform Experience (Zoom)	0.00% 0	2.22% 1	2.22% 1	28.89% 13	66.67% 30	45
3	Day 1 Keynote	0.00% 0	2.22% 1	2.22% 1	26.67% 12	68.89% 31	45
4	Day 1 Breakouts & Reflection	0.00% 0	2.33% 1	4.65% 2	37.21% 16	55.81% 24	43
5	Day 1 Testimonials	0.00% 0	2.27% 1	0.00% 0	22.73% 10	75.00% 33	44
6	Day 2 Sector Breakouts	0.00% 0	0.00% 0	11.90% 5	26.19% 11	61.90% 26	42
7	Day 2 Workshops	0.00% 0	0.00% 0	2.27% 1	25.00% 11	72.73% 32	44
8	Mindfulness Practice	0.00% 0	0.00% 0	13.16% 5	18.42% 7	68.42% 26	38
9	Entertainment	0.00% 0	0.00% 0	13.16% 5	31.58% 12	55.26% 21	38
10	Conference Packet	0.00% 0	0.00% 0	0.00% 0	31.11% 14	68.89% 31	45

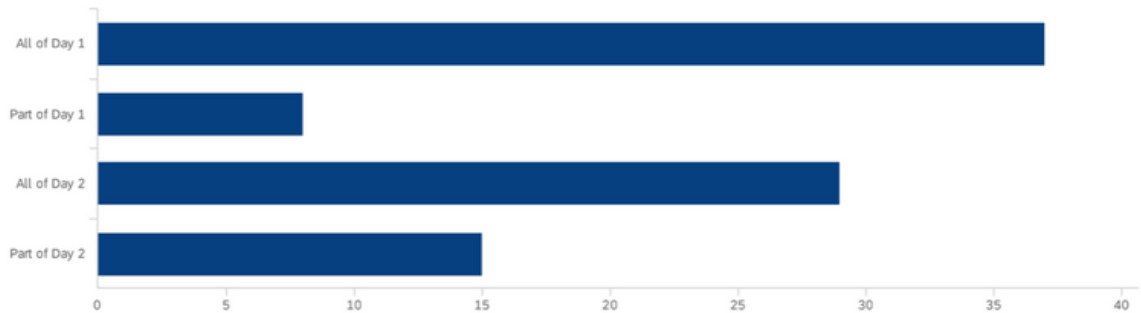
### Q6 - Which days of the conference did you attend?



#	Field	Choice Count
1	All of Day 1	41.57% 37
2	Part of Day 1	8.99% 8
3	All of Day 2	32.58% 29
4	Part of Day 2	16.85% 15

89

Showing rows 1 - 5 of 5



## Q7 - If you did not attend the entire conference, please share why.

If you did not attend the entire conference, please share why.

I had Grad Finale assignment so I could not do the wrap up.

Work meeting conflict during day 2

Other time sensitive meetings

Scheduling conflicts

n/a

Timing conflict

Obligations at work

Had to go before end of day 2

The wifi went out at my work location so I was unable to attend the end of day 1

SCHEDULE DEMANDS

Internet issues

Other appointment that I could not reschedule. Plan to watch video when available.

Missed the last 20 minutes of day 1 to drive to a meeting that should have been an email

I have a weekly yoga practice on Thursday's that took priority

I had a few conference conflicts on day one.

I missed 1 hour due to Clinical Supervision, but rejoined immediately thereafter. Thankful this was on Zoom, otherwise I would have missed soooooo much!

Prior commitments

First day

I had Grad Finale assignment so I could not do the wrap up.

Work meeting conflict during day 2

If you did not attend the entire conference, please share why.

Other time sensitive meetings

Scheduling conflicts

n/a

Timing conflict

Obligations at work

Had to go before end of day 2

The wifi went out at my work location so I was unable to attend the end of day 1

SCHEDULE DEMANDS

Internet issues

Other appointment that I could not reschedule. Plan to watch video when available.

Missed the last 20 minutes of day 1 to drive to a meeting that should have been an email

I have a weekly yoga practice on Thursday's that took priority

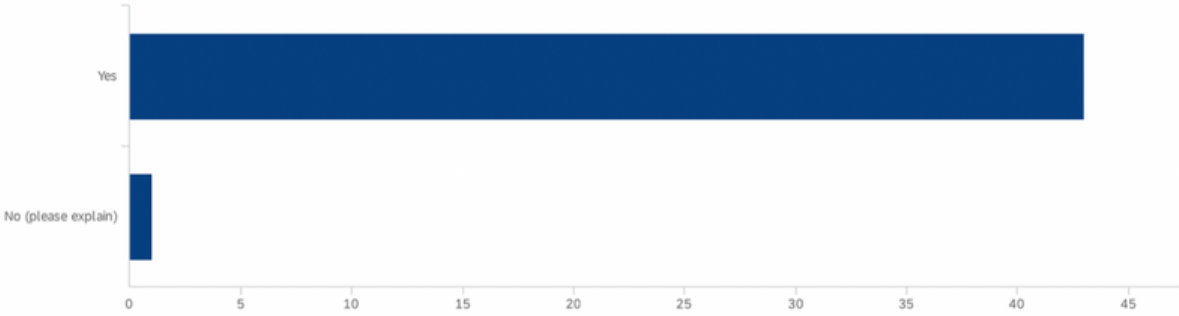
I had a few conference conflicts on day one.

I missed 1 hour due to Clinical Supervision, but rejoined immediately thereafter. Thankful this was on Zoom, otherwise I would have missed soooooo much!

Prior commitments

First day

Q8 - Overall, did the conference meet your expectations?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Overall, did the conference meet your expectations? - Selected Choice	1.00	2.00	1.02	0.15	0.02	44

#	Field	Choice Count
1	Yes	97.73% 43
2	No (please explain)	2.27% 1

44

Showing rows 1 - 3 of 3

Q8\_2\_TEXT - No (please explain)

No (please explain)

While I enjoyed the conference overall and did learn a lot in regards to ACEs & PACEs, I feel that the breakouts/workshops I attended focused more on classroom settings. I am not a teacher, so I felt as though I couldn't relate as much or carry some of the suggestions over to my field of work. BUT I do recognize that this could have been my fault since I chose the workshops/breakout room to attend on DAY 2.



Q9 - Please detail any part(s) of the conference that might need improvement (i.e.

specific topics chosen or method of delivery).

Please detail any part(s) of the conference that might need improvement (i....

I thought the conference was excellent. I am just waiting for the energy that a face to face conference would have.

Maybe some of the presentations. Some were great and just one maybe not so great too work specific not as relevant to the conference I thought.

None, I am really looking forward to attending next year and with all well, in person!

Would be nice to identify workshops by Clinician/Teachers, Self Healing, Administrators, Funders, Board Members -

The testimonials are uncomfortable for some people and it felt like you had to do it.

Probably not best to turn peoples cameras on automatically, would prefer more practical application workshops

Everything was amazing. I really enjoyed the entire conference.

More health related topics

I would really like to hear more from experienced experts in the field.

Sometimes technology isn't our friend but that is out of our control.

In person

Helpful to have slides that just detail what is being said, I realized I am out of practice for looking at presentations and listening. I am so eager for the recordings, so I can go back and catch what I missed. Also, I preferred the simplicity of the WebEx platform when it was utilized (if you can share slides there).

There were some times that we needed some soft gentle music in the background so people were aware that we were still there, and maybe a slide that says we are journaling, we are on a break, or ....

Tech help for presenters

The entire conference was awesome.

The Hopin platform was wonderful last year, Zoom wasn't as exciting.

The links to get into workshops

Everything was super

Q10 - Please detail any part(s) of the conference that you found most valuable (i.e. specific workshop or specific speaker).

Please detail any part(s) of the conference that you found most valuable (i...

ALL

Dr. Jani was helpful with his honesty and open sharing in his personal connection and understanding of early childhood stress. He was easy to listen to and pleasant.

It has as my first time attending; It's hard to pinpoint one. I found every workshop to be most valuable. Thank you for the wonderful work you are doing in the community.

The key note speaker was extremely knowledgeable and all of the presenters were wonderful.

Small group conversations

Pace Center

I loved day 2 workshops!

Topic areas related to education.

The breakout sessions

key note speaker

the keynote speaker

Love is Love workshop!

Dr Asim Jani, sector reports, Friday workshop on compassion resilience.

Rachel, Dr Jones, and Mr Kirkpatrick were all phenomenal. Such kindness and brilliant insight was shared.

I did not read the packet for day 2 until the last minute and missed that the 2 hour I wanted to go to was at the same time as a one hour I was already in. My issue. So glad we are able to see the videos after. I loved Dr. Jani's presentations and the panels on day one. I learned a lot about programs I just knew the names of in day 2.

Dr. Jani tied purpose and meaning to theory and practice. Inspired me and fueled me to continued action.

All of it!

why PACES matter

It was overall a great conference- brought up topics related to students I'm currently working with so it was helpful to remind myself of the stressors and factors that they may be experiencing

Please detail any part(s) of the conference that you found most valuable (i...

Breakout sessions we fantastic.

Dr Jani and Dr Candace were the highlight for me. Both very knowledgeable.

The stories and activities

Sharing experiences and networking

Q11 - Please detail any other suggestions or recommendations for next year's conference.

Please detail any other suggestions or recommendations for next year's conf...

Keep having great Keynote speakers.

I would love to see more of the presentations.

Let it be face to face ☺

If possible, I'd be interested to meet in person next year :)

I look forward to next year's conference. I hope its face-to-face.

Hopefully it will be in person

Include a vocalist to sing a song

If allowed I hope every year you will make it possible to view all the sessions after the conference because there is so much valuable information covered. Also when we are also writing during a break, maybe it could be 20minutes.

I am eager for our new book study and conference planning 2023! Maybe we need "Ask me about PACES" buttons and computer site stickers for next year. Can the team do a presentation on WMFE and other stations/channels , maybe before showings of Resilience? Thank you for everything you did to make this come together. I think several participants left with a new hope and a glow.

Hopefully, in-person

Let's do it again but in person LOL

Allow for more time during breakout sessions.

Take less time in a day and maybe more days

Half day conferences are better when they are virtual - full days are hard to commit to behind a computer

Less time in a day and more days

End of Report