

20
23

5th Annual Conference



Moving Toward a Transformative Approach: From Punishment to True Discipline

May 11-12 | Winter Park, FL



Welcome

Thank you for joining us for the 5th Annual Resilience Conference. Since 2019, we have come together from all walks of life for a common vision to become a resilient, trauma-informed Central Florida. We know that the only way to achieve the paradigm shift toward healing, resilience, and love is for individuals like ourselves to come to the table willing to do the work, taking the personal journey to healing our own lives and learning how to live in a way that nurtures health, growth, and possibilities in ourselves and others. It will take cross-sectoral, holistic and interdisciplinary approaches to create healing in our community, and we thank you for being a part of this movement.

We are thrilled to be back together in person for this conference. Imagine hundreds of people coming together to align in a shared vision. To do the work to shift our consciousness so that in all of our affairs, at home, in the community, and in our work environment, we pause and act in alignment with trauma-informed, healing consciousness. Imagine the ripple effect of so many individuals working together toward this common vision. And imagine what can happen when we begin to turn to one another for help, guidance, and mutual support along the way.

The concerns and issues we face individually and as a community often feel overwhelming and intractable. How will we solve them? Thinking, working, and coming together we will be able to solve the concerns we have for our children, our families, and for one another. At PJI and through the Resilience Network, we maintain hope and believe that our collective work can inspire a community of healing, resilience, and care.

This year, day one will focus on a paradigm-shift - from punishment to true discipline - and we will learn about the strides our criminal justice, public safety, mental health, and educational sectors are taking in our community in their efforts to create systems that support mental health, prevent trauma, restore, heal, and transform. We will hear from Florida leaders including the honorable Judge Leifman, Retired Judge the honorable Bob LeBlanc, State Attorney Monique Worell, Undersheriff Mark Canty, Public Defender Bob Welsey, and local non-profit leaders and youth. We will also have a keynote from author and educator Dr. Lori Desautels who has published books including *Connections Over Compliance: Rewiring Our Perceptions of Discipline* and *Intentional Neuroplasticity: Moving Our Nervous Systems and Educational System Toward Post-Traumatic Growth*.

Day two of the conference offers two tracks including 1) an opportunity for a full day workshop with Dr. Desautels, or 2) an opportunity to attend a few out of twelve diverse workshops presented by our colleagues that demonstrate what trauma-informed, healing-centered work looks like in action.

Thank you for being here. As author Anne Lamott shares: “We are not here to see through each other, but to see one another through.” We are grateful for you and hope you enjoy the conference.

Sincerely,



Rachel Allen
Executive Director
Peace and Justice Institute



Sofiya Asedrem
Community Manager, Resilience Network
Peace and Justice Institute



All People. All Voices. All Matter.

Table of Contents

Emotional Support During the Conference	1
Partners and Sponsors	2
Conference Overview	3
Conference Program - Day 1	4
Conference Moderators	6
Presenter Showcase - Day 1	7
Conference Program - Day 2	13
Information on Full Day Workshop with Dr. Desautels - Day 2	20
Presenter Showcase - Day 2	21
Certificates of Attendance and CEUs	27
Professional Development Points (Orange County)	28
Professional Development Points (Seminole County)	29
Thank You's	30
Post Conference Survey	33
Join the Resilience Network	34
Join the Common Read	35
Join Our Digital Platform	36
Book a Workshop or Film Screening for Your Agency	37
Resource: 3 Realms of ACEs	38
Resource: The Prescription for Healing Toxic Stress	39
Resource: HOPE Framework	40
Resource: Strengthening Families 5 Protective Factors	41
Mindfulness Resources	42
2023 Teacher's Academy	43
PJI Summer Retreat	44

Emotional Support

As we learn about Adverse Childhood Experiences (ACEs), this awareness may elicit an emotional response. In an effort to support our conference participants, we have arranged for support if needed. Special thanks to the Devereux mental health clinicians for being available in support of our conference attendees.

For immediate crisis support during the conference, please text “SUPPORT” to 407-720-0281 and you will be connected with a Devereux Mobile Crisis Clinician.

Clinicians can respond via phone or video conference by Teams. This service is free and confidential to all conference participants.



Partners and Sponsors

This work is not possible without the contributions of our partners and sponsors. Thank you to our 2023 partners and sponsors for their continued commitment and support!



ORANGE COUNTY SHERIFF'S OFFICE



Conference Overview

Since 2019, the Resilience Conference has convened annually with the following goals in mind:

1. Create Shared Understanding about the Science of Positive and Adverse Childhood Experiences and Interventions for Healing
2. Expand the CRC Network's Sector Representation, Accountability, & Community Leadership
3. Learn, Collaborate, & Deepen Connections as a Community Network
4. Leverage Our Impact Through Research, Data, Policy, & Advocacy

This year's theme:

The 5th Annual Resilience Conference focuses on the strides our criminal justice, public safety, mental health, and educational sectors are making to move from punishing individuals towards true discipline. Participants will hear from national experts, and local change makers on their efforts to create systems that prevent trauma, restore, heal, and transform. Join us to envision the community in which we all want to live!

Day 1 - Moving towards a Transformative Approach: From Punishment to True Discipline | May 11, 2023 - 8:15 am - 4 pm

On the first day of the conference, participants will hear from a dynamic panel of speakers, including national experts and local changemakers, to address how we can move toward community approaches centered on accountability, connection and healing.

Day 2 - Local Voices: Change in Central Florida | May 12, 2023 - 9 am - 2:30 pm

Day two offers two concurrent tracks:

- 1) How Our Brains Learn: A Journey Through Development, Adversity, Trauma and Resiliency, an all-day track for educators and
- 2) Local Voices: Change in Central Florida, one-hour to two-hour workshops for all sectors.

Conference Program - Day 1

Thursday, May 11, 2023 - 8:15 am - 4:00 pm

- 8:15 **Registration and coffee**
- 9:00 **Opening Ceremony**
Welcome
Rachel Allen, Director, Peace and Justice Institute
Kevlon Kirkpatrick, (Ret.) Master Police Officer
Jerry Demings, Mayor of Orange County
Sofiya Asedrem, Community Manager, Resilience Network, PJI
- 9:30 **Keynote: Mental Health and the Criminal Justice System**
Honorable Judge Steven Leifman, 11th Circuit, FL
Introduction by Honorable Judge Alicia Latimore, 9th Circuit, FL
- 9:50 **From Punishment to Discipline: Framing a New Way of Being**
Moderator: Honorable Retired Judge Bob LeBlanc
Panelists:
Honorable Judge Steven Leifman, 11th Circuit, FL
Undersheriff Mark Canty, Orange County Florida
Honorable Monique Worrell, State Attorney, 9th Circuit, FL
Bob Wesley, Esq. Public Defender, 9th Circuit, FL
- 10:35 **Mindfulness Practice - Embodiology**
Smruti Jani, Embodiology Practitioner
- 10:45 **Break**
- 10:55 **Prevention and Restoration: Credible Messengers Panel**
Panelists:
Ruben Saldana, Nuriyah Shabazz, & Catherine Jones, Ru Camp & Credible Messengers, Orange County
Moderators: Rachel Allen and Kevlon Kirkpatrick
- 11:25 **Integration of Knowledge: Table Talks**
- 12:00 **Lunch**

Conference Program - Day 1

- 12:30 **Keynote: Our Journey Through the Developing Nervous System As We Rewire Our Perceptions of Discipline**
Dr. Lori Desautels, Assistant Professor, Butler University & Author
Introduction by Kevlon Kirkpatrick, (Ret.) Master Police Officer
- 1:30 **Featured Best Practice Programs**
-Lift Your Gaze, Kim M. Clark, CEO and Founder, Author
-Infinite Zion Farms, Raymond Warthen, 5th Generation Farmer, Co-founder and President
-Vocational Rehabilitation, Tremayne Simpkins M.S., Unit Supervisor Florida Department of Education & Jesse Riddle, M.S., Transition Services Administrator, Department of Education
-Parramore Kidz Zone, Lisa Early, Director of Families, Parks and Recreation and Children and Education, City of Orlando and Brenda March, PKZ Children and Education Manager, City of Orlando
Moderator: Dr. Lua Hancock
- 2:15 **Break**
- 2:30 **Integration of Knowledge: Table Talks**
- 3:00 **Closing Remarks**
Closing Song, Maria Bryant & Ezra Henry
- 3:30 **“Cookies and Connection”**
- 4:00 **Close of Day I**



Conference Moderators



Rachel Allen is a life-long educator, national speaker, writer, and peace and justice practitioner. For the past fifteen years she has founded and directed the work of the Peace and Justice Institute, named one of the 101 things to love about Central Florida by the Orlando Sentinel and winner of the Orlando Business Journal’s Diversity in Business Awards in 2022. In 2018 she was invited to speak at a special session at the United Nations to share a credible pathway to the culture of peace and was noted as Social

Justice Game Changer by the Orlando Magic. PJI’s work to create a resilient Central Florida was recognized by the Office of the Governor and in 2021 and Orlando Mayor Buddy Dyer awarded PJI his Community Builder Award in 2021.

Allen serves on numerous local and national advisory boards and task forces and is a proud parent of two teenagers. She lives in Maitland, Florida.



Kevlon H. Kirkpatrick has over twenty three years of experience working as a Law Enforcement Officer. He is a member of The Creating a Resilient Community Network (CRC) and holds a Bachelor of Science degree in Finance from the College of Staten Island. He is certified by the Office of the Attorney General as a Florida Crime Prevention Practitioner, a Florida Crime Prevention Through Environmental Design Practitioner (CPTED), a School Resource Officer

(SRO) and Convenience Business Inspector. The Valencia College Criminal Justice Institute has also certified him as a Physical Fitness Trainer, a General Instructor and a Defensive Tactics Instructor. He is also a certified Racial Intelligence Training and Engagement (R.I.T.E.) Instructor. Kevlon has completed the Peace and Justice Institute (PJI) Facilitation Training Level 1 Qualification course.

Kevlon has instructed for Business & Legal Resources (BLR). He has facilitated for the Florida Crime Prevention Training Institute (FCPTI) and several of the National Conference on Preventing Crime events.

Kevlon is committed to collaborating with community stakeholders. He is passionate about nurturing environments focused on inclusiveness, equity and respect for all.

Presenter Showcase - Day 1



Judge Steve Leifman is an Associate Administrative Judge of the Miami-Dade County Court. He previously served as Special Advisor on Criminal Justice and Mental Health for the Supreme Court of Florida and currently chairs the Florida Supreme Courts' Steering Committee on Problem Solving Courts.

Judge Leifman is the co-chair of the American Bar Association Criminal Justice Mental Health

Committee and co-chair of the Judges and Psychiatrists Leadership Initiative. He serves on the Florida Drug Policy Advisory Council and The National Institute on Drug Addiction's (NIDA) Justice Community Opioid Innovation Network. Judge Leifman is a member of the Group for the Advancement of Psychiatry (GAP), a Lecturer in Psychiatry at Columbia University Vagelos College of Physicians and Surgeons and a Voluntary Assistant Professor of Psychiatry and Behavioral Sciences at the University of Miami School of Medicine. Judge Leifman was appointed to serve on the Conference of Chief Justices and Conference of State Court Administrators National Judicial Task Force to Examine State Courts' Response to Mental Illness and the Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC) established by the 21st Century Cures Act.

In 2015, Judge Leifman received the William H. Rehnquist Award for Judicial Excellence. One of the nation's highest judicial honors presented by Chief Justice John G. Roberts Jr., the Rehnquist Award is presented annually to a state court judge who exemplifies judicial excellence, integrity, fairness, and professional ethics. Judge Leifman is also the first recipient to receive the Florida Supreme Court Chief Justice Award for Judicial Excellence (2015). He was named a 2016 Governing Magazine Public Official of the Year. More recently, Judge Leifman was awarded the 2020 Dade County Bar Association (DCBA) David W. Dyer Professionalism Award, the 2018 Pardes Humanitarian Prize in Mental Health, the 2019 Yale-NAMI Mental Health Advocacy Award and a 2019 Presidential Commendation by the American Psychiatric Association.

Judge Leifman has been featured in many national and local television programs, radio programs, and articles regarding mental health and the criminal justice system. Judge Leifman is the subject of the Documentary, The Definition of Insanity which aired nationally on PBS on April 14, 2020. His most recent co-authored article on mental health and criminal justice was published in The Atlantic on May 30, 2022. Doifilm.com

Presenter Showcase - Day 1



Dr. Lori Desautels, has been an Assistant Professor at Butler University since 2016 where she teaches both undergraduate and graduate programs in the College of Education. Lori was also an Assistant Professor at Marian University in Indianapolis for 8 years where she founded the Educational Neuroscience Symposium that has now reached thousands of educators and is in its 10th year. Lori's passion is engaging her students through the social and relational neurosciences as it

applies to education by integrating the Applied Educational Neuroscience framework, and its learning principles and practices into her coursework at Butler. The Applied Educational Neuroscience Certification, created by Lori in 2016, is specifically designed to meet the needs of educators, counselors, clinicians and administrators who work beside children and adolescents who have, and are, experiencing adversity and trauma. The certification is now global and has reached hundreds of educators.

Lori's articles are published in Edutopia, Brain Bulletin, and Mind Body Spirit international magazine. She was also published in the Brain Research Journal for her work in the fifth-grade classrooms during a course release position with Washington Township Schools. Lori continues her work co-teaching in the K-12 schools integrating her applied research into classroom procedures and transitions preparing the nervous system for learning and felt safety. Lori is the author of 4 books. Her most recent book, *Connections over Compliance: Rewiring our Perceptions of Discipline* was released in late 2020. Her new book will be published in January, 2023 entitled, "Intentional Neuroplasticity, Our Educational Journey Towards Post Traumatic Growth."

Lori has met with well over 100 school districts across the country, in Canada, Costa Rica, Australia, Scotland, England and Dubai equating to more than 100,000 educators with much more work to be done!

Presenter Showcase - Day 1



Bob LeBlanc graduated with honors from St. John's Preparatory School, a Catholic boarding school in Boston, Massachusetts in 1975. He attended Bradford College in Boston, graduating with an honors degree in Political Philosophy in 1980. During his junior year, he did a year abroad at the American University of Paris. Thereafter, he undertook graduate studies in political philosophy at McGill University in Montreal, Quebec, but left to pursue a law degree... He graduated from the University of Miami School of Law in 1989.

He interned with the Public Defender's Office in Orlando and the American Stock Exchange in New York during summer breaks from law school and worked two years as an assistant public defender. He was in private practice for 15 years handling criminal defense cases. He established his own firm, LeBlanc & Iennaco, in 1996 with partner Frank Iennaco. He was elected circuit court judge for the Ninth Circuit in 2006, and was re-elected in 2012 and 2018. He presided over family, civil, domestic violence and circuit criminal divisions for 15 years. He was awarded Barry Law School's Champion of Justice Award in 2012, The Florida Bar's Young Lawyers Division Outstanding Jurist of the Year in 2013, OCBA's Glazebrook Memorial Award in 2015, The Florida Bar's Standing Committee on Professionalism Hoeverler Judicial Professionalism Award in 2017 and The Paul C. Perkins Bar Association's Outstanding Jurist Award in 2017. Judge Bob LeBlanc retired in July of 2022.



Robert Wesley was elected Public Defender of the Ninth Judicial Circuit in November 2000. His entire professional career has been spent in the criminal justice system and he has practiced criminal defense law in Central Florida since 1984. Wesley worked as a parole officer before attending law school and holds a Masters Degree in Criminal Justice from Rollins College. He received his Juris Doctor from Florida State University, with Honors.

Capital case qualified under the Rules of the Florida Supreme Court; Life Member, NAACP; Previous Board Service includes, Central Florida Association of Criminal Defense Lawyers, Orlando Rotary Club; Central Florida Tiger Bay Club; NAACP Executive Council; Vestry, Emmanuel Episcopal Church; active in many local Bar Associations.

Presenter Showcase - Day 1



Monique H. Worrell is the State Attorney for the Ninth Judicial Circuit Court for the State of Florida. She was elected in November of 2020 and serves as the chief prosecutor. Monique is the second African American elected as State Attorney, and the first of Caribbean descent! Monique made Central Florida her home in 1996. After receiving her law degree from the University of Florida in 1999, she began her career as a Public Defender in Orange County, Florida. She then went

on to private practice where she continued to focus on Criminal Justice. Monique later became a clinical law professor at the University of Florida College of Law, where she trained law students who aspired to practice criminal law. Because of her passion for keeping youth out of the criminal justice system, Monique developed and implemented the Your Future, Your Choice program to teach youth their rights and responsibilities as citizens. Monique became a founding director of the University's Criminal Justice Center and developed a rigorous program that has produced many criminal law practitioners across the state of Florida. Monique left the University of Florida to become the founding director of the Conviction Integrity Unit in the State Attorney's Office in Orange County, Florida, where she led the investigation of claims for wrongful conviction. It was that experience that made her realize that change in the criminal legal system was critical and must come from within.

Monique is an accomplished criminal justice attorney, with experience as a leader, advocate, educator, and administrator. Prior to being elected as State Attorney, she served as Chief Legal Officer at a non-profit organization focused on criminal justice reform. Monique was elected to bring reform to a criminal legal system that is fundamentally flawed, in order to achieve equity and to move our system towards justice.

Presenter Showcase - Day 1



Undersheriff Mark Canty has deep roots in Orange County. He grew up in Pine Hills and after graduating from Northwestern University in 1994, he came home to Orlando, where working in a residential group home for the Urban League made him realize that a career in law enforcement was his calling. He was driven by a desire to make a bigger impact in his community and beyond, by making connections with young people before they were in trouble.

That led him to the Orlando Police Department where, over his 22-year career, he rose through the ranks and was appointed Deputy Chief in 2017. Throughout his career, Canty's devotion to improved community/police relations in his hometown has been his driving ideal. Canty's hallmark is leadership by example. That leadership was most in the spotlight in June 2016, when a gunman killed 49 people and injured scores more in an act of terror and hate at Pulse nightclub. As Commander of OPD's SWAT team, Canty directed team members while they rescued survivors and helped ensure no more innocent people were killed.

Over the years, Canty's community involvement strides have been just as important as those he has made in crime fighting. In March 2019, Sheriff John W. Mina appointed Canty as the Undersheriff of the Orange County Sheriff's Office. The Office of the Undersheriff provides direct managerial oversight over the Operational Services Bureau, Administrative Services Bureau, Fiscal Management Section, CFI/Criminal Intelligence Section, Professional Standards Section, Legal Services Section and Strategic Communications. Undersheriff Canty has the vision, skill and desire to further the excellence of this nationally accredited law enforcement agency.

Presenter Showcase - Day 1



Coach Ruben Saldana is the former Leader of what was once Miami & Orlando's biggest street gang. After serving 19 years in prison, starting at the age of 16, he created The Only youth crime prevention program in the world that trained kids in high-crime areas in Mixed Martial Arts, for free, outside, and they competed at the highest levels (to include Rome, Italy's Olympic Center's first Youth MMA World Championship, Africa, Amsterdam, etc.) with zero arrests under his watch over 9 years since creating Ru camp with hundreds of youth participants globally.

He is the founder of the Credible Messengers of Florida and the current Consultant to The Orange County Mayor's Citizen Safety Task Force. His current initiatives are #GlovesUpGunsDown & #WheelsDownGunsDown.



Catherine Jones serves as the Co-Director of Outreach & Partnership Development at the Campaign for the Fair Sentencing of Youth where she develops and implements a range of projects and initiatives, aimed at ensuring those returning from prison, particularly members of the Incarcerated Children's Advocacy Network, have meaningful opportunities to prosper and thrive. This includes fair chance hiring, systems change, and collecting and distributing concrete resources to CFSY's network of directly impacted and formerly incarcerated individuals.

Catherine is a seasoned and sought out public speaker and content expert on criminal justice reform. She presents nationally, and her story and expertise has been highlighted in numerous articles, podcasts and documentaries. Catherine herself is a formerly incarcerated youth and proud ICAN member. Incarcerated at the age of 13 for murder, she was released in 2015 at the age of 30. Her experiences as a child within the penal system sparked her passion to be a voice for those she left behind and for the ones who will come after her. When not wearing her advocacy cape, Catherine relishes her role as Mommy to her two beautiful children.



Nuriyah Shabazz Youth Advisory Board member for Credible Messengers of Florida

Conference Program - Day 2

Friday May 12, 2023 - 9:00 am - 2:30 pm

Schedule Overview

1 hr	2hr	full day			
Time	Workshops				
9 am - 10 am	The Faces of Change: The People & Organizations Leading By Example	Connect, Create, and Innovate! Embodiology®: Breath, Rhythm and Movement		Credible Messengers: When the Poison Becomes the Cure	How Our Brains Learn: A Journey Through Development, Adversity, Trauma, and Resiliency
10 am - 11 am	BREAK 10:00-10:15				
	Engage-Motivate-Change: A Strength-Based Approach to Intervention using the FFT Model		The Implicit Bias Conversation		
11 am - 12 pm	BREAK 11:15-11:30				
	The Evolution of the Behavioral Response Unit	Discipline takes Discipline: Strategies that Promote The Well Regulated Adult			
12 pm - 1 pm	LUNCH 12:30-1:30				
1 pm - 2 pm					
2 pm - 3 pm	Lift Your Gaze: Faith-Based Approach to Forgiving the Unforgivable		Empowering Youth Voice - UCF Center for Community Schools	Interpersonal Mindfulness: Receiving and Offering Attention	

Conference Program - Day 2

Friday May 12, 2023 - 9:00 AM - 2:30 PM

Morning Workshops & Descriptions

9:00 AM-10:00 AM

The Faces of Change: The People & Organizations Leading By Example

Facilitated by: Jeremy Hugley, Founder, Worthy of Belonging

Join me in a workshop that will showcase the inspiring individuals and organizations making a real difference in our communities through implementing trauma-informed practices. We'll explore how empathy and care, combined with trauma-informed approaches, lead to thriving communities and growing businesses. Get ready to learn from the best practices of companies and organizations, putting these principles into action.

From there, we'll discover how we can support these efforts and apply their lessons to our own endeavors. This workshop is not just about learning; it's about taking action. Let's be a part of the change and positively impact our communities. Join me, and let's make a difference!

Room
112

(1 hour)

9:00 AM-11:00 AM

Connect, Create, and Innovate! Embodiology®: Breath, Rhythm and Movement

Facilitated by: Smruti P. Jani, Embodiology® Practitioner Mathematician
Accompanied by: Mark DeMaio

Developed by Dr. S. Ama Wray, Embodiology® is a contemplative mind-body practice that originates from ancestral West African principles of human communication and performance practices. Its distinctive breath-informed, rhythmic movement and music concepts work on the individual and the group levels. It shows efficacy in elevating vitality, resilience, courage, connection, and empathy. Enter into a bountiful reflexive learning experience for all ages and all abilities. Increase your bodily and spatial awareness, kinesthetic connection with others, and neurobiological sensitivity. Get ready to vitalize your teaching, leadership, relationships, and communications style. Learn Embodiology's blueprint and emerge with transformative embodied knowledge to vitalize your well-being, creativity, innovation, awareness, and connection with others.

Room
115

(2 hours)

Conference Program - Day 2

Friday May 12, 2023 - 9:00 AM - 2:30 PM

9:00 AM-11:00 AM	
<p>Credible Messengers: When the Poison Becomes the Cure</p> <p>Facilitated by: Ruben Saldana, Credible Messengers of Florida Coach & Consultant, Credible Messengers of Florida; Catherine Jones; Co-Director of Outreach & Partnership Development at the Campaign for the Fair Sentencing of Youth; and Nuriyah Shabazz, Youth Advisory Board, Credible Messengers</p> <p>The most impacted trauma filled mentors and their medicine of healing, speaking from experience not the books.</p>	<p>Room 113</p> <p>(2 hours)</p>
10:15 AM-11:15 AM	
<p>Engage-Motivate-Change: A Strength-Based Approach to Intervention using the FFT Model</p> <p>Facilitated by: Megan McBride, LMHC, Certified FFT Therapist, Director of Community Based Services, BAYS & Kristal Soler, LMHC</p> <p>This collaborative presentation provides participants with practical applications of the strategies used by BAYS Family Functional Therapists daily. Participants will experience a day in the life of a BAYS Family Functional Therapist. Get a glimpse into what the power of engagement and motivational strategies can do in a short period of time. Witness firsthand the approaches employed to quickly identify risk factors, and the steps taken to rebuild families and their protective factors, in a compassionate strength-based methodology.</p>	<p>Room 114</p> <p>(1 hour)</p>

Conference Program - Day 2

Friday May 12, 2023 - 9:00 AM - 2:30 PM

10:15 AM-12:15 PM	
<p>The Implicit Bias Conversation</p> <p>Facilitated by: Jania Fuller; Community Partnership School Director, Children’s Home Society</p> <p>The Implicit Bias Conversation is designed to lead individuals and groups through discovery and investigation of personal biases with evidence-based practices. During the Conversation, personal experiences are acknowledged and examined related to the engrained stereotypes that effect our relationships with children, families and communities. Demographic, academic achievement, and misconduct data are reviewed and evaluated in hopes of creating a foundation for anti-biased education. This conversation, at times uncomfortable, is impactful and empowering as we continue to strive for excellence</p>	<p>Room 112</p> <p>(2 hours)</p>
11:30 AM-12:30 PM	
<p>The Evolution of the Behavioral Response Unit: A Partnership between Orange County Sheriff’s Office & Devereux Advanced Behavioral Health</p> <p>Facilitated by: Samantha Breslin, Program Director Devereux Advanced Behavioral Health Florida</p> <p>This presentation will provide an overview of the evolution of the Behavioral Response Unit (BRU), Devereux's Co-Responder Model with Law Enforcement at the Orange County Sheriff's Office. The BRU responds to calls for services involving individuals experiencing mental health crises. With the implementation of co-responding teams of clinicians and OCSO deputies, individuals in crisis are better supported in the community and are diverted from hospitalization and arrest. BRU Clinicians support individuals in crisis and link them to long-term services in the community. This presentation will provide an overview of the co-responding model, outcome data and diversion statistics.</p>	<p>Room 113</p> <p>(1 hour)</p>

Conference Program - Day 2

Friday May 12, 2023 - 9:00 AM - 2:30 OM

11:30 AM-12:30 PM	
<p>Discipline takes Discipline: Strategies that promote The Well-Regulated Adult</p> <p>Facilitated by:Lesli Odum, LMHC, MCAP & Parenting Mentor, Full Circle Florida & Daisy Vazquez</p> <p>In this session, attendees will learn about the importance of well-regulated adult behavior and healthy discipline practices for parents and those who work with children. Through interactive discussions and practical examples, attendees will gain a better understanding of the impact of adult behavior on children's well-being and learn effective strategies for managing behavior and promoting healthy development. This session is relevant for educators, parents, and anyone who works with children and aims to provide attendees with the tools they need to create safe, supportive, and nurturing environments for children. Attendees will leave with a deeper appreciation of the role they play in shaping children's futures and a newfound commitment to promoting healthy child development through their actions and interactions</p>	<p>Room 114 (1 hour)</p>

12:30 PM- 1:30 PM
Lunch - Room 255 & 256 (all day community room)
1:30 PM
Optional Guided Meditation - Room 115

Conference Program - Day 2

Friday May 12, 2023 - 9:00 AM - 2:30 PM

Afternoon Workshops & Descriptions

1:30 PM-2:30 PM

Empowering Youth Voice - UCF Center for Community Schools

Facilitated by: Sally A Shah, Program Manager, University of Central Florida Center for Community Schools

Youth voice is more than just checking a box. In this session, you will understand the concepts of positive youth development, engagement, and empowerment. We will unpack the research of Roger Hart's Ladder of Children's Participation and analyze how youth voice is being utilized in the field of community schools. This workshop is tailored to empower adults who work with youth of all communities, including children of color, English Language Learners, Indigenous communities, Refugees, Youth in Special Education, High-poverty communities, Youth with visible and invisible disabilities, LGBTQIA+ and more. Participants will gain School-site & Neighborhood solutions as it pertains to empowering student voice in decision-making. This session will connect research to practice in order to enhance positive outcomes while engaging, and building relationships and trust with students.

Room
112

(1 hour)

Interpersonal Mindfulness: Receiving and Offering Attention

Facilitated by: Celine Kavalec, Qualified MBSR instructor, A Mindful Center & Lianna McGowan

Bessel van der Kolk says "Trauma is when we are **not** seen and known." To counter that invisibility, interpersonal mindfulness emphasizes deep, embodied listening. Join us in moving through a deep listening activity to experience one method of being fully seen and heard.

Room
115

(1 hour)

Conference Program - Day 2

Friday May 12, 2023 - 9:00 am - 2:30 pm

Afternoon Workshops & Descriptions

1:30 pm - 2:30 pm

Lift Your Gaze: Faith-Based Approach to Forgiving the Unforgivable

Facilitated by: Kim M. Clark, CEO Founder, Lift Your Gaze

Tens of thousands of traumatized individuals have received hope and healing through Lift Your Gaze’s faith-based approach to forgiving the unforgivable. This four-step methodology has completely transformed the lives of countless people who have suffered from the pain and agony of horrific situations. We look forward to seeing you at this workshop on how to break free from the bondage of unforgiveness.

Room
114

(1 hour)

5th Annual
Creating a Resilient Community Conference

FEATURED WORKSHOP

How Our Brains Learn: A Journey Through Development, Adversity, Trauma and Resiliency

Facilitated by Dr. Lori Desautels

May 12, 2023

Valencia College,
Winter Park Campus

9:00 am - 3:00 pm

Lunch will be provided

There will be additional workshop offerings on
day two related to the theme of the conference



**Register by scanning
the QR Code**

CREATING A
Resilient
COMMUNITY
NETWORK

The CRC Network is supported by
the Peace and Justice Institute

CEUs and Professional Development Points available



Applied Educational Neuroscience is a framework that addresses the neuroeducation of the nervous system as we explore trauma, adversity, and resiliency. It is through this lens that we will address the behavioral challenges, discipline protocols, and the adult and student nervous systems.

This workshop will help us to explore the following questions:

- Do stress/adversity impact the brain, learning and connection?
- How do we work to mitigate that impact to help our children and ourselves?
- How do we change our brain state to stay connected to each other during conflict?
- How do we use neuroscience research and brain aligned strategies to improve our relationships, classroom behavior and school discipline?

Dr. Lori Desautels is a sought-after, internationally-recognized speaker and author of "Connections Over Compliance: Rewiring Our Perceptions of Discipline."

Presenter Showcase - Day 2



Samantha Breslin graduated from UCF in 2012 with her master's in Counselor Education. She is a Licensed Mental Health Counselor and Qualified Supervisor. Samantha started her career working in an inpatient setting and has a continued passion for helping individuals in crisis. Samantha has been with Devereux Mobile Crisis Services since 2019 and is now the Program Director. She is dedicated to promoting access to mental health services to the Central Florida community.



Kim M. Clark is an Amazon bestselling, multiple award-winning author of four HOPE-filled books, Publisher of Deep Waters Books, and Founder of Lift Your Gaze, a trauma-healing-focused nonprofit. Kim holds a MSB from Johns Hopkins in Business and Marketing and is a former college marketing instructor. She and her family enjoy the outdoors and sunshine in Florida. For more information on booking Kim for speaking engagements, publishing works that glorify God, and the transformational work being done to heal the traumatized, including but not limited to those in the correctional system, through her nonprofit, visit www.kimmclark.com.



Mark J. DeMaio is a dedicated father, husband, and community educator. He directs a Central Florida educational non-profit working with a variety of both youth and adult clientele. His love of drumming, storytelling, and the mythic worldview engages the underlying passions of his students. He is driven to create connections with others in an ever-challenging world. An honors Liberal Studies graduate of the University of Central Florida, Mark has worked in a variety of professions including English teacher in South Korea, prop maker in arts departments for television shows, drummer for puppeteers, art handler at a local museum, author of a young adult book, event bar-back, teacher, published photographer, and pretty much everything in between. Mark enjoys the adventure of new challenges and filling in the gaps to provide what any team-based project needs. He loves swimming in Florida's spring water, noodling on drums and percussion, writing his musings and poems, biking, tennis, walking, and spending time with his family.

Presenter Showcase - Day 2



Jania Fuller (she/her) is a Clinical Social Worker, highly effective educator, fierce advocate and builder of liberated spaces that promote the academic and social excellence of all effected by systems of oppression. Jania strives to create more diverse and equitable educational spaces for students, specifically Black students, while eliminating the opportunity gap & increasing access to resources. She has over a decade of experience working with children, youth and families via the Florida Department of Children and Families, Seminole County Public Schools, and as an adjunct and Field Supervisor within the UCF School of Social Work. She currently works as the Director of OCPS Academic Center for Excellence, A Community Partnership School.



Meet **Jeremy Hughley**, a highly experienced trainer with over 25 years in leadership, teaching, and entrepreneurship. Jeremy focuses on simplicity, breaking down complex challenges into manageable and effective solutions. His ultimate goal is to empower individuals and organizations to reach their full potential and drive meaningful results through positive behavior and systematic changes. With a diverse background, including experience in education, technology, events, and the nonprofit sector, Jeremy is a dedicated husband of 25 years and a proud father of two.



Over the past 30 years, **Smruti Jani** career has included Dancer/Choreographer/Producer, and Mathematics Professor. She worked freelance and directed/produced concerts featuring her distinctive fusion of Classical Indian Dance and Contemporary dance internationally until 2015 and is currently immersed in developing and expanding the work of Embodiology®, a methodology that originates from ancestral West African principles of human communication and performance practices where movement, language, and music combine.

Presenter Showcase - Day 2



Catherine Jones serves as the Co-Director of Outreach & Partnership Development at the Campaign for the Fair Sentencing of Youth. She develops and implements a range of projects and initiatives, aimed at ensuring those returning from prison, particularly members of the Incarcerated Children's Advocacy Network, have meaningful opportunities to prosper and thrive. Catherine is a sought out public speaker and content expert on criminal justice reform. She presents nationally to diverse audiences, and her story and expertise has been highlighted in numerous articles, podcasts and documentaries. Catherine herself is a formerly incarcerated youth. Incarcerated at the age of 13 for murder, she was released at the age of 30. Her experiences as a child within the penal system sparked her passion to be a voice for those she left behind and for the ones who will come after her. When not wearing her advocacy cape, Catherine relishes her role as Mommy to her two beautiful children.



Celine Kavalec has been an educator for 30 years at Valencia College in different capacities, but always connected to teaching. After stepping down from leading Valencia's Teaching/Learning Academy, a nationally recognized program, she began work with the Peace and Justice Institute as Academic Coordinator. Celine is qualified Mindfulness Based Stress Reduction (MBSR) instructor, trained through the University of Massachusetts Center for Mindfulness. She currently teaches MBSR to students and faculty at Valencia and in the Central Florida community. She sees mindfulness as a means to bring healing and joy and wishes presence and peace to all.



Megan McBride, LMHC, has an extensive background providing services to youth and families involved with multiple systems, specifically Juvenile Justice and Child Welfare. Megan gained experience with this unique population during her tenure as a Crossover JPO. Megan transitioned into clinical work to include the treatment courts, outpatient, and crisis-response. Megan was awarded "Therapist of the Year" through the Florida Coalition for Children. Megan started at BAYS as the Lead FFT Therapist and Program Supervisor and was promoted to Director of Community-Based Services, providing oversight to FFT programming across the state.

Presenter Showcase - Day 2



Lianna McGowan is a professor at Valencia College who teaches the New Student Experience, a class that supports students in finding their purpose, making personal connections, and creating pathways and a sense of belonging. Lianna has spent the past fifteen years in the classroom teaching undergraduates in Idaho, Minnesota, and Florida. Lianna has a Bachelor of Individualized Studies with a focus on Cultural Studies from the University of Minnesota. She completed her Master of Library and Information Science and Master of Arts degrees concurrently in Information Science and Cultural Literacy Studies. Lianna's work with the Peace and Justice Institute focuses on curriculum development, teaching, group facilitation, and teaching mindfulness. A lifelong meditator, she has completed numerous silent retreats and mindfulness training programs, including a cohort-based, intensive five month Mindful Leadership Program with Spirit Rock. She teaches mindfulness in her classroom, for faculty and staff, and for PJI. Her passion is to support teachers and professionals as they explore their inner lives and connectedness with each other. As a teacher and human being, Lianna is committed to living a mindful path at the intersection of vulnerability and strength.



Lesli Odum is a Licensed Mental Health Therapist, Certified addiction counselor and Qualified supervisor for registered interns. Lesli earned a Master of Science Degree in mental health counseling and another Master of Science degree, in organizational management and leadership. Lesli founded Full Circle Florida, Inc. where their mission is to break the cycle of intergenerational Adverse Childhood Experiences through mental health education, advocacy and training.

Presenter Showcase - Day 2



Coach Ruben Saldana is the former Leader of what was once Miami & Orlando's biggest street gang. After serving 19 years in prison, starting at the age of 16, he created The Only youth crime prevention program in the world that trained kids in high-crime areas in Mixed Martial Arts, for free, outside, and they competed at the highest levels (to include Rome, Italy's Olympic Center's first Youth MMA World Championship, Africa, Amsterdam, etc.) with zero arrests under his watch over 9 years since creating Ru Camp with hundreds of youth participants globally. He is the founder of the Credible Messengers of Florida and the current Consultant to The Orange County Mayor's Citizen Safety Task Force. His current initiatives are #GlovesUpGunsDown & #WheelsDownGunsDown.

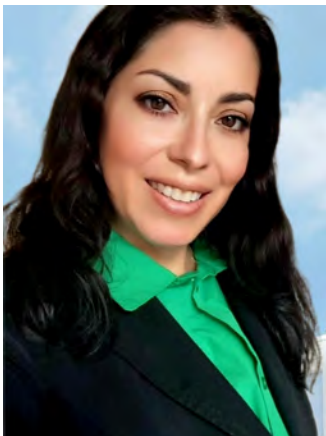


Sally Shah, a classroom teacher and instructional coach for over 10 years, Sally Shah has a passion for making learning come alive, empowering students to find their voice, advocate for themselves and be leaders in their communities. However, she always felt like there was a missing piece. Over the years he would see her students coming to school needing more than reading, writing, and arithmetic. She knew her scholars needed access to quality medical care, healthy food, clean clothing, and learning opportunities that did not just fill in learning gaps, but propel them into passions that could launch them to their greatest potential. That is why upon receiving her M.Ed from the University of Central Florida, she transitioned to the role of program manager and technical assistant for the UCF Center for Community Schools. In this role, she has been able to work with over 36 Community Partnership Schools across the state of Florida, providing coaching, strategic planning, and goal setting, as well as helping schools elevate the work to create access, enhance potential, and set students, families and communities up for generational success.

Presenter Showcase - Day 2



Kristal Soler, LMHC, has worked in the mental health field for five years, and is the Program Director for C9's Functional Family Therapy with BAYS. She specializes in crisis intervention, suicide prevention, and working with individuals who have experienced trauma, especially adolescents, young adults, and individuals within the LGBTQ+ community. She is trained in, and utilizes, various modalities to ensure quality care with evidence-based practices. Kristal is passionate about helping individuals work through stressors and obtain the skills needed to promote long-term emotional wellness. Her passion is not limited to the clients but involves building diverse integrated teams of mental health professionals and strengthening community systems.



Daisy Vazquez supports the mission of Full Circle Florida, Inc. as a part of our training team. She earned a master's degree in Community Counseling from National Louis University and has been a Mental Health Counselor since 2008, with over 14 years of experience in providing counseling and case management services. She has worked in diverse settings such as schools, homes, and agencies, serving children, adults, and families. Additionally, Daisy has served as a Counseling Services Supervisor within the County Government sector. During her time there, she was able to establish the first Spanish-speaking Program, for Parents' who are Spanish Speakers.

Certificates of Attendance & Continuing Education Units (CEUs)

Certificate of Attendance

If you are interested in getting a Certificate of Attendance, you must register using [this form](#) by Friday, May 26th, 2023 at 5:00 pm EST. All conference participants are eligible to receive a certificate of attendance.

Continuing Education Unit (CEU)

Interested conference attendees have the opportunity to receive up to 5 hours for participation on Day 1 and 4 hours for participation on Day 2.

If you are interested, you will need to complete [this form](#) after the conference indicating which aspects you attended. The deadline for form submission is Friday, May 26th, 2023 at 5:00 pm EST.

CEU Eligibility - Only available for clinical licenses below:

- 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

Certificate Delivery: University Behavioral Center will send participants an email with the CEU/Certificate of Attendance attachment within 2-3 weeks.

For questions, please contact Sarah Paliuca: Sarah.Paliuca@uhsinc.com



Professional Development Points

Orange County Public Schools (OCPS)

Teachers and Staff

OCPS teachers and staff hoping to obtain professional development points for participation at the conference should follow the below process:

- Complete the **TE172 form** and with it provide all applicable documentation specified on number 12 on the form. (Can request form from Michelle Torres Vidal at OCPS)
- Obtain your **Administrator or Principal's signature**
- Scan as a PDF document and send via email to michelle.torresvidal@ocps.net. If several requests (TE172) have been submitted, please scan these packets individually to ensure proper credit

Additional required attachments/documentation:

- A **copy of the program agenda** indicating duration of sessions
- A **copy of the certificate of completion**, and proof of attendance
- A **3/4 to 1 page report** (100 words min.) about the program. Explain the value of this experience to you, your students, and/or your current responsibilities. How will you implement the knowledge, ideas, and/or skills gained through this activity in the classroom?

Professional Development Points

Seminole County Public Schools (SCPS) Employees

SCPS employees hoping to obtain professional development points for participation at the conference will need to follow the steps for "Reporting Out-of-District Courses in Frontline"

1. Print Supporting Documents

- a. After completing a training, print a copy of your supporting documentation as a pdf file and save it to your computer. *(Certificate of Completion, program agenda, or course description, and copy of email confirmation or course registration (if available).)*

2. Upload file to your My File Library in Frontline

- a. It is best to upload the supporting documentation files to your Frontline account before completing the Out-of-District Training (Form 1007). Upload the file to My File Library by clicking: **My Info >My File Library > Add File**

3. Complete Out-Of-District (Form 1007)

- a. To receive credit for completing the course, you will need to report the training in Frontline. Click **Forms > Out of District (Form 1007)**. Complete the form & attach the supporting documentation pdf file. (a jpeg & png also works!)

4. Administrator Review/Approval

- a. Your school PD Administrator will review, and either approve and award points or send it back to you for more information.

5. Archive files in your My File Library

- a. As you claim professional development points, the system will start to become cluttered. To declutter your Frontline, you can archive the uploaded files once points are recorded in ESS/My Points. Click: **My Info >My File Library. Select files to archive. Click: Archive File**

Thank you ...

Presenters

Thank you to all 38 of our presenters listed in the workshop presenter showcase! You are doing the work to help us reach our horizon goal of becoming a more resilient, trauma-informed Central Florida!

Sponsors - Financial

- Central Florida Foundation
- City of Orlando
- Florida Blue
- Orange County Sheriff's Office
- Hamilton Holt School, Professional Advancement, Rollins College

Sponsors - In Kind

- Devereux Advanced Behavioral Health
- University Behavioral Center
- Crealde Art Center
- Seminole County Health Department

Exhibitors

- University Behavioral Center
- Devereux Advanced Behavioral Health
- Hamilton Holt School, Professional Advancement, Rollins College
- Floridians for Alternatives to the Death Penalty
- Positive Behavioral Solutions
- Vocational Rehabilitation, Florida Department of Education
- Victim Services Center of Central Florida

Keynote Speakers

Dr. Lori DeSautels

Honorable Judge Steven Leifman

Special Guests

Mayor Jerry Demings

Honorable Judge Alicia Latimore

Thank you ...

Conference Planning Team

Ann Pimentel Kerr	LaJuana Raines
Alexandra Martinez	Lesli Odum
Alyson Olinzock	Lynette Fields
Carol Burkett	Melanie Hinojosa
Carole M Williams-Hayes	Morgan Donovan
Chanda White	Opal Walker-Warren
Christin Edwards-Salinas	Sandi Vidal
Cindy Jurie	Sara Osborne
Deborah Bidwell	Seyny Dressler
Donna Walsh	Sofia Julien
Josalie Condon	Tina Morgan
Juanita Carbajal	Vereuch Simmons
Katie Murphy	Wendy Berghane
Kim Brewster	Wytosia McMillan

Resilience Network Sector Leadership

Sector Leads: Ann Pimentel Kerr, Traci Klinkbeil, Tina Morgan

- Business - Alex Hamrick
- Child Welfare - Randy Olson, Tina Morgan, Pam Vordeburg
- Criminal Justice - Roger Weeden, Anne Wedge McMillen, Jennifer Adams
- Education - Cindy Jurie, Mary Bridges, Rachel Allen
- Faith - Lourdes Muniz, Elizabeth Cronlund
- Government - Jenifer Rupert
- Health & Wellness - Dr. Michelle Crozier, Asim Jani, Dr. Candice Jones
- Non-Profit - Lynette Fields, Cendie Stanford, Sandi Vidal
- Public Safety - Kevlon Kirkpatrick, Lauren Sykes

Peace and Justice Institute Staff

Rachel Allen, Executive Director
Sofiya Asedrem, Community Manager, Resilience Network
Britney Pierce, Strategic Communication and Events Manager
Lua Hancock, Consultant

Thank you ...

Peace and Justice Institute Advisory Council

Aida Diaz	David Kay	Nina Streich
Alex Hamrick	Debidatta Aurobinda Mahapatra	Paul Chapman
Aminah Hamidullah	George A. Lopez	Rachel Allen
Andrew Thomas	James McDonald	Resham Shirsat
Anna V. Eskamani	Jerrid P. Kalakay	Stacey R. Johnson
Asim A. Jani	Joel C. Hunter	Sue Foreman
Bickley Wilson	John Crossman	Susan Arkin
Cheryl Grieb	Karen Willis	Tanya Easterling
Christopher Cuevas	Laurinda Lott	William Jefferson
Cindy Moon	Lucy Roberts	Yasmeen Qadri
Daniel T. Barkowitz	Marcia Hope Goodwin	

Peace and Justice Institute Board of Directors

- Aycha Katun-Williams, Secretary
- Sumner Hutchinson III, Chair
- Patti Ambinder, Vice Chair

Cuisiniers and **Power House Cafe** for the wonderful service and meals provided.

Tech/AV support including Timothy McCauley with Xraystudios.

Photography by Willie J. Allen Jr.

Music by Maria Bryant, accompanied by Ezra Henry.

Winter Park Events Center and **Valencia College Winter Park Campus** for hosting us.

Volunteers who supported in any way but are not listed above - we appreciate your contributions!

Thank you for
taking the
post-conference
survey!

DEADLINE: MAY 19TH

SCAN QR CODE



Or [Click Here.](#)

Join the Resilience Network

WELCOME
to our community

"A network in Central Florida collaborating across sectors & communities to transform our region into one of **prevention, hope, healing, and resilience** for all"



Complete the sign up form by scanning the QR code or visiting:
<https://bit.ly/JoinCRCNetworkCF>



Join the Resilience Network *Common Read*

By the Peace and Justice Institute

This book club was started in 2019 to encourage the common read of books related to Postive and Adverse Childhood Experiences (PACES), toxic stress, trauma, healing, and resilience.

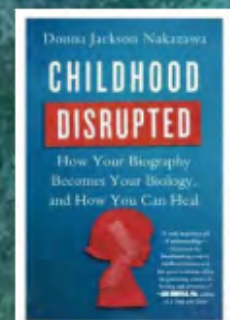
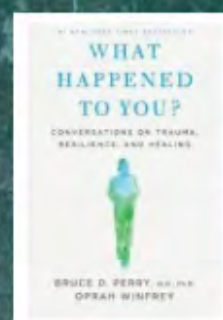
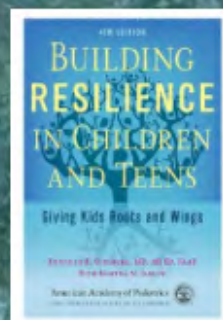
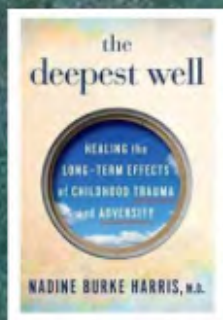
Join the group to participate in discussion and expand your knowledge on these important topics for community resilience.



Join the Conversation!

Sign Up by emailing:
resilience@peacejusticeinstitute.org

Past Books Read:



Join Our Digital Platform



PUBLIC **ACTIVE** 269 MEMBERS

PACEs Connection Central Florida (FL)

A network 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. We encourage the use of this network to collaborate across sectors and communities and to transform our region into one of hope, healing, and resilience for all.



SCAN QR CODE or [Click Here](#)

PACEs
Connection
formerly ACEsConnection

PREVENT
ACEs

HEAL
trauma

BUILD
resilience

JOIN the
movement

PACEs = Positive & Adverse Childhood Experiences



BOOK A WORKSHOP OR FILM SCREENING FOR YOUR AGENCY

- Why Positive and Adverse Childhood Experiences (PACEs) Matter
- Why Being Trauma Informed Matters
- Resilience Film Screening and Forum
- Broken Places Film Screening and Forum
- Trauma and Healing: Supporting Our Youth
- Parenting Tools in Your Toolkit
- Leadership and Resilience: Tapping into Our Source
- Principles for How We Treat Each Other
- Power of Words
- Conversations in Inclusiveness
- Reflective Practice and Emotional Intelligence
- Working with Conflict
- PJI Healing Circles
- Waking Up to Our Shared Humanity
- Understanding Bias
- Conversations on Race
- Understanding Privilege
- Family Conversations on Race
- Moving Into Action: Activating the Principles
- Custom workshops

EMAIL: CONTACT@PEACEJUSTICEINSTITUTE.ORG

PJI | **PEACE
AND JUSTICE
INSTITUTE**

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



The Prescription for Healing Toxic Stress

- SLEEP
- EXERCISE
- NUTRITION
- MINDFULNESS
- MENTAL HEALTH
- HEALTHY RELATIONSHIPS
- NATURE



Dr. Nadine Burke Harris, The Deepest Well

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

HOPE exists because positive experiences help children grow into more resilient, healthier adults. HOPE and the HOPE framework (built from research) help us better understand and support these key positive experiences, transforming systems that focus on problems.



Relationships within the family and with other children and adults through interpersonal activities.



Safe, equitable, stable environments for living, playing, learning at home and in school.



Social and civic engagement to develop a sense of belonging and connectedness.



Emotional growth through playing and interacting with peers for self-awareness and self-regulation.



CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

Strengthening Families™ is a research- informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities in building five protective factors:



Mindfulness Resources

Research shows that mindfulness can improve one's sense of presence and cultivate resilience. Teachers of mindfulness should be well-trained and integrate trauma-sensitive practices, such as those advocated by David A. Treleaven, psychologist and author of *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. There are many resources online to support a mindfulness practice.

Here is a sampling:

Tree of Contemplative Practice: This resource illustrates the diversity of options for contemplative practice including dance, journaling and retreats. This tool can help you to choose some areas of contemplative practice to try: [The Tree of Contemplative Practices – The Center for Contemplative Mind in Society](#).

Insight Timer: (free) Includes 40,000 free guided meditations, a place to journal, log your sessions, a timer with various bells and background sounds, and community groups on different topics.

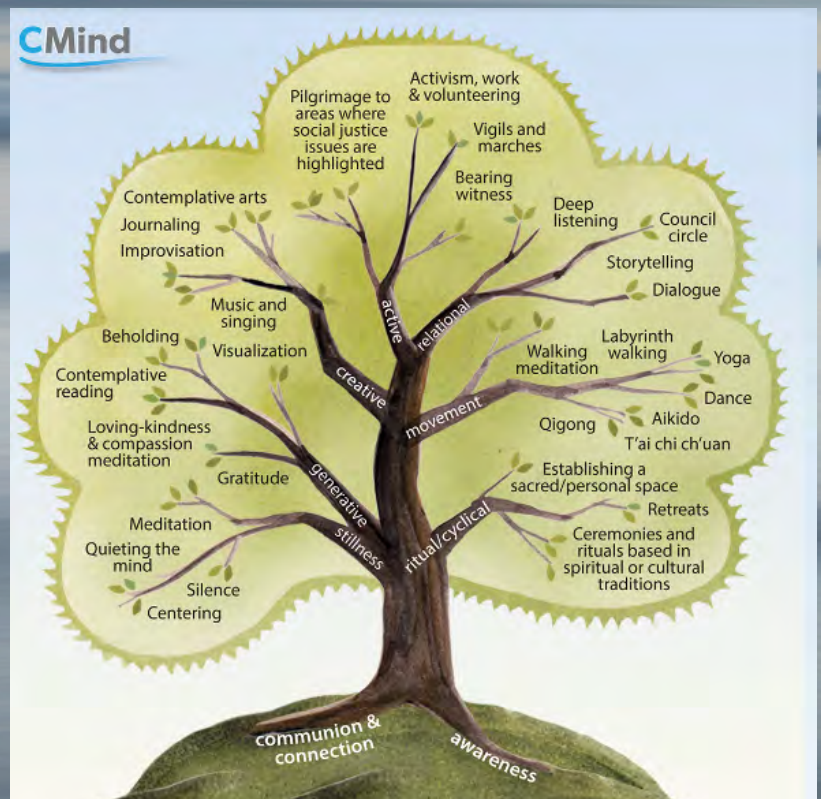
Head Space: Meditation (free trial) Includes sessions on everything from stress to sleep, a mindfulness coach, exercises, and even meditations for children.

Calm:

(free trial) Includes some nature background sounds during timed meditations and meditations in different categories, such as beginners, anxiety, sleep, focus, stress, relationships, emotions, self-care to name a few.

The Free Mindful Project:
<https://www.freemindfulness.org/live-online-mindfulness-sessions>
Live online mindful sessions, videos and resources.

Brown Center for Mindfulness:
<https://www.brown.edu/public-health/mindfulness/home>
Resources include research on mindfulness research, courses, retreats, and professional training pathways.



Professional Development Opportunity for Educators



PJI SUMMER 2023

Teachers Academy

SESSION I

~~June 12 - 16~~ **SOLD OUT**

SESSION II

June 26 - 30

In person in Orlando, Florida



Information and Registration

bit.ly/PJITeachersAcademy2

"More now than ever before, I feel these conversations and exposures help us heal and be better educators and more importantly, better humans."

PJI | PEACE AND JUSTICE INSTITUTE

contact@peacejusticeinstitute.org

PJI SUMMER RETREAT

The Practice of Healing

Join colleagues for a PJI retreat facilitated by Lianna McGowan, Jason Mills, and Celine Kavalec. The upheaval of the past few years has impacted us all and now is the time for healing. We invite you to slow down, engage in reflective practices, explore the Principles for How We Treat Each Other, and practice the art of asking honest and open questions as a means of knowing self and others. This is the pathway to resilience and healing.

All participants will receive reading materials before the retreat begins.

CLICK HERE TO REGISTER:
2022summerpjiretreat.eventbrite.com

Registration will close Monday, May 16, 2023

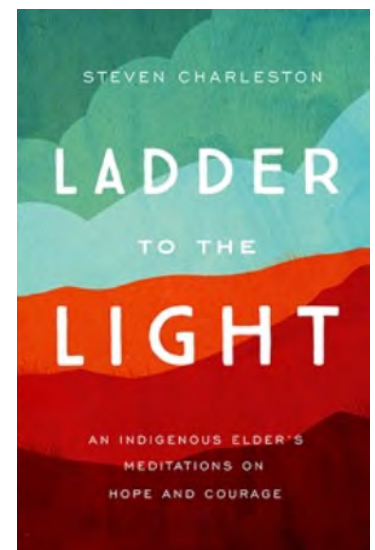
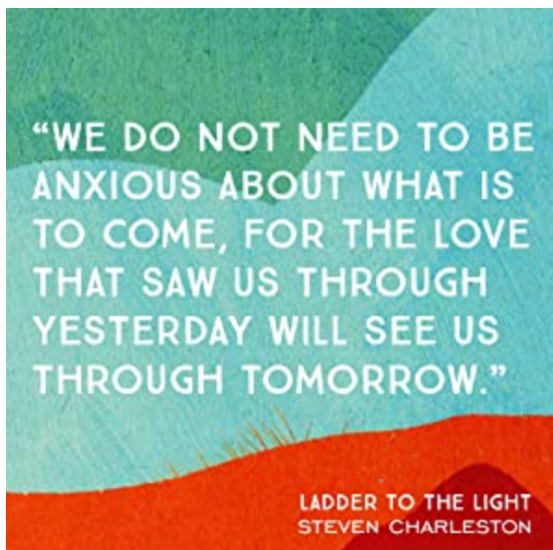


Saturday

May 20, 2023

8:30 AM - 4:00 PM

San Pedro Retreat Center



CREATING A
Resilient
COMMUNITY
NETWORK

**CENTRAL FLORIDA
FOUNDATION**

Florida Blue 
Your local Blue Cross Blue Shield

Rollins
PROFESSIONAL ADVANCEMENT
& GRADUATE STUDIES

 **CITY OF
ORLANDO**



ORANGE COUNTY SHERIFF'S OFFICE


PALM POINT
Behavioral Health


**UNIVERSITY
BEHAVIORAL
CENTER**

 **La Amistad**
Behavioral Health Services

 **Central Florida
BEHAVIORAL HOSPITAL**
A Place for Help and Hope

Devereux | FLORIDA
ADVANCED BEHAVIORAL HEALTH


**Florida
HEALTH**
Seminole County

creAldé
SCHOOL OF **RT**

PJI | **PEACE
AND JUSTICE**
INSTITUTE