



MISSOURI CHILDREN'S  
TRAUMA NETWORK

# Missouri Children's Trauma Network *Training Summit*

May 19, 2017

Holiday Inn &  
Expo Center |  
Columbia, MO

Check us out  
online:  
[www.moctn.com](http://www.moctn.com)

# WELCOME

## 2017 Missouri Children's Trauma Network Training Summit

**Welcome** to the second annual Missouri Children's Trauma Network Training Summit. In partnership with the Missouri Coalition for Community Behavioral Healthcare and Missouri Kid's First, the Missouri Children's Trauma Network is excited to be able to provide this training opportunity among many other training opportunities. The Missouri Children's Trauma Network is a network of clinicians and advocates dedicated to expanding access to evidence-based mental health treatment for traumatized children.

Recognizing that many Missouri children experience abuse and neglect that often has life-long adverse consequences, the Network works to promote the healing of children by: 1) training clinicians in evidence-based models, 2) improving screening, assessment and referral of traumatized children, 3) identifying and working to address systematic barriers to implementation of evidence-based services and 4) collecting data on treatment outcomes to demonstrate value.

In the next few years, the Missouri Children's Trauma Network plans to raise the standard of care and improve access to services for children, families, and communities impacted by trauma.

Visit us online to learn more about what the Missouri Children's Trauma Network is doing and what Learning Collaborative we currently have going on, [www.moctn.com](http://www.moctn.com).

*By attending the 2017 Missouri Children's Trauma Network Training Summit you acknowledge and agree to grant the Coalition the right at the event to record, film, photograph, or capture your likeness in any media now available or hereafter developed and to distribute, broadcast, use, or otherwise disseminate, in perpetuity, such media without any further approval from you or any payment to you. This grant to the Coalition includes, but is not limited to, the right to edit such media, the right to use the media alone or together with other information, and the right to allow others to use or disseminate the media.*



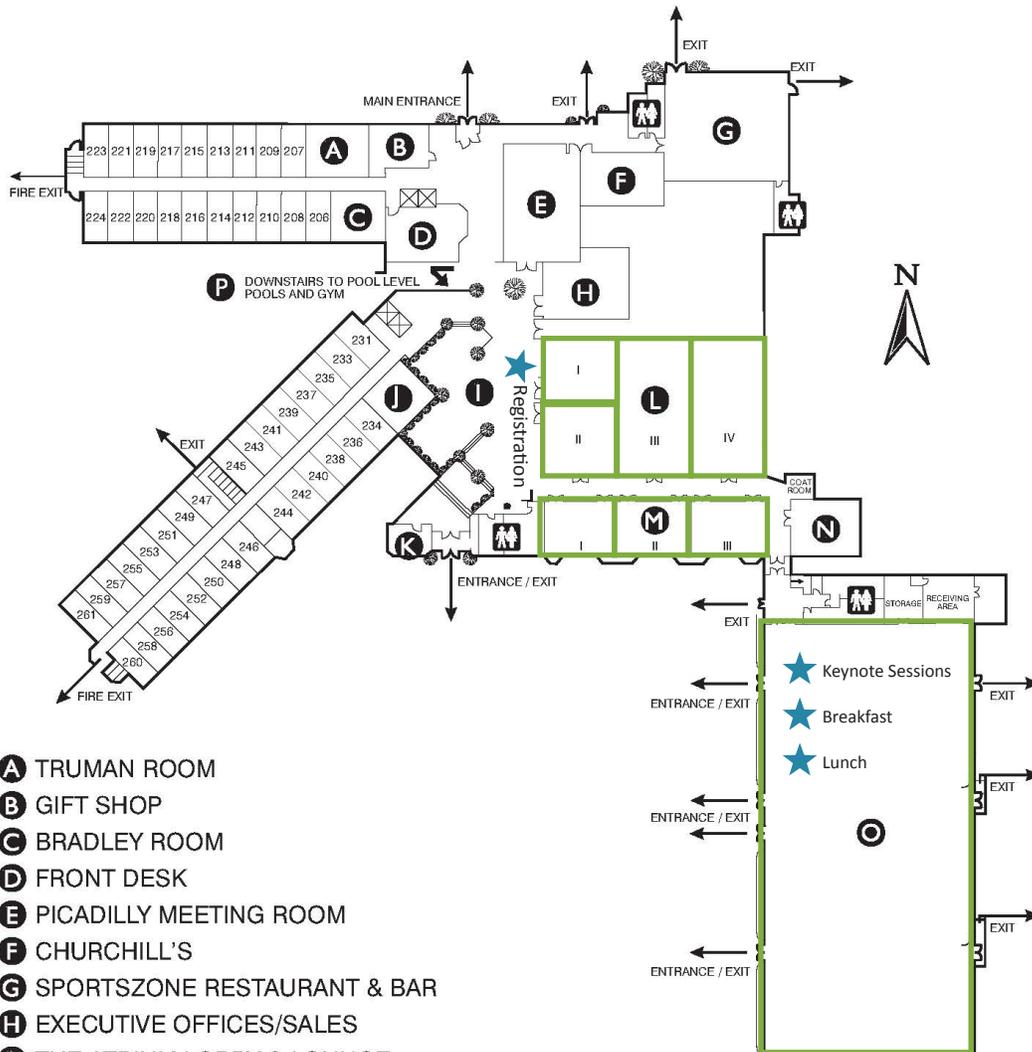
You may see our friends from **Bravo Creative** taking video of several tracks of the Missouri Children's Trauma Network Training Summit and interviewing various conference speakers and participants throughout the day. Thank you!

### CONFERENCE STAFF

If you have any questions or need assistance, please feel free to stop conference staff at any time, as they will be around all day. If you are unable to find conference staff, please go to the registration desk.



# Conference HOTEL MAP



- A** TRUMAN ROOM
- B** GIFT SHOP
- C** BRADLEY ROOM
- D** FRONT DESK
- E** PICADILLY MEETING ROOM
- F** CHURCHILL'S
- G** SPORTSZONE RESTAURANT & BAR
- H** EXECUTIVE OFFICES/SALES
- I** THE ATRIUM LOBBY & LOUNGE
- J** EXECUTIVE BOARD ROOM
- K** HAIR SALON
- L** WINDSOR BALLROOM
- M** PARLIAMENT BALLROOM
- N** THE POLO ROOM
- O** COLUMBIA EXPO CENTER
- P** POOLS & GYM
- R** RESTROOMS



**Holiday Inn**

EXECUTIVE CENTER

2200 I-70 Dr. SW • Columbia, MO 65203  
(573) 445-8531 • Fax (573) 446-1159

## Continuing Education Units



The University of Missouri St. Louis, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. The Missouri Institute of Mental Health will award **5.7 clock hours** or **Missouri Institute of Mental Health 6.9 contact hours (.69 CEUs)** for this activity.

After the summit, you will be sent a survey for the sessions you attended. You will need to complete the surveys within 30 days in order to receive your CEU credits. If you have any questions regarding CEU's please direct them to Katie Horstman, [khorstman@mocoalition.org](mailto:khorstman@mocoalition.org) or 573.634.4626 ext. 110.

# AGENDA AT A GLANCE | Friday, MAY 19, 2017

WELCOME!	7:30 a.m.	Summit Registration Open	Conference Lobby
	8:30 a.m. - 8:45 a.m.	<b>Welcome and Opening Remarks</b>	Columbia Expo Center
	8:45 a.m. - 9:45 a.m.	<b>Keynote: Beyond Repair: From Dealing Dope to Dealing Hope, David Stoecker, Missouri Recovery Network</b>	Columbia Expo Center
<b>B</b>	9:45 a.m. - 10:00 a.m.	BREAK	
Session 1 Workshops	10:00 a.m. - 11:15 a.m.	Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 1	Windsor IV
	10:00 a.m. - 11:15 a.m.	Building the Core Competency of Emotion Regulation in Children & Teens: Through Healthy Framing and Skill Building	Windsor III
	10:00 a.m. - 11:15 a.m.	Trauma Informed Programming in Schools (TIPS) – A Panel Discussion	Parliament I
	10:00 a.m. - 11:15 a.m.	Sticks and Words Can Really Hurt You	Parliament III
	10:00 a.m. - 11:15 a.m.	Immigration as a Source of Trauma	Windsor I
	10:00 a.m. - 11:15 a.m.	Media Coverage of Collective Trauma & Disaster: Effects on Children & Families & Resources to Help	Windsor II
	10:00 a.m. - 11:15 a.m.	Developmental Assets for Abused and Neglected Children	Parliament II
Lunch	11:15 a.m. - 12:00 p.m.	LUNCH	
	12:00 p.m. - 1:00 p.m.	<b>Keynote: Trauma and the Healing Through Connections, Nathan Ross, FosterAdopt Connect</b>	Columbia Expo Center
<b>B</b>	1:00 p.m. - 1:15 p.m.	BREAK	
Session 2 Workshops	1:15 p.m. - 2:30 p.m.	Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 2	Windsor IV
	1:15 p.m. - 2:30 p.m.	Essential Elements of Trauma Informed Care for Children and Families	Windsor II
	1:15 p.m. - 2:30 p.m.	Maternal Addiction and Its Impact on the Family	Parliament III
	1:15 p.m. - 2:30 p.m.	Normal Responses to Chronic Adversity: Toxic Stress & Childhood Development	Windsor I
	1:15 p.m. - 2:30 p.m.	Becoming a Trauma Informed School	Parliament I
	1:15 p.m. - 2:30 p.m.	Current Trends in Suicide Prevention: Demographics, Assessment and Intervention	Parliament II
	1:15 p.m. - 2:30 p.m.	The Hard Knock Life: Impacts of Toxic Stress on Child Development & Opportunities to Build Resiliency	Windsor III
<b>B</b>	2:30 p.m. - 2:45 p.m.	BREAK	
Session 3 Workshops	2:45 p.m. - 4:00 p.m.	Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 3	Windsor IV
	2:45 p.m. - 4:00 p.m.	Integrative Treatment for Complex Trauma	Parliament II
	2:45 p.m. - 4:00 p.m.	Trauma's Impact on Attachment: Implications for Treatment and Parenting Approaches	Windsor III
	2:45 p.m. - 4:00 p.m.	The Intersection of Domestic Violence and CA/N	Windsor I
	2:45 p.m. - 4:00 p.m.	Trauma Informed Yoga	Parliament I
	2:45 p.m. - 4:00 p.m.	Self-Compassion and Trauma	Windsor II
	2:45 p.m. - 4:00 p.m.	Trauma Informed Parenting Group	Parliament III
<b>A</b>	4:15 p.m.	Adjourned	



Tweet about the event

**#17MOCTNSummit**

**WELCOME! | 8:30 a.m.**

**Conference Registration Opens | 7:30 a.m. - 12:00 p.m.**

**Breakfast | 7:30 a.m. | Columbia Expo Center**

**Welcome and Opening Remarks | 8:30 a.m. - 8:45 a.m. | Columbia Expo Center**

**Misty Snodgrass**, Director of Public Policy, Missouri Coalition for Community Behavioral Healthcare; and **Emily Van Schenkhof**, Deputy Director, Missouri Kids First

**MORNING KEYNOTE | 8:45 a.m. - 9:45 a.m.**

**KEYNOTE: Beyond Repair: From Dealing Dope to Dealing Hope**

**8:45 a.m. - 9:45 a.m. | Columbia Expo Center**

**David Stoecker**, Missouri Recovery Network

An inspiring story that shows no one is beyond repair. David experienced abuse at a very young age that unaddressed led to several decades of bad choices. Today he will talk about how he went from a victim to a thriver and from dealing dope to dealing hope.

**Learning Objectives:**

- Trauma can lead to substance use.
- Trauma and substance use disorders can be overcome and people can live amazing lives in recovery.
- There is a difference between a victim, a survivor and a thriver.

**SESSION 1 WORKSHOPS | 10:00 a.m. - 11:15 a.m.**

**Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 1 | Windsor IV**

**Jerry Dunn, PhD**, Children's Advocacy Services of Greater St. Louis

This interactive workshop is a series of activity based sessions designed to help participants engage with the National Child Traumatic Stress Network's document, "12 Core Concepts of Understanding Childhood Traumatic Stress" and apply it to real world cases and scenarios. Part 1 will focus on core concepts involving inherent complexity, broad context, secondary adversities and wide reaction.

**Learning Objectives:**

- Participants will become familiar with the 12 Core Concepts.
- Participants will apply Core Concepts to cases involving childhood traumatic stress.
- Participants will develop action plans to integrate the Core Concepts into their work in child serving systems.

**Building the Core Competency of Emotion Regulation in Children & Teens: Through Healthy Framing and Skill Building | Windsor III**

**Derrick Hurst, LCSW**, KVC Hospitals, Inc



There is a growing case being made by the sciences, most notably neuroscience, that exposure to adversity and trauma directly impacts the development of core competencies needed to successfully navigate life's challenges. Difficulty regulating emotional states, a key component of self regulation, is related to many mental and behavioral health challenges faced by children including disruptive behavior, mood disruption, anxiety, post traumatic stress and learning disabilities. The Emotion Regulation Development Tools are designed to expand traditional coping strategies to be more preventive, engaging, inter-personal and effective. Each tool can be utilized to build resiliency and thus enhance life long outcomes in many areas. Participants will be provided a theoretical approach to expanding emotion regulation capacity in children

as well as an overview of how the tools are utilized in individual, family, group and classroom intervention sessions.

**Learning Objectives:**

- Obtain theoretical concepts of adversity, trauma, brain development and emotion regulation.
- Learn to identify symptoms related to emotion regulation deficits or a low capacity to cope.
- Learn (3) practical tools utilized to help children enhance their capacity to cope with painful emotional experiences.

### Trauma Informed Programming in Schools (TIPS) - A Panel Discussion | Parliament I

**Matt Kliethermes, PhD, Amy Escott, LPC,** and Panelists TBD, Children's Advocacy Services of Greater St. Louis

Trauma Informed Programming in Schools (TIPS) – A Panel Discussion Description: The panel discussion will provide a brief overview of trauma-informed school programming and the benefits associated with a school becoming trauma-informed. Panel members will then describe the TIPS program, designed to help schools become more trauma-informed, and discuss lessons learned from initial implementation of the program in a school setting.

#### Learning Objectives:

- Participants will develop an understanding of components and benefits of trauma-informed school programming.
- Participants will develop awareness of potential barriers to implementing trauma-informed school programming.
- Participants will learn problem-solving strategies pertaining to trauma-informed school programming developed from panelist first hand experiences.

### Sticks and Stones and Words can really hurt you | Parliament III

**David Stoecker,** Missouri Recovery Network

The words we use matter, and we need to incorporate recovery language into our everyday lives. This session is an introduction to recovery language and how to support the people we work with instead of further stigmatizing them.

#### Learning Objectives:

- The language we use matters because it influences how we see the people we work with.
- Language can be used to either build someone up or break someone down.
- Recovery language changes the way we talk about people with a substance use disorder.

### Immigration as a Source of Trauma | Windsor I

**Dr. Kim Fielding,** Candelstick Network

Content will include an exploration of the demographics, impact, and efforts to build resiliency.

#### Learning Objectives:

- To explore the data profile of immigrant children who experience trauma.
- To define the impact of immigration trauma for children.
- To promote resiliency through trauma informed efforts on behalf of children.

### Media Coverage of Collective Trauma & Disaster: Effects on Children & Families & Resources to Help | Windsor II

**Brian Houston, PhD,** Disaster and Community Crisis Center, University of Missouri

Media coverage of collective trauma and disasters can have mental and behavioral health impacts on children and families. A variety of providers and systems (community mental health, schools, after school programs, faith-based organizations) are equipped to help children and families cope with these effects. This session reviews research on the impact of media coverage on children and families, reviews intervention strategies and approaches, and suggests available resources and guidelines that can help providers who work with children and families.

#### Learning Objectives:

- Summarize the effects of media coverage of collective trauma and disaster on children and families.
- Review media intervention approaches.
- Identify available resources and guidelines that can help children and families cope with collective trauma and disaster media coverage.

### Developmental Assets for Abused and Neglected Children | Parliament II

**Shane Young,** ReDiscover Mental Health

The audience will learn about what developmental assets include and how to incorporate this evidence based strategy to help children who were victims of abuse and neglect. This strategy will not only help children work through there challenges but thrive.

#### Learning Objectives:

- Learn about common traits of abused and neglected children.
- Learn the definition of developmental assets.
- Learn about external assets and how they can influence at risk behavior.
- Learn about internal assets and how they can influence at risk behavior.

## LUNCH KEYNOTE | 12:00 p.m. - 1:00 p.m.

### KEYNOTE: Trauma & the Healing Through Connections

12:00 p.m. - 1:00 p.m. | Columbia Expo Center

Nathan Ross, FosterAdopt Connect

This session will cover the trauma and experiences of a child prior to and through the foster care system. Audience members will have a chance to hear firsthand accounts of the circumstances that shape the development of kids who suffer from abuse and neglect, and will leave the session with tools for effectively working with vulnerable young people.

#### Learning Objectives:

- To help audience members better understand the complex dynamics of birth family relationships and the factors that contribute to trauma.
- To provide tips and tools to engage young people in meaningful ways that acknowledge their trauma backgrounds.
- To present methods for helping children heal and identify new healthy relationships.

## SESSION 2 WORKSHOPS | 1:15 p.m. - 2:30 p.m.

### Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 2 | Windsor IV

Jerry Dunn, PhD, Children's Advocacy Services of Greater St. Louis

This interactive workshop is a series of activity based sessions designed to help participants engage with the National Child Traumatic Stress Network's document, "12 Core Concepts of Understanding Childhood Traumatic Stress" and apply it to real world cases and scenarios. Part 2 will focus on Core Concepts involving safety concerns, care giving systems, protective and promotive factors and developmental impact.

#### Learning Objectives:

- Participants will become familiar with the 12 Core Concepts.
- Participants will apply Core Concepts to cases involving childhood traumatic stress.
- Participants will develop action plans to integrate the Core Concepts into their work in child serving systems.

### Essential Elements of Trauma Informed Care for Children and Families | Windsor II

Kate Drewry, MSW, LCSW, Children's Advocacy Services of Greater St. Louis

This presentation will include an overview of the Essential Elements of a Trauma-Informed System of Care, elements developed by the National Child Traumatic Stress Network. Participants will understand these universal elements, have discussions surrounding ways that these elements are incorporated into their current system, and will leave with concrete strategies of how they can promote these elements within their respective child-serving organization. Participants will also learn where they can find additional information and resources for additional training through the National Child Traumatic Stress Network.

#### Learning Objectives:

- Participants will be able to identify Essential Elements of a Trauma-Informed System of Care.
- Participants will identify ways that their child-serving system is already working to promote these elements.
- Participants will learn new strategies for implementing these elements within their respective child-serving system.

### Maternal Addiction and the Impact on the Family | Parliament III

Hannah Murphy, MA, PLPC and Susan Matheis, LPC, Queen of Peace Center

*Maternal addiction can have significant impact on the family. Providing practitioners with an understanding of effective treatment options for the mother and her family can lead to positive outcomes.*

#### Learning Objectives:

- Explore addiction through a multigenerational, socioeconomic, and biological lens.
- Understand Family Centered approach to treatment and the benefits for the family.
- Identify appropriate interventions during and after pregnancy.
- Identify appropriate interventions for children while mother is in treatment recovery.



**Normal Responses to Chronic Adversity: Toxic Stress and Childhood Development | Windsor I**

**Nancy Spargo, MA, LCSW**, St. Louis Center for Family Development

Stress is a normal part of life for all ages, and can help to develop resilience. This workshop will explain the types of stress, and focus on the impact of toxic stress, especially as it relates to childhood. Although toxic stress is detrimental to typical development, identifying opportunities to mitigate the impact are frequently overlooked. If you are looking for an orientation to what toxic stress is and isn't, and want to be able to intervene with those who are at risk or have already been impacted, this workshop is for you. You can expect an active learning approach which will combine lecture with activities.

**Learning Objectives:**

- Participants will be able to identify the types of stress, and how they differ.
- Participants will understand the potential impacts of toxic stress on childhood development.
- Participants will become familiar with a menu of opportunities for intervention with toxic stress.

**Becoming a Trauma-Informed School | Parliament I**

**Gerald L. Cox, PSY.D**, Gerald L. Cox, PSY.D, LLC



Childhood trauma and toxic stress are much more prevalent and have been shown to have a much more significant impact on students' capacity to learn than previously believed. Through staff training and a major paradigm shift in understanding and addressing challenging behaviors, school districts are learning ways to counteract the devastating impact childhood adversity can have on student learning. Participants will develop a clearer understanding of the prevalence and impact of childhood trauma on learning, gain perspective on the process involved for a school to become trauma-informed, and learn how the presenter has helped schools move through this process.

**Learning Objectives:**

- Participants will develop a clearer understanding of the prevalence and impact of childhood trauma on learning.
- Participants will gain perspective on the process involved for a school to become trauma-informed.
- Participants will learn how the presenter has helped schools move through the process of becoming trauma-informed.

**Current Trends in Suicide Prevention: Demographics, Assessment, and Intervention | Parliament II**

**Amanda Davis, LPC**, Crittenton Children's Center

Everyday we are learning more about what puts children and teens at risk for attempted and completed suicide. Come learn what the latest research is teaching us about suicide risk for young people. Discuss evidence based methods of risk assessment (and areas where we need to develop a stronger evidence base). Walk away with information about several evidence based intervention strategies to be used in various community settings.

**Learning Objectives:**

- Identify changes in suicide risk level for various child and adolescent populations.
- Become familiar with evidence based tools for risk assessment in young people.
- Describe various evidence based interventions for suicide prevention in community settings.

**The Hard Knock Life: Impacts of Toxic Stress on Child Development and Opportunities to Build Resilience | Windsor III**

**Sarah Garwood, PhD**, Washington University

This presentation will review the connections between childhood adversity and health across the lifespan. Biological mechanisms underlying these connections will be discussed as well as factors that lead to resiliency.

**Learning Objectives:**

- Describe at least two health risks that are increased in people who have experienced childhood trauma.
- Differentiate between positive, tolerable, and toxic stress.
- Outline the physiologic systems that interact to maintain allostasis.

### Integrating the 12 Core Concepts of Understanding Childhood Traumatic Stress in Your Work, Part 3 | Windsor IV

**Jerry Dunn, PhD**, Children's Advocacy Services of Greater St. Louis

This interactive workshop is a series of activity based sessions designed to help participants engage with the National Child Traumatic Stress Network's document, "12 Core Concepts of Understanding Childhood Traumatic Stress" and apply it to real world cases and scenarios. Part 3 will focus on core concepts involving neurobiology, cultural contexts, social contracts and self-care strategies.

#### Learning Objectives:

- Participants will become familiar with the 12 Core Concepts.
- Participants will apply Core Concepts to cases involving childhood traumatic stress.
- Participants will develop action plans to integrate the Core Concepts into their work in child serving systems.

### Integrative Treatment for Complex Trauma | Parliament II

**Amy Escott, LPC**, Children's Advocacy Services of Greater St. Louis

This presentation will provide a brief overview of complex trauma and the impact of complex trauma on the development of children and teens. It will also include an overview of Integrative Treatment of Complex Trauma (ITCT), an evidence-based, multi-modal therapy that integrates treatment principles from the complex trauma literature, attachment theory, the self-trauma model, affect regulation skills development, and components of cognitive behavioral therapy. The treatment protocol will be described along with next-steps for additional training for those interested.

#### Learning Objectives:

1. Participants will understand the definition of complex trauma and will be able to identify ways that complex trauma impacts development for children and teens.
2. Participants will be able to identify the key components of the ITCT model of addressing child trauma.
3. Participants will be learn about resources available to them through MoACTS and the National Child Traumatic Stress Network for additional training and consultation in ITCT.

### Trauma's Impact on Attachment: Implications for Treatment and Parenting Approaches | Windsor III

**Gail Knipshild, MA** and **Sharon Skidmore Stern, MSW, LCSW**, FamilyForward (Formerly Children's Home Society of Missouri)



This session will define attachment from a neurodevelopmental perspective and will explore how current research has begun to impact the approach to treatment for complex early trauma. The presentation will conceptualize attachment and trauma through the lens of the Neurosequential Model of Therapeutics as developed by Bruce Perry, MD, PhD and the ChildTrauma Academy. The NMT model helps treatment focus on the specific areas of the brain that have been most seriously comprised by abuse and neglect. Parent psychoeducational programming incorporates these concepts into the material to facilitate the shift in the approach to parenting children with trauma histories.

#### Learning Objectives:

- Basic understanding of neurosequential brain development as it relates to attachment.
- Basic understanding of the NMT Model and its role in developing a treatment plan for the child and family.
- Learn how the model informs the psychoeducation of parents in shifting the parenting paradigm.

### The Intersection of Domestic Violence and CA/N | Windsor I

**Gwen O'Brien, LMSW** and **Sara Brammer, PhD, Licensed Psychologist**, Synergy Services

Overview of the challenges, pitfalls, and bright spots of working with families experiencing the co-occurring of domestic violence and CA/N.

#### Learning Objectives:

- Understanding the best practices of each discipline.
- Identify and build relationships with community partners in DV and CA/N.
- Building a coordinated community response team.

**Trauma-Informed Yoga | Parliament I**

**Laurie Brockhaus, LCSW**, The Oxygen Project

Recognizing a mind-body connection is integral to working with trauma, and many people have come to rely on the practice of yoga/mindfulness in easing stress and other common effects of trauma. This session will introduce yoga/mindfulness practices that can be easily and effectively integrated into clinical and educational settings to offer youth tools for emotional regulation, stress management, and building resilience. Participants will have the opportunity to discuss, observe, and practice movement, breath work, and meditation techniques, offered in a trauma-sensitive manner, that they can immediately put into practice in their work with youth and for self-care.

**Learning Objectives:**

- Participants will learn the benefits of yoga/mindfulness for youth who have experienced trauma.
- Participants will observe and practice specific yoga/mindfulness techniques (movement, breath work, and meditation) effective for emotional regulation and self-soothing.
- Participants will discuss effective practices for integrating yoga/mindfulness techniques into clinical and school settings in a trauma-sensitive manner.

**Self-Compassion and Trauma | Windsor II**

**Taylor Yeagle, MSW**, University of Missouri

The saying goes: “we are our own worst critics.” This is exceptionally true of the population we serve. This workshop will explore the concept of self-compassion and discuss its applications both for service providers and the individuals we serve. Using the concepts of mindfulness and self-compassion, based on the work and research of Dr. Kristin Neff, you will learn ways to extend compassion to yourself and how to help others do the same. We’ll cover specific strategies for self-compassion and how to implement this concept with self and others, and we’ll practice as we learn.

**Learning Objectives:**

- Participants will be able to define Self-Compassion and its 3 components: mindfulness, self-kindness, and common humanity.
- Participants will have an understanding of how to implement the 3 components of Self-Compassion with clients.
- Participants will have an understanding of how to practice Self-Compassion as a part of their own self-care practices.



**OVERCOMING TRAUMA & BUILDING BETTER BRAINS**

Two unique training opportunities from Great Circle

**Understanding the Impact of Trauma & Toxic Stress Training**

Learn how trauma and toxic stress affect the brain's development and build skills to employ with clients of all ages. Participants earn 3 CEUs. The 4-hour training focuses on:

- Recognizing/responding to trauma symptoms in a sensitive, empathetic manner
- Understanding trauma's impact across the lifespan
- Building skills to help clients regulate behaviors

Upcoming trainings: August/Springfield & St. Louis      October/Kansas City & Springfield

**Brain Development Assessments**

Trauma and toxic stress can significantly impact how the brain develops and functions. Using a specially designed assessment tool, Great Circle's trained staff can identify which areas of a client's brain are impacted, and then make specific recommendations to facilitate learning, improve behaviors, reduce stress and guide therapy.

**LEARN MORE OR REGISTER TODAY! [TIS@greatcircle.org](mailto:TIS@greatcircle.org) | (314) 695-0708**

## Trauma-Informed Parenting Group | Parliament III

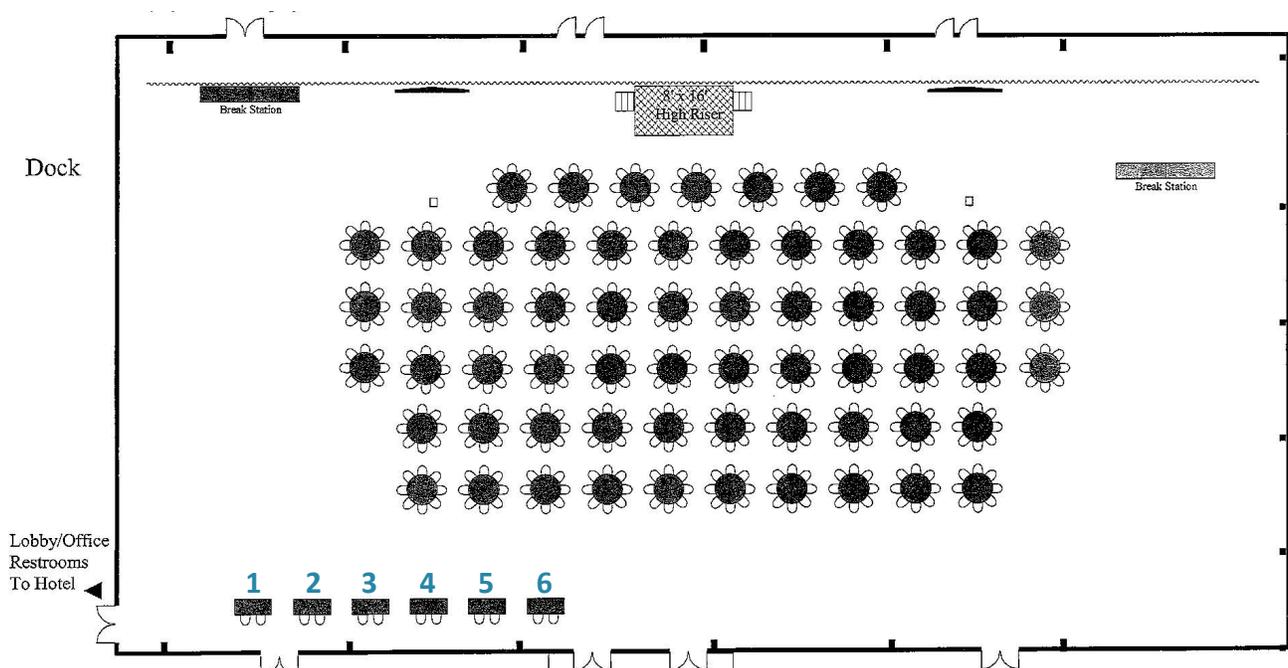
Karmen Bennett, LPC, Chris Lawrence, PLD. and Victoria Day, PLPC, HeartSpace Clinic

The presenters will present information about the Trauma-Informed Parenting group (TIP) for adoptive and foster parents that they have been conducting for the past 18 months. Helping parents to learn to regulate their nervous system in the face of their children's dysregulation may be the single most important tool a parenting program can offer. This group uses education about trauma and the brain, as well as mindfulness and body-based interventions, to help parents learn to regulate their own emotions in order to be able to successfully utilize connection based interventions with their children. Experiential activities, case examples and consumer testimony will be provided.

### Learning Objectives:

- Review basic concepts related to the impact of trauma on the developing brain of children.
- Describe the key aspects of parenting that need to be attended to when parenting a child who has been exposed to trauma.
- Teach participants body based strategies to demonstrate skills that are taught to parents as a way to increase their own emotional regulation when parenting their children.

# Conference EXHIBITOR MAP



## EXHIBITORS

Located in the Exhibit Hall, Columbia Expo Center

### Compass Health | Booth #4

Representatives: Erich Beeson & Gary Bennett



Consisting of Federally Qualified Health Centers and Community Mental Health Centers Compass Health serves the needs of individuals across Missouri. Compass Health consisting of Pathways, Royal Oaks Hospital and Crider Center collectively serves more than 139,000 individuals annually. Over 51,000 individuals are served in the areas of behavioral health, alcohol and drug treatment, supportive housing services, community-based behavioral health support, primary care and dental services and another 88,000 plus children and adolescents receive behavioral health prevention and early intervention programming within schools throughout our service area.

[www.compasshealthnetwork.org](http://www.compasshealthnetwork.org)

## Gateway Foundation | Booth #2

Representatives: Lonnie O'Neal & Nancy Davis



Since 1968 our goal has been straightforward: to help clients get their life back on track and achieve a life of sobriety, free from drug use and symptoms of mental illness, that is productive, socially responsible, and healthy. Gateway Foundation is the largest nonprofit treatment provider in the country that specializes in the treatment of substance use disorders, providing treatment for men, women, adolescents, and clients diagnosed with co-occurring mental health disorders. Gateway's Community Division has treatment centers located throughout Illinois, including Carbondale, Chicago, Lake County, Fox Valley, Springfield, and the St. Louis Metro East area. These centers offer residential and outpatient treatment services for adults, teens, and adolescents accessed through insurance, state funding, and self-pay. Gateway's professional clinicians help thousands of individuals successfully complete treatment by developing a personalized plan that treats the underlying causes of substance abuse—not just addiction to drugs or alcohol.

Learn more about insurance coverage, treatment options, or Gateway's confidential consultation at [RecoverGateway.org](http://RecoverGateway.org) or call 877-505-HOPE (4673). [www.recovergateway.org/index.aspx](http://www.recovergateway.org/index.aspx)

## Great Circle | Booth #1

Representative: Joan Alvarez



Great Circle is an agency that provides a unique spectrum of behavioral health services to children and families. With specialized programs and highly-trained professionals, we provide hope to those in difficult circumstances throughout Missouri and beyond. [www.greatcircle.org](http://www.greatcircle.org)

## Missouri Care - A WellCare Company | Booth #5

Representative: Barbara Wheeler



MO HealthNet Managed Care Health Plan providing health insurance to low income families, pregnant women and children across the State of Missouri. [www.missouricare.com](http://www.missouricare.com)

## Missouri Coalition for Community Behavioral Healthcare | Booth #6

Representative: Katie Horstman



The Missouri Coalition for Community Behavioral Healthcare (formerly Missouri Coalition of Community Mental Health Centers), founded in 1978, represents Missouri's not-for-profit community mental health centers, as well as alcohol and addiction treatment agencies, affiliated community psychiatric rehabilitation service providers, and a clinical call center. Thirty-three member agencies staffed with more than 11,000 caring and qualified staff annually provide treatment and support services to approximately 275,000 clients. [www.mocoalition.org](http://www.mocoalition.org)

## Missouri Telehealth Network | Booth #3

Representatives: Candy Garb & Shelly Gooding



The Missouri Telehealth Network develops, studies, and uses telehealth solutions that improve access by providing high-value, patient-centered health care and medical education in Missouri and beyond. [www.medicine2.missouri.edu/telehealth/](http://www.medicine2.missouri.edu/telehealth/)

**THANK YOU** for being a part of the  
2017 Missouri Children's Trauma Network Training Summit!