Thursday, August 8

7:45 a.m.  Registration

8:45 a.m.  Community Arts Showcase

9:00 a.m.  Welcome,
Dr. Alton Hart, Jr., Director, Crater Health District, VDH
The Honorable Samuel Parham, Mayor, City of Petersburg
Dr. Norman Oliver, Health Commissioner, Virginia Department of Health


10:30 a.m.  Keynote:  Dr. Camara Jones – “Naming, Measuring & Addressing the Impacts of Racism on Health”

12:30 p.m.  Lunch, Arts Showcase & Presentation “Having the Courageous, Yet Clumsy Conversations on Race” Martha Rollins & Danita Rountree Green
Join these two women as they explore the challenges of reaching across racial, political and societal lines together.

1:45 p.m.  Keynote:  Helga Luest – “Climate Change and Environmental Justice”
*Community panel discussion to follow*

3:00 p.m.  Break

3:15 p.m.  Concurrent Sessions

Father Willis Foster - “Building Resilience through Asset-Based Community Development” (ABCD)
“How to Mobilize a Community through Relationships” Every community has gifts to discover. Participants will learn practices and principles for moving local communities into action with residents at the center of the efforts. The workshop will help participants ID assets, begin to map, and explore the possibilities of community healing.

Mr. Bob Nichols - “De-Escalation with Children through a Trauma-Informed Lens”
Everyone seems to want to know how to de-escalate volatile situations. The bad news? Volatile situations are those in which we have the least influence and the least number of options. The good news? Practicing proven de-escalation techniques helps individuals recognize and respond to rising tensions before an interaction spins out of control. This workshop will provide participants with tools to enhance their awareness, sense of control, and mental flexibility in crises as well as in situations of rising tension. Participants will also receive contextual
information about how trauma-informed approaches can benefit all children, regardless of their histories or ACE scores.

**Mr. Robert “Keith” Cartwright – “An Addiction to Drugs: Getting to the Root of the Matter”**
Before drugs, there is usually trauma, hurt and pain. For years, the most common substance prevention strategy has been education. The thought has been, if we help people know better, they will make better choices. However, this strategy has ignored the reality that substance misuse often has a much deeper story. ACEs play a major part in future decisions that adults make and if people can begin to uncover root causes, then maybe, the addiction to drugs would be less. Participants will learn how the science of Adverse Childhood Experiences helps explain how those deeper stories connect to substance misuse and addiction.

**Dr. Paula Parker – “What Makes You So Strong? Identifying Historical Trauma and Resilience through Family Genograms”**
Have you ever wondered why some things happen in your family? The workshop will illustrate how the genogram, an annotated family tree, can discover both traumatic and resilient patterns of relationships, behaviors and events in family history. Once identified, intentional and compassionate choices can be made to mourn the trauma and related loss and celebrate the resilience within families. Participants will engage in story-telling activities and learn how they relate to resilience.

**Mr. Duron Chavis - “There is No Culture without Agriculture: Engaging the Community for a Brighter Future”**
“Black people growing food on a farm is too much like slavery.” – Anonymous
Unfortunately, some African Americans have said this or perhaps they thought it and did not say it; either way the results are the same. Why do people need urban agriculture? Is it relevant? Is it practical? Why should people of color be immensely involved in the current growing trend of urban agriculture throughout America? This region has built an environment that bears the scars of racial inequality inherent in slavery, Jim Crow discrimination and economic marginalization. We see the ripple effects in many areas. Learn how agriculture has served as a medium of resistance, resilience & collective agency across centuries. The difference between food access and food justice, and how community control of land and public space can serve as hubs for community healing, wholeness and transformation of the built environment. Also, learn steps to using urban agriculture to achieve racial equity in addition to practical regenerative place-making processes for transformation of community spaces.

**Dr. Ray Tademy**
**Do this First, BOND! Generating Life-Long Learners and Stimulating Academic Achievement & Self-Efficacy**
Learn how traumatically affected juvenile and adult incarcerated populations have endured negative school experiences (NCE’s). Students who “act out” often receive extreme disciplinary actions and are labeled as learning disabled or having “behavioral disorders.” These “labels” compound the effects of ACE’s on their already compromised development. Learn how a viable relationship with a non-parental adult who students feel are patient and understanding, can hold them accountable to a standard of behavior. “It’s not fast and it’s not easy”, but you can learn the principles of how to meet the needs of learning and help others.
Ms. Theresa Caldwell, Dr. Candice Benn, Andrew Napoli, MSW – “Moving Through Trauma”
“We have learned that trauma is not just an event that took place sometime in the past; it is also
the imprint left by that experience on mind, brain, and body. This imprint has ongoing conse-
quences for how the human organism manages to survive in the present.” Bessel Van Der Kolk,
M.D., The Body Keeps The Score. This interactive workshop explores ways of dealing with
trauma where it lives: in the body. Experience new ways of using practices you may already
have, or have heard of - like yoga, working out, and communication - to move through trauma
and reduce stress.

5:00 p.m. Dinner & Youth Arts Presentation

5:30 p.m. An Evening with Dr. Joy DeGruy –
“Post Traumatic Slave Syndrome and Community Healing”

Friday, August 9

7:00 a.m. Morning Yoga – optional

8:00 a.m. Registration and Continental Breakfast

8:30 a.m. Community Arts Showcase

9:00 a.m. Welcome
Mr. Bob Hicks, Deputy Commissioner for Community Health Services,
Virginia Department of Health
Dr. Hughes Melton, Commissioner of Virginia Department of Behavioral Health and
Developmental Services

9:15 a.m. Keynote Speaker: Mr. Ivan Juzang -- “Moving Boys & Men Beyond Survival Mode”* 
*Community panel discussion to follow*

11:45 a.m. Lunch, Community Arts Showcase & Keynote Speaker:
Dr. Marleen Wong – “Developing a Trauma-Responsive School”* 
*Community panel discussion to follow*

2:00 p.m. Concurrent Sessions

Dr. Ram Bhagat - “Trust Building: An Honest Conversation on Race, Reconciliation, &
Responsibility”
Unhealed trauma leads to recurring violence against self and others. Violence in schools,
communities, and society produces trauma. However, individuals and communities can take a
different route and learn essential skills for addressing trauma, healing relationships, and
building resilience to improve the well-being of all. How can we build trust and respect for all
people in this nation and throughout the world? By acknowledging that everyone has a birthright
to human dignity, and through creating healing spaces where people can share their stories and
express their voice. In this workshop, you will learn the principles of STAR (Strategies for Trauma Awareness and Resilience) and HROC (Healing and Rebuilding Our Communities) and explore the universal responses to trauma and the innate resilience to transform trauma through self-care, restorative practices, and performing arts.

**Dr. Nancy Welch & Co-Facilitator (TBD) – “Healing Emotional Wounds of Children and Families: Finding Approaches that Work”**
As a potential foster parent, we want to provide an awesome family-oriented experience for everyone within our care, but oftentimes we forget that a child’s memory and the potential traumatic experiences still play heavily in their minds. Knowing when and how to show up may make a big difference in a little person’s life. Join in the discussion as we explore ways to heal children and hear about a life journey one parent took to build resilience.

**Ted Lewis, Reverend Lacette Cross & Kyle Mason – “The Intersections of Trauma: Understanding the Experiences of Black LGBTQ+ Youth”**
Join Side by Side as we share important new data on the experiences of Black LGBTQ+ youth as well as how trauma impacts this marginalized community. Learn how to affirm youth and how to make a positive impact in our community.

**Dr. Ellis Henderson – “The Sound/Mind Technique”**
SoundMind is a trauma informed, ontological, cognitive behavior strategy created to deconstruct Adverse Childhood Experiences. SoundMind empowers participants to create a plan of action utilizing 4 quadrants of Intelligence: the SQ-Spiritual Intelligence, IQ-Intellectual Intelligence, EQ-Emotional Intelligence and PQ-Physical Intelligence. SoundMind deconstructs the residual (ancestral) spirits of slavery (SQ) and its nefarious impact on the mind (IQ), emotions (EQ) and behavior (PQ) of individuals. SoundMind is designed to equip participants on how to develop a plan of action to overcome trauma. It serves as an ontological method of creating a spiritual environment in which the mind is stabilized and able to control one emotions to act offensively against the onslaught of their traumatic experience. SoundMind trains the mind (IQ) to be stronger than the emotions (EQ) to control our behavior (PQ). This trains the mind to speak life to the atmosphere as a resilient mechanism to conquer trauma.

**Dr. Lauranett Lee – “The Hope of our History and the Resilience that Lies Beneath.”**
From African roots to American slavery, African Americans have endured levels of trauma that have shaped our individual and communal experiences. Much of the trauma is rooted in our history. What can our past and this place, Petersburg, tell us about who we were, who we are, and what we can be. Take a walk back in time and learn of the rich history and culture within the Petersburg region. Take a journey into the future to imagine creative, yet practical ways to move toward a more resilient community.

**Chloe Edwards & Allison Gilbreath - “Equalizing the Playing Field: Advocating Policies for Change”**
Learn about Voices for Virginia's Children's multi-issue policy solutions for youth. Voices specializes in foster care, early care, education, family economic security, mental health, health, and leads the Campaign for a Trauma-Informed Virginia. Voices is home to the Commonwealth's KIDS COUNT data center. Gain insight on how to connect trauma-informed and equity-oriented policy and practice across disciplines and systems. Voices will guide attendees through the process of analyzing children's issues in order to identify opportunities to advocate for policies that
promote change. Learn effective communication methods and how to advocate to help shape pol-

cies that positively shape the lives of all children in the future.

**Community Leaders & Educator’s Masterclass**

Mr. Ivan Juzang – “Trauma-Informed Health Communications and School/Community

Outreach Targeting Communities of Color with the Highest Health Disparities”

Training and technical assistance sessions provide the transfer of MEE’s community-engagement and health-communications skills that participants can use immediately in their work with hard-
to-reach audiences. MEE’s cost-effective strategies, tactics and discuss toolkits in a way that makes them applicable for a broad cross-section of health and wellness initiatives — whether addressing opioid abuse, violence prevention, mental health, infant mortality or promoting sexual reproductive health. The master class will build capacity and cultural competence so that schools and organizations are equipped for socially responsible, trauma-informed and effective community engagement and mobilization.

3:30 p.m.  Break

3:45 p.m.  **Concurrent Sessions**

Dr. Faye Belgrave – “Practicing Cultural Humility in Trauma-Informed Care”

Cultural humility differs from cultural competence as it is a lifelong process that one engages in to understand the experiences and culture of others rather than a product that one achieves through education or training as in being culturally competent. Learn how to practice humility when dealing with inclusive communities.

Phillip “Muzi” Branch, and Ms. Georgi Anne Ginder – “Healing Trauma through Art”

Artists have used art to self-regulate and heal as a form of therapy for years. Music lends itself to vibrations that resonate melodiously throughout the body and releases hormones. Color speaks volumes without ever saying a word. Movement helps to bridge left and right brain functions. These expressions of art and creation help us cope with everyday life and the trauma that shows up unexpectedly. Join us for a discussion and demonstrations of how people heal through art and how MCV Hospital is incorporating these principles. Walk away with tools that you can use for self-care, and help heal others.

TBD – “Teenage Suicide and Working through Its Effects”

Suicide statistics are on the rise and now that social media can play a role in streaming these horrific actions, it calls into concern what our youth might be dealing with and how they are seeking attention in all the wrong ways to say “help”. Join us in a discussion about this dark subject and learn some of the signs that might show up.

Jane Clayborne – “Human Trafficking & Youth”

Human trafficking is a $32 billion per year business. Vulnerable children are being lured and manipulated by traffickers who see them only as a commodity to be bought and sold. In this workshop, we will view the film, “Chosen” followed by a group discussion. This eye-opening film tells the story of two girls tricked into trafficking. Brianna, 18, was a star student, cheerleader, and waiter. Lacy, 13, enjoyed church and volunteering in her community. Both persons manipulated, and both persons exploited. They were “chosen”.

Dr. Lauren Powell - “The Intersection and Racial Inequity & Trauma”
Why are our health outcomes different when we look at our findings through the lens of race, class and economic status? Who is noticing and how do we set the stage for equality? Learn what the Virginia Department of Health is doing to address health equity across the state and understand your roll in becoming a change agent for better health.

Dr. Shakiera Causey – “When being Black feels blue: Dating violence and race-based stress in African American adolescent relationships”
The purpose of the workshop is to examine the role of race-based stress in the prevalence of intimate partner violence among African American adolescent relationships. We will identify the role systemic racism has played in disrupting family functioning and individual health. We will also discuss how inability to cope with race-based stress leads to externalized behavior like intimate partner violence, which is oftentimes intergenerational.

Educator's Masterclass,
Dr. Marleen Wong – “Preventing Secondary Traumatic Stress in Educators”

5:15 p.m. HOPE FEST – (Healing Our People Every day) Free and open to the public
Come, relax and enjoy a community meal (free) and engage in conversation. The evening celebration marks the end of the Beyond ACEs Summit. Activities throughout the evening include a Choral Response, Drum Circle with Dr. Ram Bhagat, a faith-based bake-off, the marketplace, and field day activities.