

HOPE BEYOND THE HURT

GROWING A
RESILIENT
COMMUNITY



PRESENTERS & SESSION DESCRIPTIONS



15 August 2023

8:00 AM to 4:00 PM



Stone Harbor Resort & Conference Center
107 N 1st Ave, Sturgeon Bay, WI

SESSION A: COMPASSION RESILIENCE FOR EDUCATORS / PROVIDERS

Presenter: WISE Wisconsin

Compassion is the combination of the consciousness of others' distress and a desire to alleviate it. It is a basic quality needed to be able to meet students' and clients' needs.

Think of this resilience as a reservoir of well-being that we can draw upon on difficult days and in difficult situations. It is a dynamic process or outcome that is the result of interaction over time between a person and their environment (e.g., Bobek, 2002; Day, 2008; Sumsion, 2003; Tait, 2008). Resilient teachers and providers tend to maintain job satisfaction and commitment to their profession (Brunetti, 2006).

Our capacity to serve our students and communities are impacted by our personal histories, organizational supports, and the societal context we work in. The toolkit attempts to center trauma and equity informed perspectives that add value in understanding where each individual starts on their path to compassion resilience; this lens also deepens our understanding of what supports can be offered to fuel the energy of a diverse staff that is stretched thin.

Simply stated, compassion fatigue and resilience will impact you differently depending on your history, identity, and social position in your profession.



Hanna Maechtle works at Rogers Behavioral Health as a training specialist. In this role, she facilitates trainings for leaders in the non-profit, education and healthcare sectors across the country. Hanna also facilitates programming for staff at Rogers Behavioral Health and with parents in the community. During this time, Hanna has worked to implement culture change in several different State Education Departments, spoken at international conference, and worked 1:1 with teams at a local level. Hanna has been with Rogers for several years, first as a residential counselor and then as a behavioral specialist in the OCD and Anxiety Center children's residential care before stepping into her current role.

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SESSION B: COMPASSION RESILIENCE FOR PARENTS / CAREGIVERS

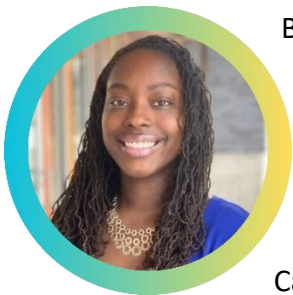
Presenter: WISE Wisconsin

Compassion is the combination of the consciousness of others' distress and a desire to alleviate it. It is a basic quality needed to best support the needs of our children and family. Resilience is the ability to recover and continue in the face of adversity without being overwhelmed or acting in dysfunctional ways. If our goal is to lessen our child's distress while maintaining our well-being, we can seek to grow our compassion resilience. Simply, compassion resilience, is the ability to maintain our physical, emotional, and mental well-being while responding compassionately to people who are suffering. This workshop will allow participants to explore tools from the Compassion Resilience Toolkit resource that aim to do the following:

1. Prioritize care for ourselves while acting with compassion in interactions with children, family members, and those we count on to support us
2. Practice skills to effectively engage in compassionate action with and towards children, family members, and those we count on to support us

Identify, prevent, and minimize compassion fatigue within ourselves.

Participants will leave the session with a tool they can refer back to and continue to explore the role compassion plays in their life.



Brittney Fair works at Rogers Behavioral Health as a training specialist. In this role, she facilitates trainings for leaders in the non-profit, education and healthcare sectors across the country. Brittney also facilitates programming for staff at Rogers Behavioral Health and with parents in the community. Brittney is the newest member to the Community Learning and Engagement Team at Rogers. Prior to joining the team, Brittney worked for Meta House as a Senior Residential Support Specialist and a Lead Care Coordinator for Wisconsin Community Services with the Mental Health and AODA population. Brittney earned her Bachelor of Science in Psychology and Bachelor of Arts in Sociology from the University of Wisconsin-Parkside. Brittney received her Master of Social Work from Concordia University-Wisconsin and is an Advanced Practicing Social Worker, working towards becoming a Licensed Social Worker in Wisconsin.

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SESSION C: 7 ESSENTIAL INGREDIENTS OF TRAUMA INFORMED CARE

Presenter: Chad Welch - Impact Coordinator for Education, Door County Partnership for Children and Families

Trauma Informed Care is both an organizational commitment and a framework. It is applied to all therapeutic activities across all services for children, adults and families. We believe the following elements are critical to successfully implementing Trauma Informed Care: Prevalence, Impact, Perspective Shift, Regulation, Relationship, Reason to Be, and Caregiver Capacity. Attendees will receive a broad overview of the 7 essential ingredients, how trauma affects an individual and what you can do to learn more about 7EI.



Chad is a father of four and lives in Green Bay with his wife Shana. Chad has a BA degree with German and history majors and psychology and political science minors. Chad is a licensed DPI teacher. He also holds an MS degree in educational leadership and an MDiv from Wartburg Seminary. He is a former teacher and administrator. He has been with the Door County Partnership for Children and Families for five years. Chad is a certified instructor of Triple P, Raising a Thinking Child and 7 Essential ingredients of Trauma Informed Care.

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SESSION D: BUILDING YOUR BOUNCE: SIMPLE STRATEGIES FOR A RESILIENT YOU

Presenter: Rebecca Nicholson – Community Connector, Door County Partnership for Children and Families

Research confirms the critical connection between the health and well-being of children and the adults caring for them. Because of this important link, it is essential that adults take care of themselves so that they are able to provide high-quality care to the children in their lives. The strategies suggested in “Building Your Bounce: Simple Strategies for a Resilient You”, correspond to the reflective statements that comprise the Devereux Adult Resilience Survey (DARS), a 23-item reflective checklist that provides valuable information about a person’s strengths. This resource can be used by educators, teachers, parents and any adult looking to support their own resilience. In this workshop Rebecca will introduce an overview of the full curriculum “Building your Bounce”, the DARS survey and a few strategies for a resilient you!



Rebecca Nicholson is a mother of four living children and one child who gained his angel wings early in life. She was born and primarily raised in Door County with the exception of 10 years where she resided in Brown County. She moved back to Sturgeon Bay in 2009 and has utilized many of the services and resources offered to residents in Door County. Rebecca is a Community Connector with the Door County Partnership for Children and Families (DCPCF). The DCPCF is an internal partner program of the United Way of Door County. Rebecca has been in her role since 2017 offering peer support to families looking for help in various aspects of their lives. Her lived experience adds a level of comfort to other parents trying to work through various life challenges. She makes referrals to Door County service providers and resources that assist with basic needs, employability, mental health resources, and assisting families navigate topics such as Individual Education Plans (IEPs) and youth with different abilities transition to adulthood.

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SESSION E: TBRI® (TRUST BASED RELATIONAL INTERVENTION)

Presenter: Jodi Lynn-Klepp

Trust-Based Relational Intervention® (TBRI®) is designed for children from “hard places” such as abuse, neglect, and/or trauma. Because of their histories, it is often difficult for these children to trust the loving adults in their lives, which often results in perplexing behaviors. TBRI® offers practical tools for parents, caregivers, teachers, or anyone who works with children, to see the “whole child” in their care and help that child reach his highest potential.

During our time together, we will dive into the overview of the 3 principles of TBRI® Connecting, Empowering and Correcting. Together we will gain insight for why behaviors are what they are and how learning the strategies under the 3 principles will provide you with real tools to begin immediately implementing in your family to change the dance of your family dynamic to once again find hope in your journey.



As a mom and adoptive mom, I understand what it is to feel completely ill-equipped in my capacity to parent. My husband and I decided to provide a child who was waiting for a forever family a forever home. We decided once we met that child we would not turn back, no matter what we would be faced with.

In that journey, I have learned that LOVE is enough. My love was what he needed, but that LOVE needed to be in the way he needed it to feel safe and so he could trust. It's in that place of feeling confused and lost, I began searching for help. It is in that place where I gained a new understanding that I first needed to be free from my story in order to be the mom that my sweet little boy needed.

Through a counseling resource I was introduced to Trust-Based Relational Intervention®. After getting into just the first couple pages of the book *The Connected Child*, by Dr Karyn Purvis, I knew this was the answer to what not only what I needed, but what all families needed. In the fall of 2016, I determined I would apply for TBRI® Practitioner training and just over a year later I was accepted and in April of 2018, I became a part of Karyn's Army, teaching and guiding other families through the principles of TBRI®. Taking our story of loving a child from a hard place to caregivers and professional to not only train but walk with them in their story of love.

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SESSION F: UNLOCKING THE TRANSFORMATIONAL POWER OF GRIEF

Presenters: Marggie Moertl and Dorothy McElroy

Grief is a part of life. We have all experienced it and we will again. Grief stems from a loss, certainly a loved one's death but also from loss of an important relationship or job, from taking unsure steps through periods of transition in our life, and many more. How we respond to grief is the key to finding transformation and resilience from our grief, or becoming defined by our grief and loss.

In this workshop, you will hear from two End of Life Doulas that work with grief continually. Each has her own path and focus to share; each leads her clients towards the immense power of this deeply transformative time. You will come away feeling validated and empowered, deeply inspired to use the tools presented to allow new possibilities for your life ahead.



Marggie Moertl is an RN and former hospice nurse, that went on to become a Certified Elder and End of Life Doula and Doula Trainer. She terms her title, Life Doula, and walks beside those facing serious illness or death. Her passion is centered around a deeply spiritual commitment to helping our world to view life from the sacred while leading others towards their inner self.

Marggie is an author of two books (Sally: A Memoir and Life As A Prayer), dealing with the sacredness and spirituality of death. She offers Meditative Journaling workshops in addition to being a part of the Door County Health Department team as a Public Health Nurse.

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Dorothy McElroy is a widow, a mother of a teenage son, is Certified as a Grief Support Specialist, End of Life Doula, Peer Support Specialist for the state of Wisconsin a Grief life Coach and an Archery Instructor.

Dorothy has worked in the Death Industry for over a decade. She is a Ted X speaker alumnus and is an advocate and public speaker on Doing Grief Differently.

Together with her teenage son they run their nonprofit The Worldwide Dragon Shooting Day Inc established in Sheboygan County. Their mission is to help financially support children and adults who have been affected by grief and or trauma.

<http://www.worldwidedragonshootingday.com>
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Dorothy is available for public speaking events and classes

SESSION G: BUILDING RESILIENCE THROUGH ART

Presenter: Jodi Gonzales

In this interactive workshop, learn how art therapy informs resilience using trauma-informed techniques. Participants will complete the Resilience Zone, a popular drawing prompt used to explore resilience, triggers and coping skills that is equally applicable for adults and youth. Artistic skill is not needed to do this activity.



Jodi Rose Gonzales ATR, NCC, ERYT, YACEP is a credentialed art therapist, board-certified counselor, and yoga teacher who uses mind-body techniques to help people address trauma, secondary trauma, anxiety and chronic stress. She is the owner of Jodi Rose Studio, LLC, with locations in Sturgeon Bay (Enclave) and Northern Door. Jodi offers her services through numerous community partnerships including Money Management Counselors, Sue Baldwin Fund, and Lakeshore CAP. She is a service provider for STRIDE Creative, and the DHHS CCS and CLTS programs.

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OPTIONAL SELF-CARE SESSION (offered after lunch / no sign up required)

Led by: Priscilla Flynn and Marggie Moertl (see bio on page 7)

Immediately following lunch in the main ballroom, Marggie and Priscilla will co-lead a 30 minutes self-care session to unwind from the first half of the conference and assist everyone with preparing for the afternoon portion of the conference.



Priscilla Flynn is a yoga instructor (RYT-200) and teaches at the Door County YMCA in Sturgeon Bay, WI. She is currently a professor at the University of Minnesota-Twin Cities with a history of community engaged research.