



Second Annual Community Wellness Summit

Friday January 29, 2021

8:00 AM to 4:00 PM

Virtual via Zoom

7 CEUs through CE Broker (for almost all Florida professional associations)

8:00-8:15 AM

Welcome: Dr. Sheri Litt, Associate Provost of Baccalaureate, Career and Technical Education, FSCJ

Check-In: Robin Graber, Florida Regional Engagement Coordinator, The One Love Foundation

8:15-9:00AM

Morning Key Note Speaker- Introduction by Dr. Tara Haley, Dean of Education and Human Services, FSCJ

<p>Dr. Jametoria Burton & Beth Mixson</p>	<p><i>Addressing Community Wellness through Service-Learning in Action and Advocacy</i></p> <p>Service-learning is a type of experiential teaching and learning strategy combining classroom instruction and meaningful community service with students and relevant reflection and collaboration with community partners.</p> <p>When considering its role from the lens of community advocacy, service-learning also effectively allows students to consider and address societal disparities within their local community.</p>
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	<p>Historically, service-learning has been frequently used as a pedagogical approach in undergraduate education. However, in recent years, its scope has been expanded as a learning strategy to encompass civic engagement while addressing the social determinants of health including lack of affordable housing, food insecurity, educational advocacy, human trafficking, workforce education, and relevant economic supports.</p>
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9:00-10:00AM

Breakout Sessions #1

<p>Sally Finn</p>	<p><i>Signs of Opioid Overdose and Narcan Administration</i> Drug Free Duval believes in freedom from substance abuse for all. We believe in driving a community attitude that inspires action, empathy, and support in an effort to improve health each day. That’s why we are passionate about training everyone to identify a potential overdose, and to be equipped to save a life. This training begins to help attendees understand the scope of the issue, helps reduce stigma as conversation becomes encouraged around substance misuse, and offers steps to make sure the user has the opportunity to choose healing and recovery.</p>
<p>Dr. CyTique T. Davis</p>	<p><i>Surviving the stereotype, Women in the Military and their Mental Health</i> Women, race immaterial have always been regarded as the mules of the world. The laborers, the nurtures, the homemakers, the educators, the hewers of wood and drawers of water, and more recently and perhaps now more common than before, the defenders of our nation's freedoms. Women have done it all and without a doubt will continue but at a price that is unaffordable and unobtainable, her mental health. She serves too, dual hatted, over worked, often over looked but with grace.</p>
<p>Hannah Hackworth</p>	<p><i>Here Tomorrow: Our Heartfelt Wish & Unwavering Mission</i> We know the increased social isolation that is occurring as we continue to navigate through the Covid-19 Pandemic is magnifying the suicide problem and putting at-risk individuals at greater risk. Will we continue to do the same thing and expect different results as the fatalities rise with each passing week? For every suicide death, there are 20 people who attempt suicide. Our approach to solving the suicide epidemic is beyond off course. In this marathon we are running away from the finish line. Several decades ago, a real genius by the name of Albert Einstein noted, “We cannot solve problems with the same level of thinking we used to create them.” We at Here Tomorrow exist to face this problem head on and reimagine how we as a community can come together to solve it.</p>
<p>Tina Mayer</p>	<p><i>Therapists in Family Court: When Helping Starts Hurting</i> Therapists are often a resource of help during crisis and transition. During a dissolution of marriage or other dispute in family court, there is a great need for support to move from one</p>

	<p>phase to the next for both adults and children. In some situations, the conflict can be so hostile that the fight to win gets in the way of maintaining healthy connections. Therapists can not only get caught in the crossfire of family court, but can become a weapon themselves. This session will provide some insight to recognize when therapy is becoming a tool to destroy or alienate in the court system.</p>
Jen Wilburn	<p><i>Lifting the Lid on Ableism: Unlearning the Stigma as a Clinician</i> Ableism is the practices and dominant attitudes in society that devalue and limit potential of people with disabilities. It is a set of beliefs that assign inferior worth to people who have physical, physiological, and psychological disabilities or medical conditions. One in four people in the US experience an enduring disability and ableism acts as a barrier to access mental health care and limits treatment outcomes. Learn how ableism presents and is reinforced in today's culture. Unlearn harmful, incorrect stereotypes, challenge bias and inaccurate beliefs. Gain applicable strategies to utilize in your clinical practice to be more disability inclusive to improve treatment outcomes.</p>
Dr. Christine Cauffield	<p><i>Identifying and Understanding the Neuropsychological Symptoms of Dementia</i> Cognitive Impairment is a risk factor and precursor for Dementia and Alzheimer's Disease. This presentation will provide an overview of the most prevalent types of dementia, as well as common causes. Treatment options that focus on emotional, behavioral and cognitive issues will be reviewed. Risk factors for dementia will be discussed and a case study will be offered to increase participants' interaction and understanding of this national burgeoning health concern.</p>

10:00-10:15AM Break

10:15-11:15AM Break-out sessions #2

Dr. Issa Hanna	<p><i>Facing the Fume: Youth Vaping Crisis</i> E-cigarettes (vaping) are the most popular tobacco product used by teenagers across the nation. In Duval County, 33% of 11- to 17-year-old reported using vaping products. E-cigarettes are available in variety of brands and teens appealing flavors. Many youths are not aware of the health impacts of vaping. Vaping linked to more than 2,600 severe lung injuries and over 60 deaths, 40% of the patients were under 24 years. The Surgeon General estimates that 5.6 million of today's youth will die prematurely of a smoking related illness. It is our duty as a community to address this epidemic.</p>
Susan Wiese	<p><i>Human Trafficking: Recognizing and Responding</i></p>

	<p>The main purpose of this presentation is to provide education to human services professionals and students related to the care of human trafficking survivors, thereby attempting to alleviate barriers to service and support among those affected by human trafficking. Human trafficking survivors should feel safe and supported in medical, social service, and other helping environments, and when they do not, they may not seek the care that they need for wellbeing and safety. All human service, medical, and law enforcement professionals should be prepared to recognize and respond appropriately to the needs of human trafficking survivors.</p>
Vanessa Boyer	<p><i>Let's THINK About THIS: Exploring Self-Awareness</i> Individuals are often evaluating their lives and frequently finding them coming up short on what they dreamed, desired and/or planned. In analyzing how we arrive at where we are in life, an exercise in self-awareness is required. What responsibility do we have for being where we are now? What skills do we need to make changes we want in our lives? Discover the connection between your thoughts and your actions; thus, the determinants of your life. Use your new self-discoveries to explore possibilities and create the life you desire.</p>
Dr. Courtney Edwards	<p><i>Self-care = ME!</i> You've probably heard lots about self-care in the recent years, especially amid the coronavirus pandemic. You might be asking yourself; how do I maintain self-care during quarantine and social distancing? Well, this presentation on Self-Care = Me will answer your question and so many other questions you might have concerning self-care via slides, open dialog, and interactive learning. Join me for innovative and exciting ways to maintain your personal mental health, even while sequestered.</p>
Remonte Green & Becki Couch	<p><i>Community Partnership Schools- An Asset-Based Strategy for Building Healthy Communities</i> This session will provide an overview of the Community Partnership School model for advancing the cradle to career continuum. Presenters will demonstrate how Community Partnership Schools are an equitable educational and community-based support network that assists students, families, educators, schools and communities with removing barriers that often impact the academic, health and wellbeing of young people and their ability to reach their full potential.</p>

Jacquelyn Green	<p style="text-align: center;"><i>Moving Community Work from Rhetoric To Action</i></p> <p>It's not what you know, it's what you can prove and the steps that follow are no small feat. The path to improve community outcomes is often paved with good intentions. However, whether it springs from a grassroots effort or an established entity, the "work" often takes the form of multiple meetings of a workgroup, subcommittee or task force. Findings are "presented" and posted on various platforms for all to see...and then. A few years later the same questions are asked and another study of what has already been discovered begins...again. How do we put "feet" to the work?</p>
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11:15-12:15PM

Break-out sessions #3

Susan Pittman	<p style="text-align: center;"><i>Safe Storage and Safe Disposal- Each attendee will receive a DETERRA drug disposal bag</i></p> <p>Drug Free Duval believes in freedom from substance abuse for all. We believe in driving a community attitude that inspires action, empathy, and support in an effort to improve health each day. That's why we are passionate about training everyone to understand who is responsible for prescription drugs and why, including methods of being accountable. The truth about drug sharing and the best way to dispose of drugs (including over the counter medication).</p>
Christy Sellers	<p style="text-align: center;"><i>To Reimagine Suffering: Client Dissatisfaction as a Tool for Empowerment and Healing</i></p> <p>What does it mean that "All life is suffering?" Have we misunderstood the limits and the potential of what it means to suffer? This workshop will expand our vocabulary and conceptions around human challenges and trauma. We will explore how clients can tune into their human aches and dissatisfaction to reduce fear and avoidance in the face of what is painful or unknown. While holding a space of nonjudgement, respect, and sensitivity to their unique burdens, we will consider how we might help them embrace these facets of their experience as evidence of their profound resilience and agency.</p>
Joyce Savitz	<p style="text-align: center;"><i>Realigning Recovery: Opening the Heart Chakra</i></p> <p>Every moment and every event in our daily lives can be an opportunity to either go downward and be heavy or to rise upward and be buoyant. A challenging life event can be a source of suffering or a catalyst to learn and improve. Radiant Channel and Radiant Heart are the key actions that push out and lift us upward to create buoyancy within body and mind. Out of our own freedom we choose to expand a positive attitude from the core of our ribcage to meet the downward pressures of life. Buoyancy in the radiant heart</p>

	reflects our willingness and commitment toward learning, improvement in our mind-body health, and our happiness. Join us & experience opening the heart chakra which will leave you feel uplifted, buoyant, & free.
Margaret Johnston	<p style="text-align: center;"><i>Meet You at the Hard Place</i></p> <p>To plan how we will remain of service when our very own “worst case scenario” walks into our office, we must have already taken an inventory of our life loss-events. Being prepared includes many aspects of being clear about who is having the harder time coming to accept an event’s impacts. We must set boundaries for ourselves, so we know when we are not finished (enough) with processing our own losses. Amidst all this, how do we welcome everyone, including ourselves, with both possibly devastating pasts and with possibly shimmering positive futures? Stand in the lintel, and then take a step.</p>
Robin Graber	<p style="text-align: center;"><i>That’s Not Love: An Innovative Approach to Healthy and Unhealthy Relationships</i></p> <p>One Love is a national nonprofit organization that believes conversations about healthy relationships will change the statistics around relationship abuse. In this session, participants will experience multiple pieces of One Love’s video content and discussion and learn how to bring their easy-to-implement, no-cost resources to their community. Discussions with include recognizing signs, using inclusive language, and how to engage as an active bystander.</p>
Patty Mohler	<p style="text-align: center;"><i>An Invitation To Change: The Family Role in Recovery</i></p> <p>Recovery is stronger when all family members understand drug addiction's nature and are involved in the healing process. Offering education about the disease of addiction and the different ways family members are affected—whether parent, child, spouse, or partner—the presentation will help you:</p> <ul style="list-style-type: none"> • Work through the chaos you're experiencing • Set healthy boundaries • Rebuild trusting relationships • Improve communication with one another

12:15-1:00PM Break for Lunch

1:00-2:00PM Introduction of Afternoon Key Note Speaker

Dr. Larry Richardson	<p style="text-align: center;"><i>The Impact of Violence, Trauma and Abuse on African American Children and Families: Clinical Solutions for Health and Healing</i></p> <p>This presentation will review and investigate the impact of violence, trauma and abuse on African American children and families. It will explore the historical antecedents of the MAAFA and its effect on the emotional and psychological wellbeing of African Americans.</p>
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	Some recent issues of violence, social justice issues, and the COVID will be explored in relation to risk factors, protective factors and trauma. It will culminate with some culturally centered treatment applications of MA'AT.
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2:00-3:00 PM

Break-out sessions #4

Dr. Gail Patin	<p><i>Domestic violence: Identifying Abuse and Considerations for Certain Populations: PART 1</i></p> <p>Domestic violence is a community crisis, with thousands of incidents reported in Duval county alone every year. This presentation will highlight the different tactics involved with domestic violence. Attendees will also learn the unique challenges of domestic violence in defined populations, including children, persons of color, and persons with substance use disorders.</p> <p>If attended in conjunction with “domestic violence: assessing and working with clients experiencing abuse”, This qualifies for CEU credit under licensure requirements for the Florida board of clinical social work, marriage and family therapy and mental health counseling.</p>
Steward E. Washington	<p><i>A Culture Centered Model for Managing Behavioral Interactions</i></p> <p>This session explores African centered paradigms for assessing and managing mind/ body/spirit relationships to behavior and emotions associated with behavior change. Presentations will guide participants through practical applications of self- directed assessments and behavior health strategies for maintaining sustained balance and harmony when engaging oppositions to inter-personal peace and harmony with others.</p>
Mary O’Neal	<p><i>For Everything there is a Season</i></p> <p>There is an opportune time to do things, a right time for everything on the earth. A right time for birthing new dreams and another for burying dead ideas; to plant seeds of good and another to reap; to kill fear and another to heal; destroy and another to construct; to hold on and another to let go.</p> <p>This interactive workshop will encourage participants to be aware that the opportune time is right now to walk in their purpose on purpose for a purpose.</p>
Anna Farrin	<p><i>Healing Childhood Trauma</i></p> <p>The adverse childhood experiences study (ACES) gave us new insight into the lasting effects of childhood trauma. this presentation will outline how toxic stress associated with a high ace score gets into a child’s developing brain architecture, cardiovascular system, immune system, and endocrine system creating long term health, mental health, and social problems. It will also discuss the behavioral effects of early trauma, and how caregivers can interact with children in a way that buffers the effects of toxic stress. Participants will learn skills to interact with children who have experienced trauma in a way that is attuned and responsive to their</p>

	emotional needs, and protects their developing brains and bodies from the lasting effects of toxic stress.
Dr. Christine Cauffield	<p><i>Beyond Clutter: The Complex Disorder of Hoarding</i></p> <p>The subject of hoarding has become more mainstream in the past few years. A popular television program depicts various "lives of hoarders", yet historically, little research has been available to shed light on this complex disorder. This enlightening presentation will provide a clinical understanding of the characteristics, motives and course of this disorder throughout the life span. The effects on family members and treatment options will be discussed. Resources will be provided for additional information on this challenging disorder</p>
Jeannette Bajalia	<p><i>Finance Induced Stress: What's It Doing to your Health and Wealth?</i></p> <p>Aging doesn't have to be associated with illness. We have control over our own lives, our destiny and our health. We can live healthier, live longer and have fewer medical expenses allowing you to hold onto your wealth by holding onto your health. Start planning to live your best life! It's more than the money; it's about the total well-being.</p>

3:00-4:00PM

Break-out sessions #5

Dr. Gail Patin	<p><i>Domestic Violence: Assessing and Working with Clients Experiencing Abuse: PART 2</i></p> <p>Counselors and therapists play an integral role in supporting survivors of domestic violence, but some intervention strategies can actually pose risks for participants. This presentation will highlight those challenges and explore positive intervention techniques. Attendees will be equipped with tools to promote supportive client interactions and to help clients plan for their safety. If attended in conjunction with "domestic violence: assessing and working with clients experiencing abuse", This qualifies for CEU credit under licensure requirements for the Florida board of clinical social work, marriage and family therapy and mental health counseling.</p>
Thornton M. Brown, Minister	<p><i>Community Outreach Supporting Health and Wellness</i></p> <p>Feeling the Mind, Body and Soul. Individuals in our community are experiencing many voids and are in search of fulfillment of their needs. Our outreach to the community is designed to reach all facets of the individual in a holistic approach. By partnering with the community. These needed services become available to all. As a religious entity, there is an obligation to feed the mind, body and soul.</p>
Casey Gilbert and Michelle Poitier	<p><i>"In Our Own Voice" - NAMI Signature Program</i></p> <p>A presentation by people living well with mental illness that has a powerful impact on the audience. The presentation provides hope to others that there is a road to living well. In Our Own Voice de-</p>

	stigmatizes the challenges of mental illness by changing attitudes, assumptions, and stereotypes.
Jeanine Hoff	<p><i>Suicide Prevention: Why We Got It All Wrong</i></p> <p>Suicide prevention efforts are often rooted in privilege, focusing on risk screenings, eliminating stigma, encouragement to seek support, and the concept that one is “not alone.” However, effective suicide prevention advocacy requires a paradigm shift beginning with our perception of what influences suicidality. Lack of access to care including lack of resources, the use of the carceral system and forced hospitalization, the exclusion of voices with lived experience, and acknowledging that not all suicides are a result of mental illness are all required to effectively reduce suicide risk. These exclusions from the narrative are where we got it all wrong.</p>
Joyce Case	<p><i>Affordable Care Act Marketplace Insurance 101</i></p> <p>The PATIENT PROTECTION AND AFFORDABLE CARE ACT’S (PPACA) Federal Health Insurance Marketplace first opened October 1, 2013. The Health Planning Council of Northeast Florida (HPCNEF) has been providing Federally certified navigators in Northeast Florida from the beginning, offering free health insurance Marketplace Assistance throughout the year. Participants will learn the basics of the ACA Marketplace, eligibility requirements, special enrollment criteria, and where to go for help.</p>
Ellen Menendez and Johneshia Addison	<p><i>Youth Mental Health First Aid in Schools</i></p> <p>With FI Senate Bill 7026 and 7030, it is mandated that all staff in Florida schools receive youth mental health first aid training. Under these bills Duval County Public Schools has implemented timelines to ensure all staff are trained by June 2022. With this outreach, attendees will learn how this is impacting students within the district.</p>

4:00PM

Dr. Tara Haley and Robin Graber	Closure and CEU certificates
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