

Individual and Organizational Wellbeing in Times of Uncertainty

A symposium for anyone challenged by high stress work environments

November 12, 2021; 10 a.m. – 1:30 p.m.

Co-sponsored by

The Jefferson Trauma Education Network (J-TEN), in collaboration with the Jefferson Enterprise Mental Health & Wellness Committee

Program Description

You are invited to **Individual and Organizational Wellbeing in Times of Uncertainty: A** symposium for anyone challenged by high stress work environments.

Based on the feedback from attendees of the 2021 Annual Philadelphia Trauma Training Conference, and in consideration of the unprecedented challenges of these past 20 months, we have structured the theme of this symposium around workplace well-being. At Jefferson, we have made a commitment to establish employee holistic health as a fundamental attribute of our culture. This symposium honors that commitment by bringing together renowned experts in the areas of trauma informed care, counseling and behavioral health, and resilience, to highlight the intersection between individual and organizational well-being.

Symposium Agenda

Time	Session	Speaker
10:00-11:00	The Trauma Stewardship Institute	Laura van Dernoot Lipsky
11:00-11:15	Break	
11:15-12:15	Creating Presence	Sandy Bloom, MD
12:15-12:30	Break	
12:30-1:30	Session 1	Patty Davis, LSCSW, LCSW, IMH-E(III) Trauma Informed Care, Project Manager, Children's Mercy Kansas City
	Session 2	Angelle Richardson, Ph.D., LPC Nicole Johnson, PhD, LPC, ACS, CAADC, CCDP-D, BC-TMH Thomas Jefferson University

Speakers



Navigating Amidst Overwhelming Times - Whether because of trauma, crises, or really, really hard days

This training and discussion will offer practical tools to help us sustain, individually and collectively, in the face of trauma, secondary trauma and overwhelm. Whether this is related to our work, our personal lives, the pandemic, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis, we will discuss what the consequences are as well as strategies for sustaining ourselves and each other. This will be interactive so please come with questions or topics you'd like to cover. It's very helpful for Laura if everyone can have their cameras on so if you're able to do so, we'd appreciate it.

Laura van Dernoot Lipsky is the founder and director of The Trauma Stewardship Institute and author of *Trauma Stewardship* and *The Age of Overwhelm*. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades. Much of her work is being invited to assist in the aftermath of community catastrophes - whether they are fatal storms or mass shootings. Simultaneously, she has long been active in community organizing and movements for social and environmental justice and has taught on issues surrounding systematic oppression, structural supremacy, and liberation theory. Laura is on the advisory board of ZGiRLS, an organization that supports young girls in sports. She is a founding member of the International Transformational Resilience Network, which supports the development of capacity to address climate change. Laura also served as an associate producer of the award-winning film *A Lot Like You*, and was given a Yo! Mama award in recognition of her work as a community-activist mother.



Burnout, Chronic Organizational Stress and Using Trauma-Informed Care to Respond to These Challenges

In this presentation, Dr. Sandra Bloom will offer some answers to four main questions: Is there a workforce crisis?; if there is a workforce crisis, how did it originate?; What are the signs and symptoms of the impact of this crisis on organizations?; and How might trauma-informed knowledge and practice make a difference?

Dr. Sandra L. Bloom is a Board-Certified psychiatrist, graduate of Temple University School of Medicine and currently Associate Professor, Health Management and Policy at the Dornsife School of Public Health, Drexel University. For the past thirty years, Dr. Bloom has done pioneering work in the field of traumatic stress studies and is a past President of the International Society for Traumatic Stress Studies. Dr. Bloom originated and has written three books about the Sanctuary Model and in 2020 introduced a new, online organizational approach called *Creating Presence*. Dr. Bloom is currently chairing a national organization, CTIPP – The Campaign for Trauma-Informed Policy and Practice - whose goal is to advocate for public policies and programs at the federal, state, local and tribal levels that incorporate up-to-date scientific findings regarding the relationship between trauma across the lifespan and many social and health problems. CTIPP was awarded the Distinguished Service Award for 2019 from the American Psychiatric Association



Resilience at Work - Protection from trauma exposure response and building a sustainable future

Increase understanding of effects of working with populations affected by trauma. Recognize common warning signs of trauma exposure responses and identify when to seek outside support. Uncover personal tools that promote sustainability and consider organizational strategies to slow exhaustion and create mutually-supportive protective factors.

Patty Davis is a licensed clinical social worker at Children's Mercy Kansas City. She currently serves as a program manager for Trauma Informed Care, moving the healthcare system toward a trauma informed organization through awareness building and institutional changes.

Patty has a long history of treating children and families for traumatic stress through evidence-based practices such as Child-Parent Psychotherapy, Trauma-Focused Cognitive Behavior Therapy and Parent Child Interactive Therapy. She serves as an executive board member of Alive and Well Communities, a tri-state, community-wide effort focused on reducing the impact of toxic stress of racism and trauma on health and wellbeing and is a co-founder and past-president of Missouri Association of Infant and Early Childhood Mental Health, whose mission it is to optimize wellbeing in the early years by promoting first relationships and advancing effective infant mental health practice. Patty has been an invited author and content expert for national on-line educational courses through Children's Hospital Association on Delivery of Trauma Informed Healthcare. She has co-authored policy and human resource guidelines for organizations working to become trauma informed. She is an invited speaker at local, state and national conferences, speaking frequently on the signs of symptoms of traumatic stress, effective treatments to prevent and mitigate the effects of trauma, and on building trauma informed systems of care with cultural humility and equity building.



Self-Care and Wellness in the Workplace

This workshop will explore self-care with an overview of the Eight Dimensions of Wellness, focusing on the Emotional, Environmental and Occupational dimensions. It will explore the importance of maintaining wellness through self-care in these three domains. Finally, it will provide strategies for incorporating self-care and wellness in the workplace and in daily life.

Dr. Angelle E. Richardson is an Assistant Professor at Thomas Jefferson University and a Licensed Professional Counselor in private practice. She holds a Doctorate in Couple and Family Therapy from Drexel University, and a Master's in Counseling from Rider University, and Bachelor's in Professional Writing and Journalism from The College of New Jersey. An adoptee herself, Dr. Richardson specializes in working with individuals and families impacted by adoption, foster care, grief, and trauma.

Dr. Richardson is the Chair of Jefferson's College of Health Professions' Diversity, Equity, and Inclusion Committee, and the Coordinator of Diversity and Cultural Literacy Education for the Community and Trauma Education Master's Program. She is a member of the Trauma Informed Education Coalition (TIEC) and was an inaugural board member of the Family Legacy Organization.

Dr. Richardson's research on the experience of female adoptee's relationships with both biological and adoptive mothers has been published in the Journal of Marital and Family Therapy. She also has an upcoming publication in the Journal of Critical Thought and Praxis on resilience. Dr. Richardson strives to provide a safe therapeutic space for people to share and re-author their stories using narrative therapy.

Dr. Nicole G. Johnson, has over 20 years of experience working in the behavioral health care system in Philadelphia, surrounding counties and several states. Dr. Nicole has earned a Bachelors' degree in Psychology, Master of Education degree in Counseling Psychology (Temple University) and a Doctoral degree in Counselor Education and Supervision (Regent University). She has also earned a certificate in Spiritual and Faith Based Counseling. Dr. Johnson is a Licensed Professional Counselor, Approved Clinical Supervisor, International Advanced Alcohol and Drug Counselor, Certified Advanced Alcohol and Drug Counselor, Certified Co-Occurring Disorder Professional Diplomate, Board Certified Tele-Mental Health Provider and holds a counseling competency in Problem Gambling. Nicole is also a Certified Prepare/Enrich Premarital & Marital Counselor. Nicole has served as a certified trainer in Functional Behavioral Assessment (FBA) for the State of Pennsylvania Bureau of Autism Services. Finally, Nicole is a Certified Master Trainer for QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Curriculum, and a Certified Mental Health First Aid Instructor for both the Youth and Adult Curricula. Currently, she serves as Assistant Professor and Coordinator of Clinical Development in the Community and Trauma Counseling Program at Thomas Jefferson University and an adjunct professor at University of Mt. Olive. She is also the Past President of the Greater Philadelphia Area Counseling Association (GPACA), a division of the Pennsylvania Counseling Association. Nicole owns NGJohnson Counseling & Consulting LLC, a firm which trains, consults with Community and Faith Based Organization across several states and provides clinical supervision for professionals preparing to obtain their license as a professional counselor in Pennsylvania.