

THE RESILIENCE APPROACH

Trauma-informed Practices for Building Resilience Factors & Supporting People with Trauma Histories

Co-hosted by the Resilience Project and Child Focus, Inc.

May 4, 2018

9:00 -12:00

**Hamilton County DD Services Kingsley Center
5093 Kingsley Drive, Cincinnati, Ohio 45227**

WHO'S INVITED?

This session is designed for staff of DD, mental health and family organizations interested in learning about the impact of trauma and how to help people heal through building resilience. Staff and team members who support – or plan to support – a person involved in the Resilience Project are especially encouraged to attend.

REGISTRATION

The session is available at no charge. Register by April 30 using this link: www.hamiltondds.org/resilience

For more information, contact Kimi Reminyi at kimi.reminyi@hamiltondds.org or Jo Krippenstapel at JoKripp@cs.com

TOPICS

Participants can expect to learn practical approaches to help a person move along the path to trauma recovery. These approaches are research-based and easy-to-use in a variety of settings by anyone who supports the person.

Participants in this session will:

- Understand the Three Rs of Trauma Recovery
- Know the Five Resilience Factors and how they promote healing and growth
- Use Affirmations for Rebounding to heal from past adversity and trauma
- Use Predict, Practice, and Plan B to engage in positive daily routines
- Use Reflect, Honor, and Connect in everyday conversations
- Use Safety Scripts to help people regulate emotions and feel safe

ABOUT THE PRESENTER: SARAH BUFFIE

Sarah Buffie, MSW, LSW is the founding director of Soul Bird Consulting. Sarah helps organizations and individuals disrupt current models of thinking by building empathy and understanding around the effects of trauma. Her focus is to spread awareness about how trauma affects the brain and body, and teach effective approaches for developing resilience. Sarah received her Masters in Social Work from Northern Kentucky University with a focus in trauma, positive psychology, and mindfulness.

CEU INFORMATION

Developmental Disabilities 3 hours: Credit Number 1700428-1

Counselors, Social Workers, and Marriage and Family Therapists: The Child Focus, Inc. Training Center is approved through the Ohio Counselor and Social Worker Board. This program is offered for 2.75 clock hours of continuing education for counselors, social workers, and marriage and family therapists. Social Work Provider#: RSX129410 Counselor Provider#: RCX029503

Marriage and Family Therapist Provider#: RTX091001 .**Psychologists:** The Child Focus, Inc. Training Center is approved by the Ohio Psychological Association MCE program to offer continuing education for Ohio psychologists. This program is offered for 2.75 clock hours of continuing education for psychologists. Child Focus, Inc., 00PD-3109-52668, maintains responsibility for the program.

ABOUT THE RESILIENCE PROJECT

The Resilience Project is administered by Greater Cincinnati Behavioral Health Services (GCBH) with the support of these partner agencies: Child Focus, Hamilton County DD Services, Clermont County Board of DD, Montgomery County Board of DD, Clermont FCFC, Child Protective Services and Families Connected of Clermont County. The Resilience Project receives funding through a Strong Families Safe Communities grant from Ohio Department of Mental Health and Addiction Services (OhioMHAS) and Ohio Department of Developmental Disabilities.