

Meet Our Presenters



Scott Webb, Trauma-Informed Care Specialist

Licensed social worker Scott Webb is a trauma survivor himself who has worked in the behavioral health field for 30 years. Currently the Employee Assistance Director for the Wisconsin Department of Transportation, Scott has provided training and technical assistance on trauma-informed care principles to more than 5,400 people statewide.



WISE is a statewide coalition of organizations and individuals promoting inclusion and support for all affected by mental illness by advancing evidence-based practices for stigma reduction efforts. We promote the power of story.

Who We Are

A Gathering on Mental Health is brought to you by Durward's Glen Retreat Center, supported by a grant from SSM Health and in partnership with local organizations:

- Aging & Disability Resource Center of Eagle Country – Baraboo Office
- National Alliance on Mental Illness (NAMI)– Sauk County
- Prevent Suicide Columbia County
- St. Clare Hospital – Parish Nurse Coalition
- St. Joseph's Catholic Church



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A Gathering on Mental Health

Reducing stigma & creating trauma-sensitive communities

May 12-13, 2017

Durward's Glen, Baraboo



Are YOU talking about mental health?

Registration & information:

www.durwardsglen.org/events.html

call 608-356-8113 or email

theglen150@gmail.com



The 2nd Annual Gathering on Mental Health: Calling the community together to break the silence

Interested in helping create trauma-sensitive communities? Shift your perspective and learn the basics of trauma-informed care with state expert Scott Webb.

Living with a mental health challenge? Explore if and how to share your story to reduce stigma with a training from WISE: Honest, Open and Proud: Addressing Mental Health Stigma.

Lodging and scholarships are available. Contact us for details or visit: www.durwardsglen.org/events.html

Creating Trauma-Sensitive Communities

Friday, May 12: 10 AM - 4 PM
Registration begins at 9:00 AM. Lunch is included in \$25 registration fee.

Those who experience trauma as children or adults are much more likely to develop problems with mental and physical health and substance abuse. Trauma-informed communities acknowledge the role that trauma has played in people's lives, recognize the symptoms of trauma, and shift their perspective from "What's wrong with you?" to "What happened to you and how are you coping?"

Trauma is extreme stress that overwhelms a person's ability to cope. It can be a single event, a series of events, or a chronic condition, such as childhood neglect or domestic violence.



All are welcome, including:

- Leaders and members of churches, businesses, non-profits, and agencies
- Service providers in the fields of mental health, healthcare, and social services
- People living with mental health challenges, their families and friends
- Community leaders and members

Learning objectives for the Trauma-Informed Care training:

- Understand types of trauma and triggers
- Discover positive ways to support those who have survived childhood and adult trauma
- Prevent re-traumatization
- Create a more caring congregation, organization, or agency

Honest, Open, and Proud: Addressing Stigma

You asked, we listened: a training just for people living with a mental health challenge.

Friday, May 12: 5:30 - 8:30 PM
and Sat. May 13: 8:30 AM - noon

Registration begins at 5 PM Friday with snacks. Saturday's breakfast and lunch are included in \$15 registration fee.

The #1 best practice for eliminating the stigma of mental health is for people living with these challenges is to share their stories. If you have a story to share, you may be wondering who to tell, what to say, and if there are downsides to disclosing. We'll explore these topics and also take a look at

the stories we tell ourselves to discern helpful and hurtful self-attitudes.

