

## About the Seminar

Current and past trauma poses a threat to the successful aging process. Regardless of when it occurs - in our early years or later in life - it can affect physical, mental, behavioral and social wellbeing and it significantly impacts the lives of many older persons and their families who we work and interact with.

This conference is for those who work directly with older persons and their families in community settings including, but not limited to **case/care managers, in-home caregivers, mental health therapists and social workers.**

In order to support individuals and their families, we need to become informed about trauma and its implications, learn how to support our clients in their individual needs by delivering trauma responsive service and acquire self-care tools we can use to minimize vicarious trauma in our lives. Attend this conference to:

- ◆ Learn how the experiences of trauma affect older persons
- ◆ Learn what it means to be trauma responsive & how to accomplish it
- ◆ Acquire tools and learn best practices that can be used to work with older adults who have experienced trauma
- ◆ Increase trauma awareness (types of trauma, characteristics, risk and protective factors)
- ◆ Learn ways that staff can minimize the impact of vicarious trauma on their lives.

### **4 Continuing Education Hours available for Licensed Social Workers**

*Lifespan of Greater Rochester SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0089*

**Renewal CASAC Credits Applied For**

## Agenda

**8:30am Registration**

**9:00 am. Introductions/Welcome**

**9:15 am. Trauma Across the Lifespan: Working with Older Adults Coping with Trauma**

**Presenter: Misty Boldt, LMSW  
Lifespan of Greater Rochester, Inc.  
Elder Abuse Prevention Program and  
Eldersource**

This presentation will "set the stage" for our day by discussing how trauma experienced at any time during the lifespan can impact adults in later life and affect the dynamics of the entire family.

It will present some core concepts for understanding what trauma is and how we can incorporate trauma informed elements in our work with older persons and their caregivers/families.

**10:15am. Understanding Vicarious Trauma, Compassion Fatigue and Self-Care: The Connection to Quality Care When Working with Older Adults**

**Presenter:  
Peter Navratil, LCSW-R, ACSW, CASAC  
Co-owner, Tree of Hope Counseling, PLLC**

Vicarious trauma and compassion fatigue can significantly impact the staff who work with older adults with high needs as well as the individuals they serve. This presentation will explore strategies to enhance understanding and address issues related to vicarious trauma and compassion fatigue. These strategies will be discussed in terms of the impact of interpersonal, community, organizational or societal trauma and will assist staff in developing and implementing a self-care plan.

**11:15 a.m. Break**

**11:30-12:30 p.m. Morning Workshop Sessions.**

**12:30-1:15 p.m. Lunch on site**

**1:15-2:15 p.m. Afternoon Workshop Sessions**

## Workshop Descriptions

**Workshop #1:  
Historical Trauma: What Is Old Is New Again**

**Presenter: Melanie Funchess  
Director of Community Engagement,  
Mental Health Association**

Recent events and changes in our current social climate are reactivating past trauma for many older adults from historically marginalized groups (including, but not limited to religious, ethnic and racial groups). As these seniors watch things unfold in the news that they have seen in years gone by, many are experiencing re-traumatization as they anxiously feel they see "history repeating itself."

This workshop will help you understand this phenomenon as it unfolds and will provide tips on how to address it in ways that allow older adults to feel safe and comfortable while helping them share their wisdom to help us move through these times.

**Workshop #2:  
The Gift Of Presence!  
Movement Meditation and Awareness**

**Presenter: Dena Rain Adler, MA, ATR  
Co-Founder and Facilitator of "Spiral River"**

This informative and interactive workshop will focus on the impact of life's hardships and trauma and how it is experienced deep within the human body. Demonstrations of qigong, meditation and journaling practices will show the significance of the mind-body-spirit connection as a process for healing, self-awareness and self-compassion. The guided exercises are simple and restorative and encouraged to share with others.

## Workshop Descriptions Continued...

**Workshop #3:  
Supporting Older Veterans and their  
Caregivers in Trauma Responsive Ways**

**Presenter: A. Peter Ziarnowski, Ph.D.  
Director, Rochester Vet Center  
With Vet Staff: Mary Ellen Kesel, LCSW and  
Katrina Ehmman, LMSW**

In a panel format, trauma-related and other readjustment issues in older war zone veterans will be addressed. Panelists will discuss trauma related issues (including combat PTSD, military sexual trauma, and depression), factors impacting families, and strategies that can be used to more effectively work with and support individuals and families.

**Workshop #4:  
Deep Reflective Listening! Keeping Fight,  
Flight or Freeze at rest!**

**Presenter: Cheryl Martin  
Integrated Health Trainer/Clinical Consultant  
Coordinated Care Services, Inc.**

This training will explore the "why" and "how" of deep reflective listening as a "way of being" with older adults. Our goal is to prevent and de-escalate the fight, flight or freeze responses that originate from early toxic stress. We will engage in dialogue about childhood adverse experiences and how our conversation style can be trauma responsive and bring safety and trust to the older adult.

**REGISTRATION —\$25 (includes lunch)**  
**Registration Deadline — May 5th**  
**Call 585.325.3145 x113 for information**

Name: \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**I am a Licensed Social Worker and I am requesting 4 Continuing Education Hours (Please check  if applicable)**

**Morning Workshop Choice (11:30 a.m. — 12:30 p.m.)**

Please select one:

- #1: Historical Trauma: What Is Old Is New Again
- #2: *The Gift of Presence: Movement, Meditation & Awareness*
- #3: *Supporting Older Veterans and their Caregivers in Trauma Responsive Ways*
- #4: Deep Reflective Listening! Keeping Fight, Flight or Freeze at rest!

**Afternoon Workshop Choice (1:15 —2:15 p.m.)**

Please select one:

- #1: Historical Trauma: What Is Old Is New Again
- #2: *The Gift of Presence: Movement, Meditation & Awareness*
- #3: *Supporting Older Veterans and their Caregivers in Trauma Responsive Ways*
- #4: Deep Reflective Listening! Keeping Fight, Flight or Freeze at rest!

Send completed form with check (payable to Mental Health Association) enclosed to:  
Mental Health Association, 320 N. Goodman Street, Ste. 202, Rochester  
NY 14607 -or- Register on line at [www.mharochester.org/education](http://www.mharochester.org/education)

For payment by credit card:  Visa  MasterCard

Card Number: \_\_\_\_\_

3 Digit Security Code: \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_

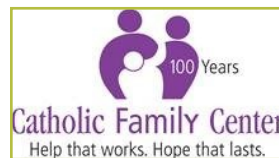
Cardholder Name (as it appears on card): \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

**Lunch Choice: (please select one)**

- Turkey on a Roll
- Grilled Chicken Salad Wrap
- Gluten-Free Chicken Salad Option in a Bowl
- Roasted Veggie/Hummus Wrap\*
- Gluten-Free Roasted Veggie Option in a Bowl w/Hummus on the side

**Our Supporting Sponsors:**



**Our thanks to our Planning Committee members:**

Deborah Balouris, LCSW-R	Emily Krohn, LCSW-R
Cindi Licata	Misty Boldt, LMSW
Pete Navratil, LCSW-R, CASAC	Steve Newcomb, MPA
Ann Olin, MA, CRC, CASAC-T	Katy Allen
Marie Pellett, LMSW	Doris Green
Adrienne Daniels, LMSW	

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of Rochester/Monroe County  
320 N. Goodman Street, Suite 202  
Rochester, NY 14607



**Trauma and Older Adults:**

***What Does It Mean To Be  
Trauma Responsive And  
How Do We Accomplish It?***



**Friday, May 12, 2017**  
**8:30 a.m. — 2:15 p.m.**

The Jewish Community Center  
1200 Edgewood Avenue  
Rochester, NY 14618

**\$25**  
**(Includes lunch)**

**The Mental Health Association's  
7th Annual Older Persons  
Mental Health Conference  
Cosponsored by  
Lifespan of Greater Rochester**

