

# TRAUMA INFORMED PRACTICE SUMMIT

January 20, 2017 • Embassy Suites Portland Airport



An Oregon ASCD  
Whole Child Summit



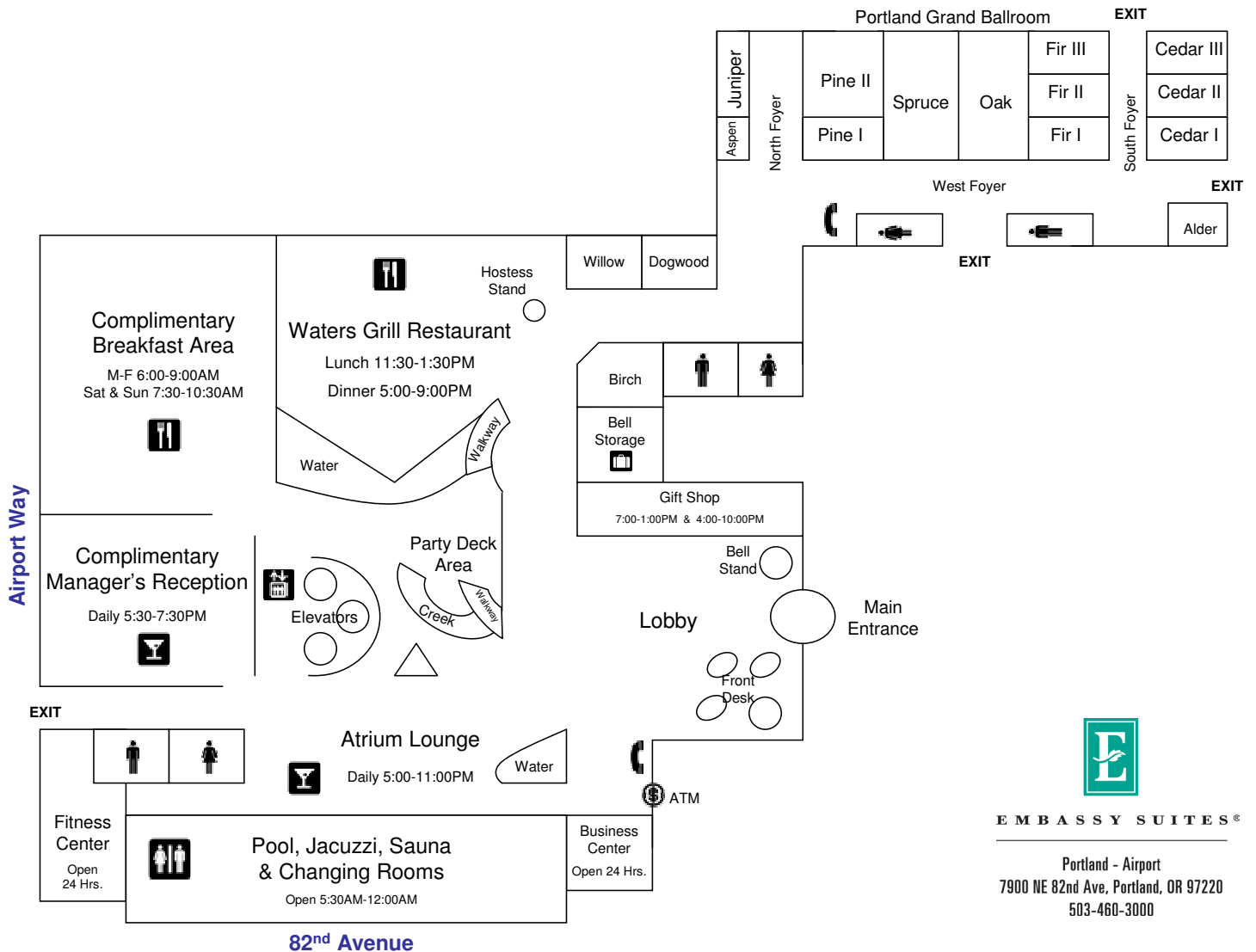
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## BREAKOUT SESSION MATERIALS

Speaker materials from the conference may be accessed on the COSA website at:

<https://www.cosa.k12.or.us/events/trauma-summit>

## FEATURED SPEAKERS



### **Kristin Van Marter Souers, Mental Health Counselor / Consultant**

For over two decades, Kristin Souers has dedicated herself to the improvement of people's lives. As a licensed mental health counselor, she has provided counseling services to individuals, couples, and families. With a history of working in the fields of early learning, law enforcement, education, and mental health, she has been able to develop an extensive knowledge base. This, partnered with her expertise in complex trauma, the impact of violence, crisis management, counseling, and trauma-informed care, has allowed her to partner with professionals around the development of trauma-informed practices in a multitude of settings.

As an independent consultant, adjunct faculty member at the Gonzaga University School of Education in the Counselor Education Department, and the Assistant Director of the Washington State University Child and Family Research Unit, Kristin now provides critical professional development, consultation, education, and training services to schools, school districts, and organizations throughout the country. She has presented to hundreds of audiences, facilitated group learning, supervised internships, directed programs, and supported the learning and growth of countless educators, caregiving professionals, and other individuals.



### **Mandy Davis, Co-Director, Trauma Informed Oregon**

Davis is the Co-Director of Trauma Informed Oregon and Associate Professor of Practice at Portland State University's School of Social Work. Dr. Davis specializes in providing training, consultation and supervision to systems, organizations and providers on topics related to implementing trauma informed care and trauma specific services. In addition to her system change work, Dr. Davis teaches courses related to abuse and trauma and trauma informed care and provides training in the TREM model. Dr. Davis has over 20 years of experience working with survivors of trauma across the lifespan.



### **Colt Gill, Education Innovation Officer**

Colt Gill was appointed by Governor Brown as Oregon's first Education Innovation Officer. In this position, he focuses on improving graduation outcomes by working with local communities, school districts, researchers, students, and other stakeholders to identify effective practices across the P-20 continuum and to make recommendations to the Governor, state agencies, and the Legislature regarding policies, budget priorities and supports needed to increase the number of students who graduate prepared for their next steps in the work place or college. He has been an Oregon educator for 27 years. He is an adjunct professor at the University of Oregon and has served on a number of boards and commissions for the both the State of Oregon and various education and children's health and wellness institutions. Prior to accepting the appointment as Education Innovation Officer, Colt was the Superintendent of Bethel School District.



# CONFERENCE SCHEDULE

8:30 to 11:30..... **GENERAL SESSION**.....Grand Ballroom

Welcome: Aeylin Summers, Contract Services, North Clackamas SD  
Inge Aldersebaes, Director of School Employee Wellness, OEA Choice Trust  
Rachael George, Principal, Sandy Grade

Opening Remarks: Janet O'Hollaren, Chief Operating Officer, NW Region Kaiser Permanente

Introductory Message: **The Importance of Family and Student Supports to Achieve Equitable Outcomes**  
Colt Gill, Education Innovation Officer, Chief Education Office

Keynote: **What Does It Really Mean to Be Trauma Informed? Promotion of Resiliency Despite Adversity**  
Kristin Van Marter Souers, Mental Health Counselor / Consultant

11:30 to 12:30.... Lunch..... Atrium

12:30 to 1:45..... **BREAKOUT SESSIONS: ROUND I**

**Trauma is a Word, Not a Sentence: Promoting Resilience in Our Youth** (elementary)..... Spruce Room  
Speaker: Kristin Van Marter Souers, Mental Health Counselor / Consultant

Participants will be introduced to and provided with opportunities to reflect on information centered around the role that trauma plays in terms of its impact on the child; the power of relationships and the role they play in the establishment and maintenance of community safety. This professional development experience will emphasize strength-based approaches to use with students, families, fellow faculty, school personnel, and community members. Sessions will be tailored towards the developmental levels of the population being worked with.

Intended Professional learning Outcomes: Participants will explore strategies for community members to utilize with children with (known and unknown) trauma histories—helping to sustain learning-ready states.

Presider: Rachael George, Principal, Sandy Grade, Oregon Trail SD

**Gladstone's Culture of Care** (*repeated during Round II*).....Fir Room

Speakers: Wendy Wilson, Principal, John Wetten Elementary School, Gladstone SD  
Lennie Bjornsen, Director of Student and Family Supports, Gladstone SD  
Rick Robinson, Psychological Consultant, Gladstone SD  
Bill Stewart, Curriculum/Assessment, Gladstone SD

Beginning in the summer of 2015, in partnership with a consortium of six other school districts, Gladstone School District embarked on a journey of learning about trauma, Adverse Childhood Experiences (ACEs) and the impact they have on brain and social/emotional development and thus upon behavior, attendance, well-being and academic achievement of students within a K-12 setting. Even before that, Gladstone's John Wetten Elementary School had begun exploration of school and classroom practices that might help create a safe, calm environment that is good for all learners and might build and enhance resilience skills in all students. That effort has borne fruit and the school is in the midst of learning and gradually adopting changes in their approach to teaching & learning, specifically in grades K-5. The process has involved much more than

new strategies and tools. It has really been a change in mindset about the philosophy of learning, school & classroom climate and the way that kids and staff interact.

During this session, participants will get an overview of the impact a high ACE score can have on a child in the school setting, ways to proactively support students, and specific strategies and ideas that John Wetten Elementary School has adopted to support students and school staff in the face of the ACE challenges that students do, or might, face during their K-12 years and beyond.

Presider: Aeylin Summers, Contract Services, North Clackamas SD

**Healing for All Through Trauma-Informed Practices: An Evidence -Based Approach for the Community and The School..... Pine Room**

Speakers: Todd Bloomquist, Special Services Director, Grants Pass SD  
Kirk Kolb, Superintendent, Grants Pass SD

Participants will learn about the trauma-informed practices of the Grants Pass School District through the CLEAR (Collaborative Learning for Educational Achievement and Resilience) program with Dr. Christopher Blodgett as well as the larger work being done through the Self-Healing Community project with Ace Interface. At the core of all of this work is an understanding of the results of the Adverse Childhood Experiences (ACEs). In these evidence-based practices, the school district is working toward all staff becoming trauma-informed which has been shown to help students self-regulate, reduce discipline referrals, increase teaching time, and improve student academic performance.

Presider: John George, Principal, Dexter McCarty Middle School, Gresham-Barlow SD

**Trauma Informed Care: What It Is and What It Is Not..... Cedar Room**

Speaker: Mandy Davis, LCSW, PhD, Associate Professor of Practice, Co-Director and Trainer, Trauma Informed Oregon, Portland State University, School of Social Work

To understand the benefits of a trauma informed system it is necessary to understand how trauma impacts individuals and families. Participants will learn about trauma informed care, the impact of trauma and how trauma affects a person's access to services. Participants will begin to identify how service systems, often unknowingly, retraumatize survivors of complex trauma.

Presider: Michael Ralls, Director Social Services, North Clackamas SD

**Fostering Supportive School Environments for Students and Staff .....Oak Room**

Speakers: Adriene Daigneault, Behavioral Health Consultant, Kaiser Permanente  
Caretia Fernandez, Child and Family Therapist, Kaiser Permanente

This break-out session will cover a number of topics in the service of fostering resiliency in schools and students. We will cover information on ways trauma impacts the brain and brain development; common and potential triggers for traumatized children in the school environment; ideas and tips for educating students about the flight, flight or freeze response; ideas for de-escalating emotions when interacting with a child who has experienced trauma or is dysregulated for a variety of reasons. We will share some of the principles from a Collaborative Problem Solving perspective, as well as further resources to develop your CPS skills. Finally, we will spend time talking about educator self-care as a basic tenet of a trauma informed system.

Presider: Inge Aldersebaes, Director of School Employee Wellness, OEA Choice Trust

1:45-2:00 ..... Break

2:00-3:15 ..... **BREAKOUT SESSIONS: ROUND II**

**Trauma is a Word, Not a Sentence: Promoting Resilience in Our Youth** (secondary).... Spruce Room

Speaker: Kristin Van Marter Souers, Mental Health Counselor / Consultant

Participants will be introduced to and provided with opportunities to reflect on information centered around the role that trauma plays in terms of its impact on the child; the power of relationships and the role they play in the establishment and maintenance of community safety. This professional development experience will emphasize strength-based approaches to use with students, families, fellow faculty, school personnel, and community members. Sessions will be tailored towards the developmental levels of the population being worked with.

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Presider: John George, Principal, Dexter McCarty Middle School

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Presider: Aeylin Summers, Contract Services, North Clackamas SD

**Building a Compassionate and Mindful School**..... Pine Room

Speakers: Cathy Lehmann, Principal, Whitcomb Elementary School, North Clackamas SD  
Ellen Baltus, Licensed Clinical Social Worker / Counselor  
Emily Barret, School Psychologist & Behavioral Specialist  
Annie Schelgel, Social Work Intern & Behavioral Assistant  
Matt Hanset

In this session, we will share Lot Whitcomb Elementary School's journey into becoming a Mindful & Compassionate School. We will share our experiences with Developmental Discipline, Trauma-Informed Practices and Mindfulness support for our entire community. Our Mindful Journey is new but we have developed some very hopeful practices that are bringing back a sense of compassion, hope, and joy to our school. We

are constantly reminded that we live in a different world these days, and the challenges facing our children are daunting: bullying, obesity, technology, in addition to more longstanding problems like poverty and racial/ethnic discrimination. Fortunately, we also live in an age of unprecedented research and clinical support for the potential of mindfulness and compassion to support all of us in meeting the challenges we face in the 21st century. We invite you to join us and learn together as we build this community of dedicated and mindful learners. Specifics covered in this session are Compassionate Schools background, Trauma-Informed Practices and Mindful techniques for self-regulation and learning. A brief overview of our Wolf Den (Self-Regulation Room), our Soft Start, lessons on brain development and compassion as well as daily breathing practices in classroom and intervention settings.

Presider: Greg Borgerding, Principal, Churchill High School, Eugene SD

**Implementation of Trauma Informed Care: Next Steps** ..... Cedar Room

Speaker: Mandy Davis, LCSW, PhD, Associate Professor of Practice, Co-Director and Trainer, Trauma Informed Oregon, Portland State University, School of Social Work

Participants will learn about trauma informed care implementation, with materials and information provided by Trauma Informed Oregon (TIO) staff and a chance to identify how this applies to your work and crosssystem partnerships. A roadmap for the implementation of trauma informed care, along with TIO resources to guide the process are explored as well as the sharing of ideas and solutions to moving forward in your organizations.

Presider: Michael Ralls, Director Social Services, North Clackamas SD

**Self and Collective Care of Youth-serving Adults**.....Oak Room

Speaker: Leora Wolf-Prusan, EdD, Research Associate, WestEd

Students are at the center of our work. At the same time, adults in our school communities need support in order to show up for the young people they serve. This session will explore how we can create cultures of care not only for youth, but also for the adults who work with them. Participants will gain theoretical frameworks for this conversation, as well as space to share current practices in Oregon that are driving educator health and well-being forward.

Presider: Inge Aldersebaes, Director of School Employee Wellness, OEA Choice Trust

3:15 to 4:15 ..... **Summit Debrief** ..... Available Rooms

Teams can use this time to meet and discuss next steps and share learnings of the day.

## An Oregon ASCD Whole Child Summit

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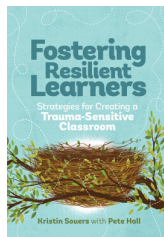
February 24, 2017 • Monarch Hotel & Conference Center, Clackamas  
& March 20, 2017 • Salem Convention Center

**More and more children come into classrooms with physical, mental and emotional needs that go far beyond standard educational training. How can we help these children to thrive as learners, and how can we support the adults who strive to teach them?**

This summit is an opportunity to bring our health and education partners together to learn about shaping our school systems, community partners, classroom practices, and cultures to create compassionate, versatile, and healthy teaching and learning environments.

### Intended Professional Learning Outcomes:

1. Participants will deepen their understanding of the prevalence of childhood trauma and the impact of trauma and toxic stress on learning and development.
2. Participants will explore multiple strategies for education staff and community members to utilize with children with (known and unknown) trauma histories – helping to sustain learning-ready states.
3. Participants will collaborate to identify best practices associated with trauma-informed care that they can implement into their workplace settings.
4. Participants will reflect on how this information impacts their role and their overall health, collecting several suggestions for self-care and self-awareness.



***For Administrators, Counselors, Teachers,  
and Health & Community Leaders  
Supporting Our Schools***

### Featured Speakers:

- Kristin Van Marter Souers, Mental Health Counselor / Consultant
- Pete Hall, Speaker, Author & Professional Development Agent

### Keynote Topics:

- "What Does It Mean to be Trauma Informed"
- "Impact of Trauma On Learning and Graduation Rate"
- "Strategies for Staff and Community"
- "Self-Care and Awareness"
- "Best Practice"

For more information and to register online:

**Clackamas:** <https://www.cosa.k12.or.us/events/trauma-2-24>

**Salem:** <https://www.cosa.k12.or.us/events/trauma-3-20>



An Oregon ASCD Whole Child Summit

# TRAUMA INFORMED PRACTICE SUMMIT

February 24, 2017 • Monarch Hotel & Conference Center, Clackamas

March 20, 2017 • Salem Convention Center



## FOR ADMINISTRATORS, COUNSELORS, TEACHERS, AND HEALTH & COMMUNITY LEADERS SUPPORTING OUR SCHOOLS

Registration: ..... \$149

Dates:..... February 24, 2017 - Clackamas  
March 20, 2017 - Salem

### Summit Schedule:

8:00 to 8:30 ..... Registration

8:30 to 8:45 ..... Opening

8:45 to 11:30 ..... General Session I

11:30 to 12:30 ..... Lunch/Partner Sharing

12:30 to 3:15 ..... General Session II

3:15 ..... Closing



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# 2016-2017 COSA PROFESSIONAL LEARNING EVENTS

## AUGUST 2016

3.....	Gray Matters Summit.....	Hilton, Eugene
3-5.....	Oregon Summer Assessment Institute .....	Hilton, Eugene

## SEPTEMBER 2016

23 .....	OACOA Seminar Series .....	Clackamas ESD
23 .....	2016-2017 New Superintendents Academy.....	Clackamas ESD

## OCTOBER 2016

5-7.....	ODE/COSA Special Education Administrators Annual Fall Conference .....	Hilton, Eugene
13-14.....	Eric Jensen - Leading and Teaching with Poverty in Mind 2-Day Workshop .....	Hilton, Eugene
23 .....	New Principals Academy.....	The Riverhouse, Bend
23-25.....	Annual Principals & Teacher Leaders Conference.....	The Riverhouse, Bend

## NOVEMBER 2016

8.....	2016-2017 New Special Education Directors/Coordinators Seminar Series .....	Red Lion, Salem
14 .....	Breakthrough Coach/Day 3 (prerequisite: prior training).....	Al Kadar Center, Wilsonville
15-16.....	Breakthrough Coach .....	Al Kadar Center, Wilsonville
17-18.....	Breakthrough Coach .....	Al Kadar Center, Wilsonville
17-18.....	Early Learning Pre K-3.....	Sheraton Portland Airport Hotel, Portland
30 .....	New Principals Academy.....	Hilton, Eugene
30 .....	2016-2017 New Superintendents Academy.....	Hilton, Eugene
30-2 .....	Oregon School Law Conference.....	Hilton, Eugene

## JANUARY 2017

10 .....	NGSS Adopted Oregon Instructional Science Materials Caravan.....	Sheraton Portland Airport Hotel
12 .....	NGSS Adopted Oregon Instructional Science Materials Caravan....	Evergreen Air & Space Museum, McMinnville
13 .....	NGSS Adopted Oregon Instructional Science Materials Caravan.....	Deschutes County Expo Center, Redmond
20 .....	Trauma Informed Instruction State Summit .....	Embassy Suites Portland Airport
26-27.....	2016-2017 New Superintendents Academy.....	Salishan, Gleneden Beach
26-28.....	OACOA/OASE Winter Conference.....	Salishan, Gleneden Beach
28 .....	OACOA Seminar Series .....	Salishan, Gleneden Beach

## FEBRUARY 2017

8.....	2016-2017 New Special Education Directors/Coordinators Seminar Series .....	Red Lion, Salem
9.....	NGSS Adopted Oregon Instructional Science Materials Caravan.....	Medford School District
10 .....	Pre-Service Teacher Conference.....	Western Oregon University, Monmouth
10-11.....	OALA State Conference .....	University of Oregon, Eugene
23 .....	2016-2017 New Superintendents Academy.....	COSA Office, Salem
24 .....	Trauma Informed Instruction State Summit .....	Monarch Hotel & Conference Center, Clackamas

## MARCH 2017

2-3.....	6th Annual Personalized Learning Conference .....	Daimler Headquarters, Portland
7-8.....	Breakthrough Coach .....	Southern Oregon
8-10 .....	State English Learners Alliance Conference .....	Hilton, Eugene
20 .....	Trauma Informed Instruction State Summit .....	Salem Convention Center
26-27.....	School Employee Wellness Conference .....	The Riverhouse, Bend

## APRIL 2017

20-21.....	2016-2017 New Superintendents Academy.....	Vitaculture Center, Salem
21 .....	OACOA Seminar Series .....	Hilton, Eugene

## JUNE 2017

21 .....	43rd Annual COSA Seaside Pre-Conference.....	Convention Center, Seaside
22-23.....	43rd Annual COSA Seaside Conference.....	Convention Center, Seaside

# COSA LICENSURE AND DEGREE PROGRAMS

With a commitment to leadership and the drive to prepare aspiring educational leaders to gain the tools and knowledge necessary for improving the teaching and learning in schools, the COSA-CUC Licensure and Degree Programs offer a new take on challenging the status quo of the educational world.



## PROGRAMS OFFERED:

- (1) Teacher Leader Specialization (coming Spring 2015)
- (2) IAL, Initial Administrative License
- (3) IAL with Master's Degree in Educational Leadership
- (4) CAL, Continuing Administrator License
- (5) Doctorate in Education Leadership



## PROGRAMS PROVIDE:

■ **CONVENIENCE.** Candidates will be able to accomplish coursework online to interact with professors and colleagues via an exemplary course delivery system. This format allows candidates online access 24/7 and limits the need to travel and meet weekly or on weekends. Job-embedded, career-focused internships and coursework provided will drive relevant and productive experience for all students.

■ **HIGH-QUALITY LEARNING.** COSA's partner Concordia University of Chicago is a NCATE accredited university and a national leader in educational training. The COSA Board of Directors are committed to a program with the highest and most rigorous standards of admission and completion.

■ **COST-EFFICIENT SOLUTIONS.** Each program's cost is currently maintained below the mean cost of existing licensure programs in the state and candidate's tuition rate is locked at their admission rate. The online format will add efficiencies and lower costs to participants. Up to 50% of a candidate's qualifying coursework may be transferred from other regionally accredited graduate schools.

Contact TRINA HMURA at the COSA office:  
trina@cosa.k12.or.us 503.480.7214

Review the COSA website:  
<http://www.cosa.k12.or.us/licensure/academics>

FIND OUT MORE:







Confederation of Oregon School Administrators  
"We Develop and Support Educational Leaders to Ensure Student Success"

# Certificate of Attendance

This certificate is presented to:

\_\_\_\_\_  
Name

\_\_\_\_\_  
CPD Units Awarded

6

for having participated in the Oregon Whole Child Summit - Trauma Informed Practice.  
January 20, 2017 • Portland, Oregon

## Oregon Professional Standards:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> 1.0 Visionary Leadership      | <input checked="" type="checkbox"/> 4.0 Inclusive Practice      |
| <input checked="" type="checkbox"/> 2.0 Instructional Improvement | <input checked="" type="checkbox"/> 5.0 Ethical Leadership      |
| <input checked="" type="checkbox"/> 3.0 Effective Management      | <input checked="" type="checkbox"/> 6.0 Socio-Political Context |