

# 2018 ANNUAL RURAL HEALTH CONFERENCE

## pre-conference training

### PROMOTING RESILIENCE WITH TRAUMA-INFORMED CARE

This training will provide participants with knowledge of how psychological trauma and adversity impacts individuals including the effects of trauma and an understanding of Adverse Childhood Experiences (ACES); the ability to describe how the values/principles of Trauma-Informed Care can promote resilience; and how to identify opportunities to incorporate trauma-informed approaches with clients, patients and co-workers to reduce re-traumatization and promote resilience. The training is appropriate for professionals in all health and human service sectors and roles.

### AGENDA

**1:00-2:00pm** - Showing of the Film: Resilience: The Biology of Stress and the Science of Hope  
 Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary Resilience reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. Resilience, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.

**2:00-5:00pm** - Promoting Resilience With Trauma-Informed Care- Ms. Samantha Koury  
 Join Samantha Koury, LMSW, from The Institute on Trauma and Trauma-Informed Care at the University at Buffalo School of Social Work, as she connects Resilience: The Biology of Stress and the Science of Hope with an in-depth look on how psychological trauma and adversity impacts individuals. Participants will gain knowledge on the effects of trauma and an understanding of Adverse Childhood Experiences (ACES), the ability to decrease how the values and principles of Trauma-Informed Care can promote resilience, and how to identify opportunity to incorporate trauma-informed approaches with clients, patients, and/or co-workers to reduce re-traumatization and promote resilience.

#### Learning Objectives - Participants will be able to:

1. Explain the effects of trauma and Adverse Childhood Experiences (ACES) on individuals.
2. Describe how the values/principles of Trauma-Informed Care can promote resilience.
3. Identify opportunities to incorporate trauma-informed approaches into their work and organization.

#### CEUs/Contact Hours:

NYSED Social Workers: Offered in collaboration with UB School of Social Office of Continuing Education, 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 #SW-0001. Full attendance is required; no partial credit will be awarded for partial attendance. 4 live in-person contact hours are approved.

NYS OASAS: Offered in collaboration with UB School of Social Office of Continuing Education, provider #0045. Hours pending approval decision.

### REGISTRATION

A registration fee of \$40.00 will include the cost of attendance and CEU's. To register please visit:  
<http://www.nysarh.org/pre-conference-training>.

