

THINK TANK

featuring

**JESSICA
LYNCH**

Keynote Address
**THE IMPORTANCE OF
PERSEVERANCE**

Wednesday, April 5 // 6:30pm
Student Union Ballroom

Think Tank Session

Featuring a plenary panel and
breakout sessions on the topics of
toxic stress, adverse childhood
experiences, trauma-informed care
and teaching, resilience and wellbeing

Thursday, April 6 // 8:30am – 1:30pm
Student Union Ballroom

Film Screening
PAPER TIGERS

Thursday, April 6 // 2–4pm
Student Union Room 302



Schedule of Events

April 5, 2017 (Wednesday)

6:30 pm	<p>Welcome Remarks Cindy Reed, COEHS Dean</p>	Student Union Ballroom
	<p>Introduction Neil Duchac, NKU Counseling, Social Work & Leadership</p>	
	<p>Keynote Address <i>The Importance of Perseverance</i> Jessica Lynch</p>	
	<p>Q&A with Audience Moderator: Verl Pope</p>	

April 6, 2017 (Thursday)

8:00 am	Doors open	Student Union
8:30 am – 9:50 am	<p>Welcome Remarks Cindy Reed</p>	SU Ballroom
	<p>Introduction Vanessa Hunn, Counseling, Social Work & Leadership</p>	
	<p>Opening Plenary Jessica Lynch with David Childs, Gabrielle Dralle, Robin Estridge, and Mary Vicario</p>	
	<p>Q&A with Audience Moderator: Vanessa Hunn</p>	
9:50 am – 10:00 am	Break	
10 am – 10:50 am	Concurrent Sessions	
	Session 1A – <i>Healing the Fear that Hides and Bringing Hope Home: Biologically Based Fear Responses and Successful Trauma Resolution</i>	SU 109
	Session 1B – <i>Foundations of Posttraumatic Stress in Veterans</i>	SU 107B
	Session 1C – <i>Fostering Resilient Learners: In the Classroom</i>	SU 107C
11 am – 11:50 am	Concurrent Sessions	
	Session 2A – <i>Resources to Support the Well-Being and Academic Success for Veterans in Higher Education</i>	SU 109
	Session 2B – <i>Personal Reflections: Dealing with Components of PTSD & Toxic Stress</i>	SU 107B
	Session 2C – <i>Fostering Resilient Learners: In the School and Greater Community</i>	SU 107C
12 pm – 12:45 pm	Lunch	SU Ballroom
12:45 pm – 1:30 pm	<p>Closing Plenary Jessica Lynch & Cindy Reed <i>Individual and Collective Commitments and Actions</i></p>	SU Ballroom
2 pm – 4 pm	Film Screening: Paper Tigers	SU 302

Concurrent Sessions Descriptions

Session 1A	<p>Healing the Fear that Hides and Bringing Hope Home: Biologically Based Fear Responses and Successful Trauma Resolution</p>	SU 109
	<p>This training examines trauma's effect on brain development and how adverse childhood experiences (ACEs) create repeated fear responses and disrupt the "felt safety" (neuroception) needed for the attachment and regulation centers of the brain to develop and work properly. Neuroscience is thus demonstrating that some of the most challenging behaviors connected with trauma are actually biologically based fear responses more related to fear based dysregulation and survival skills than intractable behavior. As Maureen Walker, Ph.D. reminds, "Strategies for disconnection are an intense yearning for connection in an atmosphere of fear." Finally, we will also explore what you are already doing to promote movement through the 3 Rs of trauma resolution and develop the top five resilience factors found in those who have experienced trauma and moved beyond it.</p> <p>Presenter: <i>Mary Vicario, LPCC-S, Finding Hope Consulting, LLC</i> Facilitator: <i>Amanda Brown, NKU Department of Counseling, Social Work, and Leadership</i></p>	
Session 1B	<p>Foundations of Posttraumatic Stress in Veterans</p>	SU 107B
	<p>This talk will explore the foundations of PTSD, discussing and examining symptoms related to PTSD, the impact of PTSD on individuals, families, and communities and the relationship between PTSD and suicidal tendencies and substance abuse. This talk will also explore current PTSD treatment modalities.</p> <p>Presenters: <i>Rodney Valandra, NKU Department of Counseling, Social Work, and Leadership</i> <i>Beth Long, Equine Therapy Professional</i> Facilitator: <i>Rebecca Elkins, NKU Department of Kinesiology and Health</i></p>	
Session 1C	<p>Fostering Resilient Learners: In the Classroom</p>	SU 107C
	<p>This session focuses on how adverse childhood experiences and toxic stress affect functioning in the classroom and other educational settings. Panelists will provide information on how to address these issues in educational settings, and how to foster resiliency in students who experience adversity and toxic stress. From this discussion, audience members will take away ideas for building trauma-sensitive classrooms and learning environments, in which all students are learning ready.</p> <p>Panelists: <i>Alyse Braxton, NKU Elementary Education undergraduate student</i> <i>Cindy Waden, PBIS Learning Coach, NKY Cooperative for Educational Services</i> <i>Jennifer Kearney, Building Better Lives Coordinator, Franklin County Family & Children First Council (Ohio)</i> <i>Kelly Rigger, LCSW, LCAC, MBA, Chief Programming Officer at Children's Home of Northern Kentucky</i> <i>Pavel R. Castillo, NKU MAT student, representative from Black and Brown Educators of Excellence</i> Facilitators: <i>Ryan Alverson & John Huss, NKU Department of Teacher Education</i></p>	
Session 2A	<p>Resources to Support Well-Being and Academic Success for Veterans in Higher Education</p>	SU 109
	<p>VHA has recognized the need to provide outreach and has attempted to address logistical barriers to health care utilization through the establishment of the Veterans to Academic Leadership (VITAL) programs in 2011. VITAL helps to increase access and quality of services to the student Veteran, where they are located: on their university/college campuses. This partnership between VHA and college campuses across the nation has provided the opportunity to learn about how barriers to utilizing health care might be overcome. This presentation will describe the VITAL program and how this delivery model has positively impacted health care for student Veterans. Specifically, the presenters will (1) review VITAL's commitment to working with academic institutions and community partners to ensure student Veteran support in obtaining their academic goals and (2) provide practical information for attendees regarding the services and resources available to them through VHA and navigation of the VA health care system.</p> <p>Presenter: <i>Jessica Thiede, VITAL Consultant and Liaison, VA of Cincinnati</i> Facilitator: <i>Amanda Brown, NKU Department of Counseling, Social Work & Leadership</i></p>	
Session 2B	<p>Personal Reflections: Dealing with Components of PTSD and Toxic Stress</p>	SU 107B
	<p>This session will focus on the shared experiences of veterans from the local community that have returned home and reintegrated into their professional careers and community.</p> <p>Panelists: <i>David Corlett, Sergeant, Cincinnati Police Department Military Liaison Group Coordinator</i> <i>Dennis Heydorn, U.S. Army Veteran</i> <i>Karl Williams, Job Developer with Operations Vets THRIVE - Easterseals, U.S. Army Veteran</i> <i>Will Peveler, NKU Department of Kinesiology & Health, U.S. Navy & Army Reserve Veteran</i> Facilitator: <i>Neil Duchac, NKU Department of Counseling, Social Work, & Leadership</i></p>	
Session 2C	<p>Fostering Resilient Learners: In the School and Greater Community</p>	SU 107C
	<p>This session focuses on toxic stress and its effects in schools and the larger community. Panelists from a variety of administrative, leadership, and visionary positions will discuss their roles in bringing together the various constituents within the community to address the problem of toxic stress in the larger educational community. In doing so, we hope to examine the different issues that stem from toxic stress, and look for ways to successfully respond to these issues, currently, and in the future.</p> <p>Panelists: <i>Gary Favors, Teacher, Woodward Career Technical High School, Hearts and Minds, Inc.</i> <i>Briana Lee, NKU (Anthropology & Creative Writing undergraduate student)</i> <i>Chad Molley, Assistant Superintendent, Erlanger-Elsmere School District (KY)</i> <i>Bonnie Olds-Carson, LPCC-S, Coordinator of Genesis Services, Child Focus, Inc.</i> <i>Polly Page, Executive Director, NKY Education Council</i> Facilitators: <i>Ryan Alverson and John Huss, NKU Department of Teacher Education</i></p>	

Presenters

Jessica Lynch is a former Private First Class (PFC) in the United States Army and a former Prisoner of War. On March 23, 2003, she was injured and captured by Iraqi forces after her unit was ambushed in Iraq. She was rescued after nine days in captivity on April 1, 2003 by U.S. special operations forces.

Jessica's rescue was the first successful rescue of an American POW since World War II. Jessica has a Bachelor's of Arts degree for Elementary Education K-6 and a Masters of Arts degree in Communication Studies. In 2014, she toured the U.S. promoting 'Virtuous', a faith-based movie by JC Films. She recently filmed her second faith-based movie titled 'One Church' and will be filming her third movie in March 2015.

Jessica has appeared on Good Morning America, Today Show, CBS Morning Show, Huckabee Show, CNN, MSNBC, David Letterman Show, Fox, Prime Time on ABC with Dianne Sawyer, E News!, CBN, and various local networks throughout the country. She has appeared on numerous magazine covers such as TIME and People. She has been named West Virginian of the Year as well as Glamour Woman of the Year.

Alyse Braxton, NKU Elementary Education undergraduate student

Pavel Castillo, NKU Master of Arts in Teaching student, from Cynthiana, KY, representative of Black and Brown Educators of Excellence

David Childs, Assistant Professor, NKU Department of Teacher Education

David Corlett, Sergeant, Cincinnati Police Department, Military Liaison Group Coordinator

Gabrielle Dralle, Director, NKU Norse Violence Prevention Center, Master of Social Work student

Robin Estridge, Coordinator, NKU Veterans Resource Station, U.S. Navy Veteran

Gary Favors, Teacher, Woodward Career Technical High School, Hearts and Minds, Inc.

Dennis Heydorn, U.S. Army Veteran

Jennifer Kearney, Building Better Lives Coordinator, Franklin County Family & Children First Council (OH)

Briana Lee, NKU undergraduate student (Anthropology & Creative Writing), from Cincinnati, OH, representative of Black and Brown Educators of Excellence

Beth Long, Equine Therapy Professional

Polly Lusk Page, Executive Director, Northern Kentucky Education Council

Chad Molley, Assistant Superintendent, Erlanger Elsmere School District (KY)

Bonnie Olds-Carson, Coordinator, Genesis Services for Child Focus, Inc.

Will Peveler, Associate Professor, NKU Department of Kinesiology and Health, U.S. Navy & Army Reserve Veteran

Kelly Rigger, Chief Programming Officer, Children's Home of Northern Kentucky

Jessica Thiede, VITAL Consultant and Liaison, VA of Cincinnati

Rodney Valandra, Assistant Professor, NKU Department of Counseling, Social Work, & Leadership

Mary Vicario, Finding Hope Consulting, LLC

Cindy Waden, PBIS Learning Coach, NKY Cooperative for Educational Services

Karl Williams, Job Developer with Operations Vets THRIVE – Easterseals, U.S. Army Veteran

Our sincerest appreciation is extended to the presenters and panelists for their contributions to this event and for the impact they have in our community. Many thanks to the planning committee members listed below for making this event possible.

Planning Committee

Ryan Alverson, Dept. of Teacher Education

Josh Brittingham, COEHS Advising Center

Amanda Brown, Dept. of Counseling, Social Work, and Leadership

Roland Sintos Coloma, Dept. of Teacher Education

Neil Duchac, Dept. of Counseling, Social Work, and Leadership

Rebecca Elkins, Dept. of Kinesiology & Health

Vanessa Hunn, Dept. of Counseling, Social Work, and Leadership

John Huss, Dept. of Teacher Education

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