

# Ohio CSEA Directors' Association One Day Training

**12/3/19**

**Quest Conference  
Center**

## Resilience and Trauma Responsive Care

### Agenda

**9:30 - 10:00 Registration**

**10:00 - 12:00 - Resilience  
and Trauma Responsive Care**

**12:00 - 1:30 Lunch on your  
own**

**1:30 - 3:30 - Building  
Resiliency: Refilling Your Cup**

**Register online at [ocda.us](http://ocda.us)**

### Free Registrations

Class 1 and 2 receive 1 free

Class 3, 4 and 5 receive 2 free

#### Resilience and Trauma Responsive Care

This engaging session features a screening of a documentary, Resilience: The Biology of Stress & the Science of Hope, which delves into the science of Adverse Childhood Experiences (ACEs). The film chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease. In addition, the session will explore practical tools that can be used as a part of universal trauma responsive care.

##### Objectives

- **Understand** the link between Adverse Childhood Experiences (ACEs), child development and behavioral and health outcomes
- **Define** trauma responsive care and explore tools to increase trauma responsive care practice in child support enforcement
- **Increase** knowledge about local, state and national resources for youth and practitioners

#### Building Resiliency: Refilling Your Cup

Helping professionals give from their cup everyday as they offer compassion, empathy and support to others. Sometimes, it can feel their cup is empty due to stress, exhaustion and heavy workloads. Professionals can experience physical, emotional and psychological effects from the direct and/or indirect exposure to traumatic stories/events in their roles. Unaddressed, this exposure can compromise the health of the individual and the quality of care within the organization. This session will provide attendees with tools, insights and strategies to increase individual resilience and enhance the wellbeing of their organization.

##### Objectives

- **Define** the difference between compassion fatigue and compassion satisfaction
- **Identify** key resilience factors within self
- **Learn** additional strategies to build and maintain resilience or engage in self-care.

**Quest Conference Center | 8405 Pulsar Place | Columbus, OH 43240**