SUMMIT HIGHLIGHTS

1. Welcome & Overview
   - We are Resilient!
   - The heartful leaders of people responding to successive #2020devastation
   - We Care

2. Emerging Trends: Child & Family Wellbeing
   - You are a HERO!
   - Collaboration is Key!
   - Moving in the Right Direction!
   - We're HERE!

3. Regulating with Resilience
   - POOP & Feelings - Neither is "Good" or "Bad"!
   - Taming the Mind

4. RAIN:
   - Recognize - Allow it to Be
   - Invest - Nurturing

5. Children's Resilience Initiative
   - PILLARS:
     - Strong Bonds
     - Safe Environments
     - Resilience
     - Education

6. Holding Dialogue Space: Butte County Office of Education
   - True Happiness

7. Virtual Team Mosaic

8. Protecting Children in a Virtual Environment
   - #1: Prioritize: Gratitude
   - #2: Protect data & data security

9. Rebound, Reboot, and Remain Resilient in Times of Uncertainty
   - It's back to pure, from an empty vessel!

10. Parenting as Presence
    - Caring for Ourselves

Closing Remarks
It's All About Experiences and Relationships

KEYNOTE ADDRESS ~ AARON DAVIS
Part of Our Community of Healers

1-5 where are you?
5Bs - "Be Brief, Brother, Be Brief!"
Even though we’re ‘Zoomed Out’ -
Grateful to be here.
You ARE HEROES!
You create safe places and experiences.

"MY FOLKS WERE MY HEROES"

EXPERIENCES
"Even amongst the CHAOS, go back to the Memories."

"Be careful what you say to yourself! -" — Willie Banks
Would you let a friend talk to you like you talk to yourself?

We can become BITTER... or we can become BETTER!

WHO WERE SOME OF YOUR HEROES?
What characteristics can you take on?

- CALM in the CHAOS
- LISTEN
- Not JUST talk of solutions but PROVIDE them
- Look BEYOND the current chaos
- SEE EVERYONE
- Lean In

6 WAYS to MITIGATE:
- Recognize it
- Flashlight on yourself
- Constructive Uncertainty
- Explore Awkwardness
- Engage “Others” - expose yourself to positive role models
- Get Feedback!

Hey! You can DO IT!

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
EMERGING TRENDS: Child + Family Well-Being

LAURA PORTER with Bobby Jones, Norma S. Lacy, and Ge Yang

LAURA'S REPORT:
What's Happening:
- Taking services to PARENTS
- New ROLES for Essential Workers
- Agreement on TRAINING, management, etc.
- TRIAGE
- Normalize talking about self-regulation
- Family to Family Cafe style dialogue

What's Working?
- Learning with 100 Families
- Explicit instruction
- Self-regulation with ART, MUSIC, etc.
- Train STAFF - EMOTIONAL CONNECTION
- Family Friendly - Belonging, Support

What's Needed?
- Seeing cause for celebration!
- Butte County DECREASING in abuse numbers
- Passing LESS ADVERSITY onto the next generation?

OUR PANEL:

Bobby
- Seeing... Foreign Territory - Meet needs where people ARE. Be COMPASSIONATE, adapt, COLLABORATION. The last thing we need is separation. STAY POSITIVE.

Norma
- A lot of EXHAUSTION!
- Language is a challenge
- Technology Barriers
- "Scared my KIDS are falling through the CRACKS."
- More Homework than learning
- Have to be creative

Ge
- Many People leaving the County
- Creating RESILIENCE with those who stay
- STAFF SUPPORT
- Active LISTENING
- Teaching Resilience

COLLABORATION!

OVERHEARD in the Breakout Rooms

What's Working?
- Coming Together is Powerful!

TRAUMA is part of life. This is a chance to build skills, resources.
Putting our oxygen masks on FIRST.

WHAT'S NEXT?
- Geographic - Age/Stage
- Select Group for Learning
- Dual Connect
- Interact, progression of Adversity
- Care Training - Culturally specific

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Regulating with Resilience

Dr. Devjani (Juni) Banerjee-Stevens

Role of Emotions

Helping vs. Rescuing

Do you call the Plumber to plunge the toilet?

"Everyone Poops" - Advice from the Pop Doctor

Poop is a lot like Feelings!

It's not GOOD or BAD

It's a Metaphor, people...

Proper - You, the student, your family member
Plumber - Whoever is in the helper role
Plunger - Tools that help the Proper cope
Poop - Feelings
Pipes - Institutions, family systems, work systems

Countertransference

Taking someone else's stuff + adding yours

It's like...

- Spray
- Air Freshener
- Candle

Identify your Feelings:

3 Steps:

- Identify How You Feel
- Change Your Brain: Mindfulness, Compassion

More Distressing = Needs not getting met
Less Distressing = Needs getting met

Feelings Motivate:

Feeling: Joy, Fear, Sadness, Anger, Shame, Disgust
Motivates: Join, Share, Get Away, Withhold, Attack, Stand, Hide, Withdraw, Get Clean

"Judgement gets in the way of self compassion."

"You have to have courage, or you can't love with abandon."

Joe Biden's Mom

Graphic Recording by Raven@DrawYouOut.com
WE ARE the MEDICINE
Leveraging the Power of Relationships to Heal and Flourish in Challenging Times

DR. CHRISTINA BETHELL

Paradise knows adversity.

"Take what’s HARD, share about it in a SAFE way—being supported and cared about."

What are the Opportunities? They are Everywhere.

CHOICES we Make in the Midst of Adversity

Level of Functioning

ADVERSE Event

Growth

Recovery

Dysregulation

It’s a choice—Suffer or Learn?

6 ATTRIBUTES of Houshing
- Sense of meaning
- Engaged in Daily Life
- Valuing Positive Relationships
- Curating Positive Emotions
- Look for the Good
- Sense of Accomplishment
- Sense of Mattering
- Being SEEN

Adversity does not mean you are DOOMED!

KIDS with high adversity but high relational, health fare relatively well!

RAIN:
- Recognize
- Allow it to be
- Investigate
- Nurture

Positive Childhood Experiences
CUMULATIVE POSITIVE IMPACT
1. Felt able to talk to family about feelings
2. Felt family stood by them
3. Enjoyed participating in community traditions
4. Felt a sense of belonging in high school
5. Felt supported by friends
6. Had at least 2 non-parent adults who took interest in them

CORE, Healing Competencies:
- ATTUNE
- CONNECT
- NOTICE
- EXPERIMENT

How ARE YOU?

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Have You Witnessed a Child Overcome Adversity?
What was it that helped them?
What made it difficult?

BEGAN → ROHINGYA GENOCIDE

The ADULTS were key to children recovering

SAFE SPACE, ENGAGE TRUSTWORTHY ADULTS, BELIEVE IN THEIR CAPACITY FOR HEALING

How to Access: website launches TOMORROW!
NoLimitGen.org

Human-Centered Communications:
- Emotionally connective
- Practical Direct Guidance

Super Hero Alliance!
- Let's meet your colleagues

Impact as a Child
Impact as a Teen
Impact as an Adult

Adverse Childhood Experiences

Videos + Guidebooks
A closer look inside

From schools to everyone: 1-44 PM
Ensure cross-sector approaches to access an end-to-end solution of information and resources. Assume that mindfulness and resilience for young children and their parents and families are included and available.

From schools to everyone: 1:45 PM
A youth-friendly version in understanding themselves their own trauma responses and coping and communication would be great.
How are People Doing in Your Community?

Talking About things that Matter...

Most Presenters talked about the need to have DIALOGUE.

Have to Name It to Tame It!

Holding SPACE
a place of SAFETY to come together and borrow resilience.

The WHY
No longer
NEED to BE IDENTIFIED
We can’t be everywhere...

WHAT?
Need for CAPACITY BUILDING!

HOW?
Needs a PLATFORM of Connectedness!

1. Building the Container
2. Align Attention/Listening
3. Attending to the quality of Relationships

Pivots and Planning for the UNPLANNED:

- Containment vs. Exploration
- Recentering Self
- Power of “Thank You”
- The Garden Plot
- Pause & Pair
- Ask the Group
- Naming
- Have a Co-Host
- Re-orient towards Agreements

Wellness Communities

Graphic Recording by Raven@DrawYouOut.com
"Knowledge without ACTION is Powerless"

The ART of HEALING

Experiences can HARM us
& Experiences can HEAL us!

What is Your Contribution to HEALING our Community?

Healing happens when we all work TOGETHER!

How To:

When you see the BIG picture, look for YOUR piece!

The BIG REVEAL!

What you just experienced is SIMILAR to the Stress our Kids have been feeling.

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Protecting Children in a Virtual Environment

Patricia Dailey Lewis | Patricia Gioppo Scott | Claudine Wiart

The Beau Biden Foundation

Going into a place of DARKNESS...

DR Scott -

POLICIES to KNOW ABOUT
- We can prevent child abuse 100%
- #1 RULE: Prevent Grooming
  - OBSERVABLE & INTERRUPTIBLE
  - TRANSPARENCY is Key

SOLUTIONS:
- Office Hours - More than one
  - Another adult present
  - Create TRANSPARENT SCHEDULE

RECORDING:
- KNOW THE LAW
  - Permission from Parents

AVOID ISOLATED COMMUNICATION:
- Email - Copy Parents, Supervisors
- Text - Multiple Colleagues, Students

GROOMING -
Not JUST the Children!
Teachers, Parents, Organizations

1 in 10 will be molested by age 18

BOUNDARIES
- Do not share private information
- Avoid friending or following until age 21

No Pictures of Kids without permission

"CHILDREN going through trauma are more vulnerable to ABUSE."

INDICATORS OF ABUSE & NEGLECT
- Unexplained injuries
- Unusual behavior
- Verbal threats
- Degrading commentary
- Worrying of caregiver
- ANY disclosure of physical, sexual, or emotional abuse.

Mandatory Reporting

SIGNS to LOOK FOR:
- VISUAL CLUES
- HOW others interact
- Sudden change in behavior
- Decrease in child's performance

500,000 PREDATORS ONLINE RIGHT NOW
Most abusers were once abused
Hurt people, hurt people.
We need to end the cycle!

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM

SHIELD of PROTECTION PROGRAM
- Comprehensive Review
- Protection Policies & Procedures
Closing Keynote
Rebound, Reboot, and Remain Resilient in Times of Uncertainty
Aaron Davis

Take Time to Process!

How are You Doing?
It's hard to pour from an empty vessel

WASH YOUR FACE
wash off the negative coming at you

KEEP YOUR ROUTINE
"Strong Reasons Strengthen Excuses"

KEEP YOUR PERSPECTIVE

WHAT'S YOUR WHY?
I wish I'd called my Mother back...
"Don't choose commerce over conscience."

E.A.R.
Effort
Attitude
Response

The Days Go Slow, the Years Go Fast!

How Things Change:
- Masks
- Shelter in Place
- Virtual Graduations
- Social/Racial Unrest
- Closed!
- Killer Bees
- Unemployment
- Tiger King!

Life is not a dress rehearsal

4Gs:
Champions Ask:
Good Today?
Glitch Today?
Grateful for Today?
Goal for Tomorrow?
2020 THRIVE HEALING SUMMIT

PARENTING AS PRESENCE

DR. CHRISTINA BETHELL

Possibilities to Help Children Flourish in Challenging Times

Thrive Welcomes You!

Chau Yoder - CARE meditation

“Don’t ‘WHACK’ on Yourself!”

Compassion | Appreciation | Respect | Equanimity

Relationships - it's a SKILL set

★ Faraway Star - Maybe not so happy...

SEEN - and KNOWING you are SEEN

CONNECTION -

BRAIN Development DEPENDS on Relationships and Emotional Mastery

Chronic Fight or Flight Changes

Brain Architecture

Recognizing and Rewiring children's (and your) responses to TRAUMA

* Sometimes childhood trauma is mistaken for ADHD

PCE

PRIORITIZE

POSITIVE

CHILDHOOD

EXPERIENCES!

- Be able to talk about feelings with family
- Feeling seen and supported when things are difficult
- Feel safe and protected by an adult in their home
- Feeling like you belong with friends at school
- Feeling supported by friends
- Have at least 2 non-parent adults who take genuine interest in them
- Participating in community traditions

When it Pours...

RAIN:

- Recognize
- Allow it to be
- Investigate
- NURTURE

First, focus on SELF

Making sense of your LIFE is a source of STRENGTH & resilience for you & your child

Healing through Reversing

ART as THERAPY

The Parenting TREE

Presence (Self) Presence (Child)

Inner Resources Relationships

Sense of Meaning

Sense of Accomplishment

Creation of Positive Emotions

Engagement in Daily Life

Relationally Learned Attributes & FLOURISHING

Valuing Positive Relationships

Sense of Mattering

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