Connections

Growing



*Crawford County Suicide Task Force*

**LIFE**

for

**Wellness & Recovery Symposium**

**Friday, June 30, 2017**

New Beginnings Church of God

13226 Leslie Rd.

Meadville, PA 16335

Registration 8:00 a.m. – 8:45 a.m. Symposium 8:45 a.m. – 4:30 p.m.

**Morning Keynote Address - “Cracked Not Broken”**

**and Recovery Workshop - “The Art of Wellness” with Kevin Hines**

**Afternoon includes**: Experiential and transformative breakout sessions – Yoga/Relaxation, Holistic Health Care, Navigating the Mental Health and Educational Systems, Overview of ACES (Adverse Childhood Experiences Study), QPR (Question, Persuade & Refer) Suicide Prevention Gatekeeper Training, TRE (Trauma Releasing Exercises) and HealthRHYTHMS Group Drumming

***\*\*Community and professional service providers are invited to reserve tabling space\*\****

**Attendance is free, but registration is required. Seating will be limited** **to 300 attendees.**

Registrations will be accepted, pending seat availability, until June 22, 2017 at 12 pm.

**For online registration go to:** [**http://www.pasocpartnership.org/wellness-recovery-symposium**](http://www.pasocpartnership.org/wellness-recovery-symposium)

**In the event of questions or to register by phone please contact Mela Calomino at** **mcalomino@co.crawford.pa.us** **or (814) 724-8380.**

*This event is being sponsored by the Crawford County Suicide Task Force, a community initiative of Crawford County Human Services, and the Crawford County System of Care/Safe Schools-Healthy Students Partnership*

**Who should attend**:  Anyone who has received, currently receives or may be interested in receiving social, mental health, addictions, corrections, child welfare, domestic violence, education, juvenile/adult criminal justice or intellectual disabilities services as well as other supports through community, faith-based, professional or volunteer organizations, groups or agencies.  We also cordially invite all providers of the aforementioned services, supports, etc. to attend as well.  **And, we respectfully request that providers do whatever they can to ensure that those in their care are encouraged and supported in their participation at the Recovery & Wellness Symposium.**

**Wellness & Recovery Symposium Agenda:**

8:00 Registration/Breakfast Refreshments Visit Community & Provider Tables

8:45 Welcome/Announcements

9:00 Keynote Address – “Cracked Not Broken” – Kevin Hines

9:50 Morning break

10:00 Recovery Workshop - “The Art of Wellness” - Kevin Hines

11:30 Lunch/Book signing with Kevin Hines/Visit information tables

12:15 Afternoon breakout sessions:

1. QPR (Question Persuade, Refer) Suicide Prevention Gatekeeper Training
2. Navigating Mental Health & Education Systems
3. Gentle Yoga & Guided Relaxation
4. ACEs (Adverse Childhood Experiences) Overview

1:45 Afternoon break and refreshments

2:00 Afternoon breakout sessions:

1. QPR (Question Persuade, Refer) Suicide Prevention Gatekeeper Training
2. HealthRYHTHMS Group Drumming
3. TRE® (Tension/Trauma Releasing Exercises®)
4. Natural and Holistic Health Care

3:30 Group drumming/Closing-acknowledgements/Door Prizes/Evaluations

**About the Keynote and Recovery Workshop Presenter**: Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age); he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy.  The fall would break his body, but not his spirit. Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well. He is one of the most respected and admired voices of lived experience. Kevin’s story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.



**\*\*Kevin’s book, Cracked Not Broken, will be available for purchase at the Symposium, and Kevin will offer autographs during the lunch break.\*\***

***Afternoon Breakout Sessions***

**QPR Suicide Prevention Gatekeeper Training**

QPR is a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. For more information visit: [www.qprinstitute.com](http://www.qprinstitute.com)

***About the Presenters:***

* **Kris (KC) Miller** (12:15 – 1:45 pm session) – KC began employment at TASD in 2011 as the Elementary School Psychologist for Main Street, Hydetown, Pleasantville and the Early Childhood Learning Center. He earned a Bachelor of Science (B.S.) in Psychology from Allegheny College in addition to a Master of Education (M.Ed.) in Educational Psychology and a Master of Science (M.S.) in School Psychology from Edinboro University in Edinboro, Pennsylvania. KC is a member of the Association of School Psychologists of Pennsylvania and the National Association of School Psychologists. KC is a certified QPR Suicide Prevention Gatekeeper Instructor. He enjoys outdoor activities including hunting, fishing, boating, and snowboarding.
* **Rose M. Hilliard** (12:15 – 1:45 pm session) – Rose has worked at Women’s Services, Inc. in various capacities since 2002. After a number of years as the Family Advocate, Rose accepted the position of Medical Advocacy Liaison in 2014. Rose is also the Chairperson of the Human Trafficking Task Force and the Faith-Based Mentoring Committee. Rose became a Commissioned Lay Preacher of the Presbyterian Faith in 2011 and preaches at rural churches in Crawford County.  She also teaches Worship on Wednesdays for the intellectually disabled. This year, Rose took on the roles of Faith Representative for the Crawford County System of Care (SOC) Leadership Team and is the SOC Faith Community Coordinator for Open Table in Crawford County. Rose is a certified QPR Suicide Prevention Gatekeeper Instructor. Rose’s civic engagement includes her work as the Chairperson for the Salvation Army in Linesville and as a Hospice Volunteer. Rose believes that the faith community and government can work together to empower those who are in need, that we can break down the walls to bring us to a place where we don’t bring each other down, but give each other the strength to build ourselves up. Rose truly believes we are God’s hands at work in the world and we need to do this together.

* **Marilyn (Susy) Walters** (2 – 3:30 pm session) – Susy graduated from Linesville High School and received her undergraduate degree from Edinboro University in Elementary and Early Childhood Education.  She returned to Edinboro and earned her Master’s degree in Special Education.  She taught Special Education in metropolitan Washington, D.C, Grand Rapids, Michigan and Pennsylvania.  Susy returned to Edinboro University to complete her degree in Educational Leadership which includes certifications in Special Education and Superintendant Letter of Eligibility.  She is presently the Director of Special Education for the Conneaut School District. Susy serves on the Board of Directors for the Conneaut Valley Health Center and is a member of the Crawford County Suicide Task Force.  Susy is a certified QPR Suicide Prevention Gatekeeper Instructor. She and her husband Chris live in Conneautville with their two loveable labs, Lily and Jake.
* **Thomas Hancock** (2 – 3:30 pm session) – Tom has been part of the Titusville community since 1992 and has worked as a School Psychologist in the Titusville Area School District (TASD) since 1993. Tom was born and raised in Batavia, New York and earned a Bachelor of Arts Degree in Psychology from Allegheny College. He then received his Master’s Degree in School Psychology from Alfred University in 1993. His current duties are to provide an array of psychological services to students at the Titusville Middle and High Schools. In addition to his academic duties, Tom has been a strong proponent of student extracurricular involvement. He has coached football, wrestling, and/or both at all levels for the better part of two decades and currently serves as the Head Football Coach. He is a member of the National Association of School Psychologists (NASP), Titusville Education Association (TEA), and the Pennsylvania State Education Association (PSEA). Additionally, he is a member of the Crawford County Suicide Task Force (CCSTF) and the Crawford County Educational Subcommittee (CCES). Tom is a certified QPR Suicide Prevention Gatekeeper Instructor. He and his wife Sandy live in Pleasantville with their three sons.

**Navigating the Mental Health and Education Systems**

This workshop will provide information, discuss some specific examples and answer questions about how to access beneficial services in the mental health and educational systems. There will be discussion on how to apply for Medicaid benefits as well as the loopholes throughout the process that can assist with eligibility for CHIP and HIPP insurances. Participants will also have opportunity to learn about student and parent rights when it comes to special education needs, and how to access/ensure appropriate services within the school setting.

***About the Presenters:***

* **Mickey Zelasco** - Mickey graduated from Edinboro University of PA with a degree in Social Work. She has worked in the field of Social Work for the past 30 years. Mickey has worked for Crawford County Human Services as a Blended Case Manager for 15 years and now as a Program Specialist, currently serving as the County’s CASSP Coordinator.  She has lived in Meadville, Pennsylvania her whole life, has two sons, a husband, a dog and a cat.

* **Thomas Hancock** – Please see Tom’s information under the QPR training description.

**Gentle Yoga and Guided Relaxation**

This workshop will offer options for guided meditation and breath control, gentle stretches and postures, stress relieving self-massage and progressive muscle relaxation.  All of these techniques may be done by people of all ages and abilities, either while seated in a chair or lying on a mat, which will be provided. Participants make their own choices about which tools to try during the workshop or at home.

***About the presenter:***

* **Hannah Cosdon** – Hannah is a Licensed Clinical Social Worker, with a Master’s degree from Smith College in 1997.   Hannah has a private therapy practice aimed at helping people of all ages manage stressful life experiences, mood disorders and other issues.  Hannah is also a registered Hatha Yoga teacher providing Stress Management/Relaxation groups at Brookside Yoga Studio adjacent to her private therapy office.  She also teaches Yoga and Coping Skills for teen students in the Crawford County public school enrichment program held at Allegheny College. Hannah has extensive training in the therapeutic uses of mindfulness, breath-body awareness, and tension release.

**ACES Overview**

ACES or Adverse Childhood Experiences are serious childhood traumas that result in toxic stress which can harm a child’s brain. This toxic stress may prevent a child from learning, from developing healthy social, emotional and behavioral skills, and can result in long-term physical and/or mental health problems. The ACES Overview provides researched evidence as to the wide-spread prevalence of ACES across all socio-economic, gender, cultural and other considerations. The short and long-term potential consequences of unaddressed ACES are also discussed. Recipients of the ACES Overview routinely gain insight into their own personal experiences which often results with more understanding and compassion for others. The wonderful reality that recovering from ACES, through early assessment, appropriate interventions and fostering resilience, is possible is also explored. Additionally, the ACES Overview provides examples of how systems-partners and communities can learn to prevent, mitigate and treat ACES thereby maximizing positive impacts for individuals and society as a whole.

***About the Presenters:***

* **Mela Calomino** - Mela has resided in or near Meadville her entire life. She holds a Bachelor’s Degree in Psychology from Edinboro University of PA. She is also a licensed cosmetologist and esthetician. Mela has been employed with Crawford County at the Department of Human Services in various capacities for the past 16 years. Currently, she is the Planning Coordinator/Program Analyst for the agency. This position has broadened her previous focus in child welfare and fostered additional experience with improving mental health, intellectual disability and early intervention services throughout the county. Mela’s duties also include special projects involving family engagement, integrated service systems, trauma informed care and community-building initiatives. She is a former board member of the Meadville Neighborhood Center, and she has been a member of the Peace4Crawford community collaborative since inception. Additionally, Mela was a founding member of the Crawford County Suicide Task Force and has served on this Steering Committee since 2011 and as the elected Chairperson for the Task Force since 2014. Most recently, Mela accepted a position on the board of directors at Women’s Services, Inc. Mela is a certified instructor of a variety of trainings including: HealthRHYTHMS Group Drumming through Remo, Inc., Nonviolent Crisis Intervention through the Crisis Prevention Institute, Mental Health First Aid through the National Council of Behavioral Health, Question Persuade & Refer Suicide Prevention training through the QPR Institute and Adverse Childhood Experiences (ACE’s) Overview training through Parkside Psychological Associates. By offering these types of trainings throughout our community Mela enjoys helping people learn to have more compassion and empathy for themselves and each other. Mela is most proud of being mommy to her bright, talented, kind-hearted, beautiful, daughter. Some recent mother-daughter adventures have included Meadville Medical Center’s Charity Follies as well as musicals at the Academy Theatre and Allegro Dance Arts production of the Nutcracker. Mela also loves spending time outdoors – whether hiking, gathering wildflowers or snapping photos - there’s no place quite like Mother Nature’s realm to align mind, body and spirit!
* **Naomi DeFrancesco** – Naomi has been employed at Crawford County Human Services for over 16 years.  She is the first point of contact for consumers who come through the Mental Health Base Service Unit.  Naomi is a member of the Peace4Crawford community collaborative and most recently became a trainer of the Adverse Childhood Experiences (ACEs) Overview.  Naomi is passionate about helping people become aware of the lasting impact that childhood trauma can have throughout an adult’s life. This awareness is intended to prevent ACEs from being passed down through generations.  Naomi is also a co-facilitator of a LifeGroup through Living Waters Church for those who have suffered from abuse during their lives.  Naomi has lived in Crawford County her whole life.  She is the married mother of three children, one of which is serving in the US Air Force, and two step-daughters.  Her faith and family are top priorities in her life and she has drawn strength from them.  Naomi immensely enjoys time with her family, being outdoors, journaling and photography.

**HealthRHYTHMS Facilitated Group Drumming**

HealthRHYTHMS is a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a tool for communication and personal expression. This system can be integrated as a therapeutic strategy in group counseling sessions, support groups, rehabilitation centers, schools, hospitals, aging facilities and so much more. Research has shown this protocol can help strengthen the immune system, reduce stress and burnout rates, improve mood states, and promote creativity and bonding. HealthRHYTHMS sessions consist of a series of 10 steps participants are guided through to facilitate communication, personal expression and empowerment. There are different 10-step protocols for adults and youth. Maximum results can be realized by having consistent groups of participants meet at a minimum of 1-hour per week for a period of 6-weeks. However, HealthRHYTHMS is fully customizable to a single session or other arrangements as needed. This is a great way to inspire people to work/play/live more effectively together, all while having lots of fun on the drums!

**About the Presenter:**

* **Mela Calomino** – Please see Mela’s information under the ACES Overview description.

**TRE – Tension/Trauma Releasing Exercises®**

This is an interactive demonstration of world renowned TRE®. Counterpoise Solutions is founded on the basic principle that people are designed to be healthy, and stress may offset our balance. TRE®, or Tension/Trauma Releasing Exercise®, is designed to restore balance by activating a natural stress reducing response from the body in a safe and self-controlled manner. This technique has been used around the world from soldiers to school children. There is a wide range of reported benefits including reducing physical pains or emotional symptoms, and even improving one’s thought process or ability to focus. At Counterpoise Solutions, we believe in a world that our children can feel proud of, experience safety in and be loved in. We support this by reducing responses such as anger, fear and stress within ourselves. This is why we share TRE®. For more information visit: [www.resetstress.com](http://www.resetstress.com). **\*Please bring a yoga mat, towel or blanket for your comfort.**

***About the Presenter***

* **Kevin Berceli, LPC** - Kevinis the founder of Counterpoise Solutions, LLC, which he opened in 2013, providing TRE workshops and stress/trauma education services. Kevin has the fortunate opportunity to work with various populations including veterans, business professionals and community members. He has acquired experience in elementary, secondary and post-secondary education settings, drug and alcohol treatment and mental health treatment. Kevin holds a Bachelor’s Degree in Criminal Justice and a Master’s Degree Counseling. He is a Licensed Professional Counselor and currently serves as a program director at a non-profit mental health residential treatment program for adults in Erie, PA.

**Natural and Holistic Healthcare**

This workshop will explore aspects of Naturopathic Medicine. Naturopathic Medicine is a distinct system of primary health care – an art, science, philosophy and practice of diagnosis, treatment and prevention of illness. The practice of naturopathic medicine, founded upon a holistic philosophy, combines safe and effective traditional therapies with the most current advances in modern medicine. It strongly promotes individualized healthcare with the focus of treating the “whole person” through mind, body and spirit for optimum health.

***About the Presenter:***

* **Melissa Dengler, ND** – Dr. Dengler grew up on a small farm in northwestern Pennsylvania. As a youth she was active in 4-H showing dairy cattle. Her family participated in 18th century reenactments and she was an excellent marksman with a muzzleloader. She grew up hunting, fishing, gardening and making maple syrup. Her family rarely went to the doctor and always looked for natural remedies to cure any ailments. She always had an interest in science and comes from a strong medical background with many of her family involved in the medical profession. She was naturally attracted to medicine and started her college years in the doctorate of pharmacy program. After one year, she realized that she did not want to be a “pill pusher” for the rest of her life and changed her major to pre-med. She had just completed her MCATs and was on the path to applying for conventional medical school when an experience as a camp counselor changed her life. As a counselor at a youth conservation camp, an herbalist was invited to talk to the campers about edible plants and herbal first-aid. It was at that moment that her life changed and so did her career path. She researched the Internet and discovered naturopathic medicine. It was her true calling and an opportunity for her to practice medicine but to use natural approaches to preventing and treating chronic disease. The rest is history…. Dr. Dengler received her Bachelor of Science degree in Biology from Gannon University in Erie, Pennsylvania, in 2001. She received her doctorate in Naturopathic Medicine from Southwest College of Naturopathic Medicine in 2005 and then completed a one year residency in family medicine at the Southwest Naturopathic Medical Center in Scottsdale, AZ with a special focus in homeopathy, environmental medicine and clinical nutrition. Upon completion of her residency Dr. Dengler returned to her home state of Pennsylvania and is now in private practice and teaches holistic nutrition and courses in health and wellness for several universities. In her practice, Dr. Dengler is pleased to offer natural health care for the whole family and specializes in food sensitivities and gastrointestinal conditions as well as women’s health and hormone balancing. She takes an individualized approach to health and is committed to supporting the body’s inherent ability to heal using natural therapies to restore health. For more information about naturopathic medicine visit: [www.vitalityhealthandwellness.com](http://www.vitalityhealthandwellness.com).

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