



# BUILDING A CULTURE OF RESILIENCY: *Trauma-Informed Care Focused on ACEs and Social Determinants of Health*

*Multiple dates & locations available!*

ONLINE COURSE | LIVE SKILLS LAB | MONTHLY WEBINAR

## BUILD YOUR OWN CE PROGRAM

This series offers training opportunities at 3 different levels. You can choose to attend one, two, or all three offerings and are encouraged to start with the program that fits your current skill level. Join us in the vision to decrease traumatic events, raise awareness, and build resilient communities!

**Level 1 (Introductory):** Self-paced, online course

**Level 2 (Intermediate):** Full day of live skills training

**Level 3 (Advanced):** Monthly, collaborative webinars

REGISTER FOR:

LEVEL 1

LEVEL 2 AND/OR LEVEL 3

## SERIES DESCRIPTION

Studies have shown that Adverse Childhood Experiences (ACE) scores were directly connected with the development of serious emotional problems, health risk behaviors, social problems, adult disease, disability, mortality, high healthcare costs, and worker performance problems later in life. Higher ACE scores were directly connected with liver disease, chronic pulmonary obstructive disease, heart disease, autoimmune disease, lung cancer, depression, attempted suicide, hallucinations, the use of antipsychotic medications, the abuse of substances, multiple sex partners, and increased likelihood of becoming a victim of sexual assault or domestic violence.

North Carolina Area Health Education Centers (AHECs) have joined together to reach our rural communities in order to raise awareness of how trauma affects our society and to promote resilience in response. Participants will learn the science of resiliency and develop skills to reduce the intergenerational effects of trauma on the lifespan of each participant and their greater community.

## TARGET AUDIENCE

Physicians, nurses, pharmacists, psychologists, mental health and substance use professionals, social workers, law enforcement, school staff, community health workers, peer support specialists, and others who are interested in building a trauma-informed resilient culture within the community.

## MEDICAL COURSE DIRECTOR

Blake Fagan, MD, MAHEC, Asheville, NC.



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IN COLLABORATION WITH



CREDIT PROVIDED BY



## LEVEL 1 CREDITS

**ACPE:** 2.0

**MH NAADAC:** 2.0

**MH NBCC:** 2.0

**MH Psychologists:** 2.0

**CME:** 2.0

**CNE:** 2.0

**CEUs:** 0.2

**Contact Hours:** 2.0

**NASW-NC:** 2.0



**ACPE:** The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

This program series 0046-9999-19-116-H04-P (Level 1), 0046-9999-19-117-L04-P (Level 2), and 0046-9999-19-118-L04-P (Level 3) will provide contact hours of continuing education. No partial credit will be given.

Credit statements can be viewed and printed from CPE Monitor. In order to receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Participants will evaluate this program using a standard evaluation form.



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs.

## LEVEL 2 CREDITS

**ACPE:** 6.0

**MH NAADAC:** 6.0

**MH NBCC:** 6.0

**MH Psychologists:** 6.0

**CME:** 6.0

**CNE:** 6.0

**CEUs:** 0.6

**Contact Hours:** 6.0

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists.

### Continuing Medical Education

**Accreditation:** The MAHEC is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live activity for AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

### CNE Contact Hours

MAHEC is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for contact hours.

## LEVEL 3 CREDITS

**ACPE:** 6.0

**MH NAADAC:** 6.0

**MH NBCC:** 6.0

**MH Psychologists:** 6.0

**CME:** 6.0

**CNE:** 6.0

**CEUs:** 0.6

**Contact Hours:** 6.0

## LEVEL 1: INTRODUCTORY ONLINE COURSE

### Shifting the Lens: Creating a Culture that is Trauma-Informed and Resiliency-Focused

## DESCRIPTION

This two-part online course will provide a secure foundation in trauma-informed care, ACEs, and the science of resiliency. It was developed to provide both professionals and community members with a common understanding of the science of trauma and resiliency and the knowledge base with which to develop vital skills in resolving the effects of adverse childhood experiences and toxic stress in individuals, the workplace, and the community.

## OBJECTIVES

**Upon completion of this activity, participants will be able to:**

- Determine the key factors in nurturing a trauma-informed and resiliency-focused (TIRF) culture
- Examine Adverse Childhood Events (ACEs) and the connection to psychosocial outcomes and chronic disease
- Identify the body's response to traumatic events and the science of resiliency in individual's, the workforce and communities
- Summarize ways to heal the effects of trauma and nurture resiliency using "connection as a solution"

<b>LOCATION</b>	<b>AHEConnect</b> (self-paced, online course)
<b>DURATION</b>	<b>2 hours</b> (divided into two parts)
<b>PROGRAM FEE</b>	<b>\$25.00</b> per person

## AGENDA

### Shifting the Lens Part 1:

- Trauma and Resilience
- Resiliency-Focused Culture
- Adverse Childhood Experiences (ACEs)
- ACEs Data
- Introduction to Resiliency Science

### Shifting the Lens Part 2:

- Science of Resilience
- Toxic Stress and the Relaxation Response
- The Brain and Autonomic Nervous System
- Neuroplasticity and Healing
- Connection as a Solution

[CLICK HERE TO REGISTER](#)

## LEVEL 2: INTERMEDIATE LIVE SKILLS LAB

Building a Culture of Resiliency: Skills Lab | Five Different Locations/Dates to Choose From

### DESCRIPTION

This 6-hour skill lab will provide simple tools to assess trauma and steps to resolve toxic stress and trauma in a variety of settings including: workplace, social services, law enforcement, schools, therapeutic/healthcare settings, and the greater rural community.

### OBJECTIVES

Upon completion of this activity, participants will be able to:

- Identify basic skills to regulate the autonomic nervous system and rewire the brain
- Experience and create an “Everyday Resilience” practice
- Shift impact from the individual to the community level
- Explore ways to work together in our communities
- Determine when and how to use ACE and Resiliency surveying

### AGENDA

- 8:30–9:00** Registration and Light Breakfast (*provided at all sites*)
- 9:00–10:30** Why Are We Here?  
Review and Intro to ANS and Neuroplasticity
- 10:30–10:45** Break
- 10:45–12:00** Turning Off the Stress Response
- 12:00–1:15** Lunch (*provided at all sites*)
- 1:15–2:30** Turning Off the Stress Response (*continued*)  
and Developing an Individual Practice
- 2:30–2:45** Break
- 2:45–3:45** From Individual to the Community: ACE and Resiliency Surveying—How to Apply ACE Data
- 3:45–4:00** Break
- 4:00–5:00** From Individual to Community (*continued*)
- 5:00** Adjourn

### FACULTY



**Mary Lynn Barrett, LCSW, MPH**, has dual master's degrees in social work and public health from the University of Washington. She is the Director of Behavioral Medicine in the Family Practice Residency Program at MAHEC's Family Health Centers. Her current position involves both teaching physicians to manage the mental and behavioral health aspects of primary care and treating patients who experience these challenges to their overall well-being. Mary Lynn has always been very interested in the relationship between stress, trauma, and chronic disease and is passionate about disseminating information about the Adverse Childhood Experiences Study along with resiliency tools so that systems, agencies, and individuals can become more trauma and resiliency informed and promote well-being for all. Currently, her research interests include developing training programs for workforce resiliency specific to healthcare settings. Mary Lynn is part of the leadership team of resiliency trainers who started the local non-profit agency, Resources for Resiliency and the curriculum, Reconnect for Resilience. She has taught about resiliency for many years locally in North Carolina, nationally, and internationally, having trained people in resiliency skills in Honduras, Rwanda, and Tanzania. Locally, Mary Lynn participates in Buncombe County's ACE Collaborative as part of the leadership committee and she is consultant to the Programs Committee of the African Healing Exchange, a non-profit organization that promotes resiliency and recovery in Africa.

#### LOCATION

#### MAHEC

Mary C. Nesbitt Biltmore Campus  
Education Building (Pisgah A/B)  
121 Hendersonville Road  
Asheville, NC 28803

#### DATE REGISTRATION PROGRAM

**Tuesday, March 12, 2019**

8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

#### LOCATION

#### Charlotte AHEC

Center for Learning and Development  
Building K (Room 17/18)  
5039 Airport Center Parkway  
Charlotte, NC 28208

#### DATE REGISTRATION PROGRAM

**Monday, April 8, 2019**

8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

#### LOCATION

#### Wake AHEC

Andrews Conference Center  
Rooms 1 & 2  
3024 New Bern Avenue  
Raleigh, NC 27610

#### DATE REGISTRATION PROGRAM

**Monday, April 22, 2019**

8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

#### LOCATION

#### Area L AHEC

Dr. David M. Webb Learning Institute  
1631 S Wesleyan Boulevard  
Rocky Mount, NC 27803

#### DATE REGISTRATION PROGRAM

**Tuesday, April 23, 2019**

8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

#### LOCATION

#### Clay County

Hinton Rural Life Center  
2330 Hinton Center Road  
Hayesville, NC 28904

#### DATE REGISTRATION PROGRAM

**Thursday, May 16, 2019**

8:30 am–9:00 am (*light breakfast provided*)  
9:00 am–5:00 pm (*lunch provided*)

**PROGRAM FEE** **\$85.00** per person (*same for all locations*)

**Interested in attending both Levels 2 & 3 together?**  
Special rates are available—see last page for details.

[CLICK HERE TO REGISTER](#)

# LEVEL 3: ADVANCED MONTHLY WEBINAR

## Trauma-Informed, Resiliency-Focused (TIRF) Collaborative

### DESCRIPTION

This collaborative consists of six 1-hour webinar sessions designed to provide clinical instruction to assist community members and professionals in building a specialty in trauma-informed, resiliency-focused care within the community. Webinar sessions will be live, interactive, and feature de-identified case studies with a question and answer platform to assist in overcoming challenges to build a culture of resiliency within the community.

### OBJECTIVES

Upon completion of this activity, participants will be able to:

- Identify socioeconomic factors contributing to cultural resiliency within the community
- Utilize case studies to apply learned knowledge and skills to specific situations and settings
- Formulate strategies with the collaborative to move the community and agency towards a culture of resiliency
- Utilize course experts and collaborative participants to develop tools within the participant's culture and to develop a trauma-informed, resiliency focused system of care

### AGENDA

- May 21, 2019** Putting Concepts into Practice: Using Individual Resiliency Skills
- June 18, 2019** Putting Concepts Into Practice: Applying Resiliency Skills in the Workforce
- July 16, 2019** Experiences of ACE and Resiliency Surveying: Lessons Learned
- Aug 20, 2019** Cross Systems Use of Knowledge: Examples from the Field
- Sept 17, 2019** Community Building: Starting an ACE Collaborative
- Oct 15, 2019** Understanding How Historical and Collective Trauma Affect Individuals and Communities

<b>LOCATION</b>	GoToWebinar (live webinar series)
<b>DURATION</b>	6 hours (divided into six parts)
<b>SESSION 1 PROGRAM</b>	<b>Tuesday, May 21, 2019</b> 12:00 pm–1:00 pm
<b>SESSION 2 PROGRAM</b>	<b>Tuesday, June 18, 2019</b> 12:00 pm–1:00 pm
<b>SESSION 3 PROGRAM</b>	<b>Tuesday, July 16, 2019</b> 12:00 pm–1:00 pm
<b>SESSION 4 PROGRAM</b>	<b>Tuesday, August 20, 2019</b> 12:00 pm–1:00 pm
<b>SESSION 5 PROGRAM</b>	<b>Tuesday, September 17, 2019</b> 12:00 pm–1:00 pm
<b>SESSION 6 PROGRAM</b>	<b>Tuesday, October 15, 2019</b> 12:00 pm–1:00 pm

**PROGRAM FEE** \$40.00 per person

**Interested in attending both Levels 2 & 3 together?**  
Special rates are available—see last page for details.

[CLICK HERE TO REGISTER](#)



### REGISTRATION

#### Level 1: Introductory Online Course

- \$25.00 per person

#### Level 2: Intermediate Skills Lab (five locations)

- \$85.00 per person

#### Level 3: Advanced Monthly Webinar

- \$40.00 per person

#### Special rates for attending both Levels 2 & 3 together

- \$85.00 per person for North Carolina AHEC employees
- \$100.00 per person for groups of five or more from the same agency (must register and pay at the same time)

The above fees include administrative costs, educational materials, a light breakfast (Level 2 only), and lunch (Level 2 only).

### POLICIES

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

*MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*

REGISTER FOR:

LEVEL 1

LEVEL 2 AND/OR LEVEL 3



# BUILDING A CULTURE OF RESILIENCY:

## *Trauma-Informed Care Focused on ACEs and Social Determinants of Health*

*Multiple dates & locations available!*

**ONLINE COURSE | LIVE SKILLS LAB | MONTHLY WEBINAR**

Updated contact information. #19MH037/58250

**NAME** \_\_\_\_\_

**CREDENTIALS** \_\_\_\_\_

**SOCIAL SECURITY #** XXX-XX-\_\_\_\_ (last 4 digits required)

**OCCUPATION** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**HOME ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**HOME COUNTY** \_\_\_\_\_

**HOME #** \_\_\_\_\_ **WORK #** \_\_\_\_\_

**EMPLOYER** \_\_\_\_\_

**DEPARTMENT** \_\_\_\_\_

**EMPLOYER'S ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**WORK COUNTY** \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

### LEVEL 1: INTRODUCTORY ONLINE COURSE

PLEASE REGISTER ONLINE:

**CLICK HERE TO REGISTER**

### LEVEL 2: INTERMEDIATE LIVE SKILLS LAB

SELECT WHICH DATE/LOCATION YOU WILL BE ATTENDING

3/12/2019 at MAHEC  4/23/2019 at Area L AHEC

4/8/2019 at Charlotte AHEC  5/16/2019 in Clay County

4/22/2019 at Wake AHEC

**PROGRAM FEE**  \$85.00

**MEAL PREFERENCE**  Vegetarian  Gluten-free  Vegan

### LEVEL 3: ADVANCED MONTHLY WEBINAR

**PROGRAM FEE**  \$40.00

### SPECIAL RATES FOR LEVELS 2 & 3

**Interested in attending both Levels 2 & 3 together?** Select your live skills lab date and location below, and then the appropriate fee.

3/12/2019 at MAHEC  4/23/2019 at Area L AHEC

4/8/2019 at Charlotte AHEC  5/16/2019 in Clay County

4/22/2019 at Wake AHEC

**AHEC RATE**  \$85.00 (North Carolina AHEC employees only)

**GROUP RATE**  \$100.00 (groups of five or more from the same agency; must register/pay at the same time)

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

**ACCOUNT #** \_\_\_\_\_

**EXP** \_\_\_\_ / \_\_\_\_ **CODE ON BACK OF CARD** \_\_\_\_\_ (3 digits)

**NAME ON CARD** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

#### HAVE A QUESTION? Contact the Program Planner

Scott Melton, MDiv  
[scott.melton@mahec.net](mailto:scott.melton@mahec.net) or 828-257-4402

**REGISTRATION INFORMATION** 828-257-4475

**FAX REGISTRATION** 828-257-4768

**ONLINE REGISTRATION** [www.mahec.net](http://www.mahec.net)

**EMAIL** [registration@mahec.net](mailto:registration@mahec.net)

**MAIL** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803



**Special Services**  
828-348-3624