



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

Online Course + Live Skills Lab Options!

BUILD YOUR OWN CE PROGRAM

This two-part series offers training opportunities at different levels. You can choose to attend one or both 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): Half day of live skills training

REGISTER FOR:

ONLINE COURSE

LIVE SKILLS LAB

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.

OBJECTIVES

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

- Examine Adverse Childhood Experiences (ACEs) and the connection to socioeconomic outcomes and chronic disease
- Identify the body's response to traumatic events and the science of resiliency
- Apply and integrate skills to facilitate neuroplasticity and healing across cultures and diverse communities
- Demonstrate competency in using both a trauma-informed and resiliency-focused lens within your community and agency

ONLINE COURSE INFORMATION

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

LIVE SKILLS LAB INFORMATION

LOCATION MAHEC Education Building
Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road
Asheville, NC 28803

OPTION 1 Thursday, January 9, 2020
REGISTRATION PROGRAM 8:00 am–8:30 am (light breakfast provided)
8:30 am–12:45 pm

OPTION 2 Monday, March 9, 2020
REGISTRATION PROGRAM 8:00 am–8:30 am (light breakfast provided)
8:30 am–12:45 pm

\$65.00 Program Fee

\$50.00 Groups (5 or more individuals from the same agency, registering and paying at the same time)

FREE MAHEC Employees (must register to attend)

SPONSORED BY



CREDIT PROVIDED BY



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LEVEL 1: INTRODUCTORY ONLINE COURSE

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

[CLICK HERE TO REGISTER](#)

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 Experiences (ACEs) and the connection to psychosocial outcomes and chronic disease
- Identify the body's response to traumatic events and the science of resiliency in individuals, the workforce, and communities
- Summarize ways to heal the effects of trauma and nurture resiliency using "connection as a solution"

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



LEVEL 2: INTERMEDIATE LIVE SKILLS LAB

Building a Culture of Resiliency: Skills Lab

[CLICK HERE TO REGISTER](#)

DESCRIPTION

This 4-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:

- Describe the stress and relaxation responses of the autonomic nervous system
- Identify basic skills to regulate the autonomic nervous system and rewire the brain
- Outline and create an "Everyday Resilience" practice for personal and workplace application

AGENDA

8:00–8:30	Registration and Healthy Start Breakfast (<i>provided</i>)
8:30–9:00	Introductions and ACEs Connections
9:00–9:45	Resilience and the Autonomic Nervous System
9:45–10:00	Break
10:00–11:30	Skills-Language of the Nervous System
11:30–11:45	Break
11:45–12:45	Application of Skills to Home and Work
12:45	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.

ONLINE COURSE

Credit Designation

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: NC AHEC is a 2020 NASW-NC approved provider of distance continuing education. This program has been approved for 2.0 contact hours.

LIVE SKILLS LAB

Credit Designation

ACPE: 3.75

MH NAADAC: 3.75

MH NBCC: 3.75

MH Psychologists: 3.75

CME: 3.75

CNE: 3.75

CEUs: 0.4

Contact Hours: 3.75

REGISTRATION

Level 1: Introductory Online Course

- **\$25.00** per person

Level 2: Intermediate Live Skills Lab

- **\$65.00** per person
- **\$50.00** per person for groups of five or more from the same agency (*must register and pay at the same time*)
- **FREE** for MAHEC Employees (*must register in order to attend*)

The above fees include administrative costs, educational materials, and a light breakfast for those attending Level 2 only.

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.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us 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.

CONTINUING EDUCATION CREDITS



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 (online course) and 0046-9999-20-013-L04-P (live skills lab) 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.

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)[™]. 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.

DIRECTIONS

[CLICK FOR DIRECTIONS](#)

MAHEC Education Building
Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.
From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

MEDICAL COURSE DIRECTOR

Blake Fagan, MD, MAHEC, Asheville, NC.

HAVE A QUESTION?
Contact the Program Planner

Scott Melton, MDiv

scott.melton@mahec.net or 828-257-4402



Special Services
828-348-3624

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net/cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

BUILDING A CULTURE OF RESILIENCY:

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

Updated contact information.

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

WHAT DAY ARE YOU ATTENDING? 1/9/2020 3/9/2020

MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$65.00 per person

GROUP RATE \$50.00 per person (*groups must consist of 5 or more individuals from the same agency, registering and paying at the same time*)

MAHEC EMPLOYEES FREE (*must register in order to attend*)

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 _____

Send completed registration form to:
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

#20MH027/60503

Fax: 828-257-4768