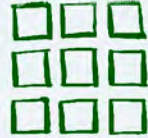




SUMMIT HIGHLIGHTS



Virtual Team Mosaic **7**

Protecting Children in a Virtual Environment

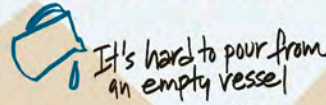
- It's 100% Preventable
- Policies & Practices
- Always have one other adult - interruptible and observable



#1 Priority - Prevent Grooming!

8

Rebound, Reboot, and Remain Resilient in Times of Uncertainty



It's hard to pour from an empty vessel!

E.A.R.
EFFORT
ATTITUDE
RESPONSE

9

Caring for Self & Others

10

Parenting as Presence

BRAIN Development DEPENDS on Relationships and Emotional Mastery

Closing Remarks

True Happiness **6**

Holding Dialogue Space: Butte County Office of Education

PILLARS:



SAFE SPACE
ENGAGE AS CARING TRUSTWORTHY ADULTS
BELIEVE IN THEIR CAPACITY FOR HEALING

5

Mindful Movements

THRIVE Children's Resilience Initiative

Brown Bag Lunch with Dr. Bethell

We Are the Medicine

4

"Take what's HARD, share about it in a SAFE way - being supported and cared about"

RAIN:
• RECOGNIZE
• ALLOW it to BE
• INVESTIGATE
• NURTURE

Regulating with Resilience

3



POOP & Feelings - Neither is "Good" or "Bad"!

Emerging Trends: Child + Family Wellbeing

2

Taming the Mind

COLLABORATION is KEY!
MOVING in the Right Direction!
We're HERE!
We CARE.

It's All About Experiences and Relationships

1



You are a HERO!

Calif. Health & Wellness - Dr Zuniga
"We cannot let trauma become the new normal"
BRIDGING the Digital Divide
Largest Grant

Thank you
Calming the Body

Alexa
The beautiful blessing of people responding to trauma & tragedy
CONNECT & CONVERSE to facilitate Healing

We are Resilient!

Welcome & Overview





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 HEROS"



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

BIAS

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!



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 café 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 on to 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

- TRAINING -
checking on staff
- PRIVATE TUTORING if we had a magic wand...
"We're HERE. WE CARE!"
- BASKETS

GE

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

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 Generation
- Interrupt Progression of Adversity
- Cross Training
- Cultural specific



Regulating with Resilience

Dr. Devjani (Juni) Banerjee-Stevens



How to Plunge a Toilet - OR Emotional Literacy LOL

Role of Emotions



Helping vs. Rescuing
COMPLICATED?

Do you call the Plumber to plunge the toilet?
"Everyone Poops" - ADVICE from the Poop Doctor



= Feelings

POOP is a lot like Feelings!
It's not GOOD or BAD

COUNTERTRANSFERENCE

Taking someone else's stuff + adding yours
it's like... SPRAY + AIR FRESHENER + CANDLE

Identify your Feelings:



3 STEPS:

- IDENTIFY How we feel
- Change your Brain - Mindfulness
- Cultivate Compassion

MORE DISTRESSING = Needs not getting met
LESS DISTRESSING = Needs getting met

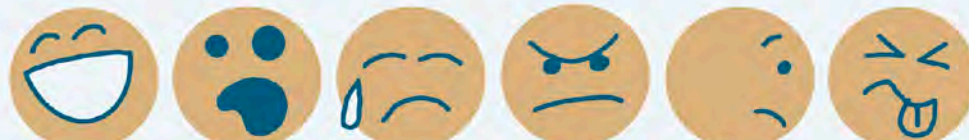


"Judgement gets in the way of self compassion"

It's a Metaphor, people...

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

Feelings Motivate:



- | | | | | | | |
|------------|----------------|----------|----------------|--------------------------|-----------|--------------------|
| Feeling: | JOY | FEAR | SADNESS | ANGRY | SHAME | DISGUST |
| Motivates: | Join In, Share | Get Away | Withdraw Brood | Attack Lash Out Stand Up | Hide Away | Withdraw Get Clean |

"You have to have courage, or you can't love with abandon."
Joe Biden's Mom



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



It's a Choice - Suffer or Learn?

6 ATTRIBUTES OF Flourishing

- 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

CORE Healing Competencies:

- ATTUNE
- CONNECT
- NOTICE
- EXPERIMENT

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

How ARE YOU?





SAMIER MANSUR

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

ART from Kids:

from trauma

to

Future Prime Minister



It Can Snowball...

ADVERSE CHILDHOOD EXPERIENCES

Impact as a CHILD

Impact as a TEEN

Impact as an ADULT

The Challenge:

80% high cost inaccessible

1/455 counselors PER students

85% Educators NEED for Mental Health

PILLARS:



SAFE SPACE



ENGAGE as CARING TRUSTWORTHY ADULTS



BELIEVE in their CAPACITY for healing

Human-Centered Communications:

- Emotionally connective
- Practical Direct Guidance

FOR:

SCHOOLS & TEACHERS Parents & Guardians Youth Serving Professionals

VIDEOS + GUIDEBOOKS



A Closer Look Inside

How to Access:
website launches TOMORROW!
NoLimitGen.org

SUPER HERO ALLIANCE!

- Let's meet your COLLEAGUES

INSIDE THE Breakout ROOMS

From Heather Senseke to Everyone: 1:44 PM
Ensure cross sector approaches to assure an eco saturation of the information and resources. Assure that modalities and resources for young children and new parents and families are included and available.

From Miranda Pond to Everyone: 1:45 PM
A youth friendly version in understanding themselves their own trauma responses and coping and communication would be great!





HOLDING DIALOGUE SPACE

SANDRA AZEVEDO & MATT REDDAM

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!

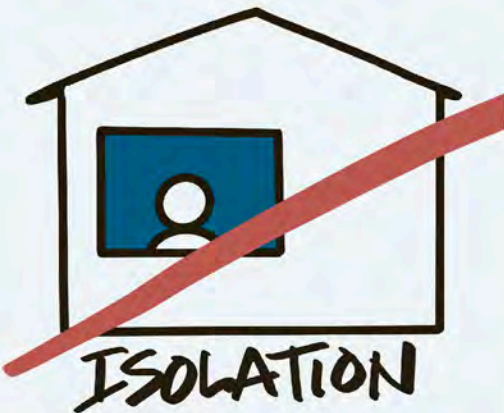
Holding SPACE
a place of SAFETY to come together and borrow resilience

The WHY NO LONGER NEEDS TO BE IDENTIFIED

WHAT?

NEED for CAPACITY BUILDING!

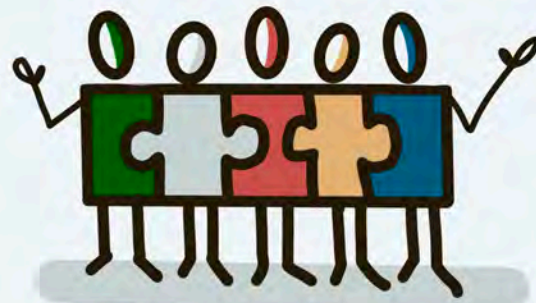
We can't be everywhere...



ISOLATION

We NEED each other!

DIALOGUE SPACES
Intentionally constructed for one's FULL humanity



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



A Dialogue Toolbox

Wellness Communities

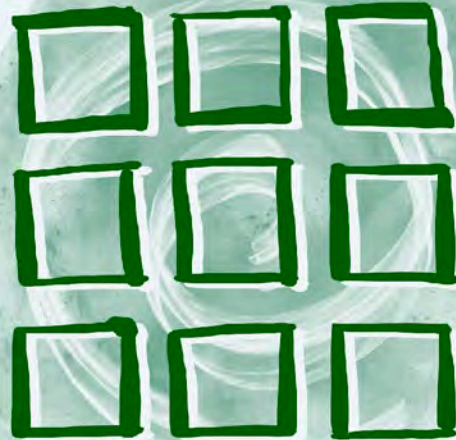


VIRTUAL TEAM MOSAIC

LAIN HENSLEY

"Knowledge without ACTION is Powerless"

How To:



When you see The BIG picture, look for your piece!

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

The ART OF HEALING →

Experiences can HARM US & Experiences can HEAL US!

Healing happens when we all work TOGETHER!



What is your Contribution to HEALING our Community?

The BIG REVEAL!



Protecting Children in a Virtual Environment

PATRICIA DAILEY LEWIS | PATRICIA GIOFFRE SCOTT | CLAUDINE WIAN

The Beau Biden Foundation

Going in to 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

RECORDING:

- KNOW the LAW
- permission from Parents

AVOID ISOLATED COMMUNICATION:

- Email - COPY ← Parents, Supervisors, Colleague
- Text - multiple 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



Mandatory Reporting

SIGNS to LOOK FOR:

- VISUAL CLUES
- HOW others interact
- Sudden Change in Behavior
- Decrease in child's performance

INDICATORS OF ABUSE & NEGLECT

- Unexplained injuries
- Unusual behavior
- Verbal Threats
- Degrading Commentary
- Warriness of Caregiver
- ANY disclosure of physical, sexual, or emotional abuse.

500,000 PREDATORS ONLINE RIGHT NOW

most abusers were once abused
HURT PEOPLE, HURT PEOPLE
we need to end the cycle!

SOLUTIONS:

- office hours - More than One
- Another Adult present -
- create TRANSPARENT SCHEDULE



SHIELD of PROTECTION PROGRAM

- Comprehensive Review
- Protection Policies & Procedures

" CHILDREN going through TRAUMA are More Vulnerable to ABUSE "



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

E.A.R.
EFFORT
ATTITUDE
RESPONSE

WHAT'S YOUR WHY?



I wish I'd called my Mother back...

"Don't choose commerce over Conscience."

Keep your ROUTINE

"Strong Reasons Strengthen Excuses"

The Days Go SLOW, the Years Go FAST!

Life is not a Dress Rehearsal

How THINGS CHANGE:

- MASKS
- SHELTER in PLACE
- VIRTUAL GRADUATIONS
- SOCIAL/RACIAL UNREST
- CLOSED!
- KILLER BEES
- UNEMPLOYMENT
- TIGER KING!



KEEP YOUR PERSPECTIVE



"At least we got rid of the water bugs..."



4Gs:

- CHAMPIONS ASK- GOOD Today?
- GLITCH Today?
- GRATEFUL for Today?
- GOAL for Tomorrow?



PARENTING as PRESENCE

Possibilities to Help Children Flourish in Challenging Times

DR. CHRISTINA BETHELL

Thrive Welcomes You!

Chau Yoder - CARE meditation
Return to your breathing
"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



- FAWN
- FREEZE
- FLIGHT
- FIGHT

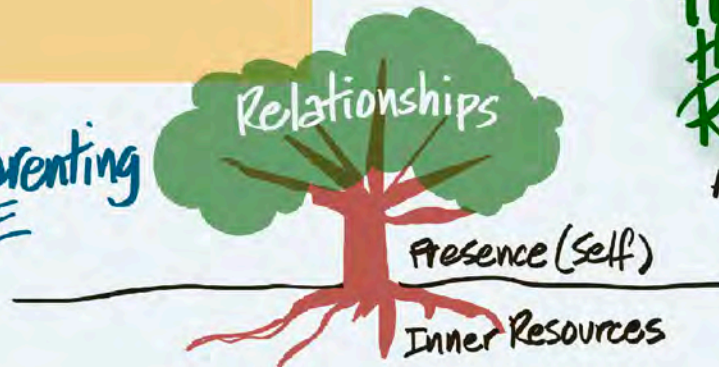
* Sometimes childhood trauma is MISTAKEN for ADHD

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

The Parenting TREE



Healing through Revealing
ART as THERAPY

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