



Welcome to our 1st Annual



October 23, 2018 | 8 a.m. – 3:30 p.m.

Maude Cobb Convention and Activity Center, 100 Grand Blvd.

Longview, TX 75601

PARTNERS IN PREVENTION

903-237-1019 | www.LongviewTexas.gov/PIP





TIME	SESSION	SPEAKER
8:00 AM – 8:30 AM	Registration	
8:30 AM – 10:00 AM	Keynote	HOLISTIC LIFE FOUNDATION
10:15 AM – 11:15 AM	Yoga for Stress Management	TONI DUSSEX
	Trauma, Compassion Fatigue, and Self- Care	WINSTED PSYCHOLOGICAL SERVICES
	LEARNING IS MINDFUL, EMOTIONAL, & SOCIAL: Shifting to an approach that fosters hope & sustainable growth	VICKIE ECHOLS, M. ED. & KATHY NEWSOM, M. ED.
11:30 AM – 12:30 AM	Yoga for Stress Management	TONI DUSSEX
	The Resilience in R ³ : Relational. Restorative. Resourceful	SHALONDA ADAMS, M. ED.
	LEARNING IS MINDFUL, EMOTIONAL, & SOCIAL: Shifting to an approach that fosters hope & sustainable growth	VICKIE ECHOLS, M. ED. & KATHY NEWSOM, M. ED.
12:30 PM – 1:30 PM	Lunch	
1:45 PM – 2:45 PM	Trauma, Compassion Fatigue, and Self- Care	WINSTED PSYCHOLOGICAL SERVICES
	Healthy Lifestyle Habits	CHRISTUS [®] GOOD SHEPHERD HEALTH SYSTEM
	The Resilience in R ³ : Relational. Restorative. Resourceful	SHALONDA ADAMS, M. ED.
3:00 PM – 3:30 PM	Refreshments, Door Prizes, & Closing Remark	PARTNERS IN PREVENTION





8:30 am – 10:00 am

BREATHING LOVE INTO YOUR COMMUNITIES

KEYNOTE: HOLISTIC LIFE FOUNDATION

Partners in Prevention will be bringing the founders of Holistic Life Foundation (HLF) of Baltimore, Maryland to be the Hope Talks keynote speakers. This nonprofit organization is committed to "nurturing the wellness of children and adults in underserved communities." HLF has been featured in Oprah's Magazine, CNN, CBS, and PBS for the innovative work they are doing with youth. Holistic Life Foundation defines mindfulness as *"the combination of awareness, centering, and being present. It is the awareness of your thoughts, emotions, actions, and energy. It is the ability to get centered and stay centered in all situations. And it is the ability to be present, not letting internal and external distractions take you from the current moment. This leads to the development of empathy, compassion, love, balance, and harmony."*



Ali Smith



Atman Smith



Andres Gonzalez





10:15 am – 11:15 am

Yoga for Stress Management

Teacher: Toni Dussex

Toni Dussex, owner of Freedom Yoga, has been teaching yoga since 2013. She will be providing an active session for you to participate in a gentle yoga class and learn tools that you can use with those whom you are providing care. She will be going over breathing exercise, teaching tapping based on the Emotional Freedom Technique (EFT) and Tension and Stress Releasing Exercises within this session. Toni is a 200-RYT with 100 hours of training and certification specifically for Yoga as a complementary and alternative treatment for PTSD and trauma. As a PTSD survivor, yoga has been her lifeline and her calling. She teaches all of her classes in a “trauma-sensitive” or “trauma-informed” style which helps her students reach a deeper state of relaxation.

Trauma, Compassion Fatigue, and Self-Care

Speaker: Winsted Counseling

How do you provide yourself with self-care? How would you know if you were experiencing compassion fatigue? Counselors on staff at Winsted Psychological Services (WPS) will discuss the signs and symptoms of primary trauma, secondary trauma, and compassion fatigue specifically relating to those in a care giving role. This session will look at the self-care process as a form of ‘*trauma stewardship*,’ a concept developed by Laura Van Dernoot Lipsky, and will discuss the importance of caring for one’s self while caring for others. The goal of the session is to highlight what self-care looks like for individuals, as well as for systems and organizations. WPS staff will provide a framework for self-care that is sustainable and person-oriented.

LEARNING IS MINDFUL, EMOTIONAL AND SOCIAL: Shifting to an approach that fosters hope and sustainable growth.

Speaker: Vickie Echols, M.Ed. & Kathy Newsom, M.Ed.

Our workplaces and homes can be draining, stressful, even toxic environments. Our instinctive resistance to change isn’t helping. But there is hope, this doesn’t have to continue. Increasingly, scientific evidence suggests that mindfulness, which includes a wide array of practices, will address workplace and lifestyle challenges, and also foster greater wellness and productivity on the job and in everyday life.

In this session you will learn practical strategies to help transform your experiences and environment. Presenters will share resources about leading programs—as well as key practices and principles—for fostering mindfulness and well-being at work and in life. Building on the growing interest in mindfulness, you will explore an introduction to learning as a mindful, emotional and social process. The goal is to dig in, plant a few seeds, and leave you with specific tools that will give you hope, and help you sprout a fresh new way to learn and grow.

11:30 am – 12:30 pm





Yoga for Stress Management

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The Resilience of R3: Relational, Restorative, Resourceful

Speaker: Shalonda Adams, M. Ed.

This session focuses on the power of resilience in a person’s life. Specific strategies for building the resilience capacity by providing insight on how adverse situations may be used as fuel for a victorious life will be discussed using restorative processes. The dynamics of being relational, restorative, and resourceful will be integrated in an intentional manner that will promote the power of resilience in the participant’s life. Participants will be equipped to push through the hard times of life as well as support others as they live out their journey.

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12:30 pm – 1:30 pm – LUNCH Catered by Lori Eats and Sweets

1:45 pm – 2:45 pm

Trauma, Compassion Fatigue, and Self-Care





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Healthy Lifestyle Habits

Speaker: Residents from Christus® Good Shepherd Health System

This session focuses on being discipline and consistent about healthy habits and how to focus on what you ingest without necessarily depriving oneself of the mislabeled forbidden foods. Understanding how the mind works when faced with temptations from previous unhealthy lifestyles. Understanding what it entails to incorporate physical activity into every day routine. Working through life stresses with the mindfulness of what we take in orally and how we treat your bodies. This session will also discuss the effect of finances, emotions, social interactions, spiritual connections, work-life balance and other domains on adopting the best healthy life possible and improving overall wellbeing.

3:15 pm – 3:30 pm – REFRESHMENTS, DOOR PRIZES, & CLOSING REMARKS





SPEAKER BIOS

Holistic Life Foundation

Brothers Ali and Atman Smith met Andres Gonzalez at the University of Maryland College Park. During their last semester there, the trio spent a lot of time reading books on spirituality, philosophy, modern history, religions, ancient history, politics, astronomy, and other related topics. They all saw some things wrong with the world, but it was not until Andres said, “So what are we going to do about it?”, that they all knew they had to do something. What that something was, they had no idea. During this time they also began their journey on the path of yoga practice. They began learning more yoga and developing their practice under the guidance of Ali and Atman’s godfather. As young children, Ali and Atman actually grew up with yoga in their home, with their father having them meditate every morning before school. As Atman says, “Our parents were big hippies. They were into yoga, vegetarianism, and all that kind of stuff.”

One summer afternoon, after graduation, the three were sitting in Atman’s apartment watching television when they saw a Matthew Lesko’s commercial; he was selling a book telling you how to use government grant funds to help you in doing almost any type of work. They heard him say, “Doing what you want to do in life is like being on vacation every single day! Now here’s your chance to get the government to pay for it.” They knew they wanted to help people and the planet, and now a book could show them how the government could pay for it, they had the answer to their problem. They immediately went online to look for grants. They figured with Ali’s degree in Environmental Science it would be easiest for them to get a grant in the environmental field. They found a request for proposals from the Environmental Protection Agency for a ground level ozone detection system and decided that was the first grant they were going to get. Air pollution was a major problem, so why not do something to help. They printed out the grant application and started fill out, but ran into a major problem on page one. The government doesn’t give out grants to three random University of Maryland College Park graduates, you need a non-profit organization. Their Matthew Lesko inspired plans would have to be put on hold.

At the end of that summer, they moved back into the house that Ali and Atman grew up in, in West Baltimore. Ali and Atman immediately noticed that the sense of family that was present in the neighborhood when they grew up there was gone. The Smith brothers remembered when they were living there as children, the neighborhood was like one big family, and the “older guys” in the neighborhood served as mentors and big brothers to all of the younger kids. They saw that as important factor in their growth and development. They knew that they wanted to do something to help bring that feeling back to their neighborhood.

During this time they began the planning and development for the formation of a non-profit organization. They also began to delve deeper into their practice and study of yoga. After months of hard work, on December 19th, 2001, the Holistic Life Foundation was officially incorporated.

Shalonda Adams, M. Ed.





Shalonda's educational journey encompasses: Associates of Arts Degree at Kilgore College, Bachelor of Science Degree in Criminal Justice at University of Texas at Tyler, and an alternative teaching certification from Letourneau University in Longview, TX in 2007. Shalonda later earned her Master of Education in Educational Administration with Principal Certification (2011) and Superintendent Certification (2012). She is currently pursuing her doctorate in Educational Administration and Leadership through Walden University with an expected completion in 2019. Shalonda's professional career in the world of academia began in January 2006 in Pine Tree ISD to which she has remained for the past 12 years. She currently serves as the PACE Alternative Campus Principal. Shalonda's is very active in her community. She is serves with the City of Longview Partners in Prevention in many capacities; Longview Teen Court Board of Directors; Boys and Girls Club of the Big Pines Board of Governors and Longview Council Member, Delta Kappa Gamma Society International (Kappa Mu President (2018-2020), and is a Women in Longview Member.

Shalonda's life purpose/motto is to "heal the hearts of the children, so they don't become hurting adults". She strives to promote this healing by focusing on empowering the youth to live their best life now, even in the face of adverse situations. Another aspect is this work is by empowering and supporting the adults that serve the youth in all capacities.

Toni Dussex

Toni Dussex, owner of Freedom Yoga, has been teaching yoga since 2013. Toni is a 200-RYT with 100 hours of training and certification specifically for Yoga as a complementary and alternative treatment for PTSD and trauma. As a PTSD survivor, yoga has been her lifeline and her calling. She teaches all of her classes in a "trauma-sensitive" or "trauma-informed" style which helps her students reach a deeper state of relaxation. Toni enjoys teaching Vinyasa, Gentle Yoga, Yoga for beginners, Restorative Yoga, Meditation, Inversions, Adaptive Yoga and Aerial Yoga. Toni is also the only yoga instructor in Longview who teaches tapping (EFT) and Tension and Stress Releasing Exercises. Her teaching techniques work to not only increase strength and flexibility, but also reset the nervous system, release stored tension, gain a sense of awareness and control over thoughts, feelings, and emotions. Along with teaching a variety of group classes, Toni also offers private instruction as well as PTSD Coaching. She believes that Yoga postures should be made to fit the practitioner's body rather than forcing the body into the postures, therefore she feels that yoga should be accessible to everyone. Toni has designed Freedom Yoga to be donation-based to all active-duty military, veterans, and first responders.

Vickie Echols, M. Ed.





Vickie Echols, M.Ed. is a consultant, leadership coach and co-founder of The LIMES Project: **Learning Is Mindful, Emotional and Social**. She creates conversations and coaching sessions that guide leaders to use brain-inspired strategies to experience breakthroughs in learning for organizations, community groups, and individuals. She writes for the Echo Learning Blog and Podcast. As a passionate community volunteer, she enjoys encouraging others to live with greater compassion for themselves and others. Vickie is a former school administrator and classroom teacher; she currently works with Momentous Institute as a teacher trainer and coach in Dallas, TX and Memphis, TN.

Kathy Newsom, M. Ed.

Kathy Newsom, M.Ed. is a consultant, yoga instructor and co-founder of The LIMES Project: **Learning Is Mindful, Emotional and Social**. She provides educational consulting to schools and mindful movement yoga classes to organizations, community groups and individuals. Kathy is a passionate advocate for mindfulness as an extremely effective means to improve learning environments, health and well-being. As a former school administrator, she has an extensive background in education, primarily in early development. Bringing Mindfulness into the PK-12 setting and beyond has become a passion for guiding schools toward transformation into safe and joyful learning environments for all involved. Kathy currently works with school districts and organizations in the East Texas and Dallas area.

Christus® Good Shepherd Health System

CHRISTUS Good Shepherd Health System Internal Medicine residency is focused on improving the quality of life for patients and the community. This session will be represented by Dr. Yvette Achuo-Egbe and Dr. Mike Cao. Both resident physicians have played multiple roles in enhancing the lifestyle of their colleagues as well as invest in the health of their patients and the community outside their clinical duties. Dr. Achuo-Egbe spearheaded the Resident Wellness Program, an ongoing project aimed at improving the overall wellbeing and decreasing the burnout rate of the resident physicians, which translates to better patient care. She also serves as a chief resident in the program to enhance the teaching of resident physicians as well as the communication between the resident physicians, administration, faculty and technical staff to delivery patient best care possible. Dr. Cao has always been passionate about helping to improve the health and well-being of all Texans. He regularly attended community events to discuss healthy habits in Fort Worth where he completed his medical school training and continues to chase his passion now.

Winsted Psychological Services





Winsted Psychological Services (WPS) is comprised of Licensed Psychologist, Dr. Donald Winsted, as well as a group of trauma-informed counselors. We are committed to providing quality, trauma-informed, services to individuals, couples, and families. Dr. Winsted is a Licensed Psychologist in the state of Texas, and has conducted psychological evaluations in East Texas for over 20 years. Our counselors are trained in various trauma-informed therapeutic approaches such as EMDR, Internal Family Systems, and Trust-Based Relational Intervention®. Additionally, our counselors specialize in working with various demographics. Populations we work with include young children, teenagers, and adults, as well marriages and families. WPS regularly offers therapeutic camps, groups, and in-house trainings for families. We are also currently offering Continuing Education Credits (CEU's) for professionals who need annual licensing hours.

