



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

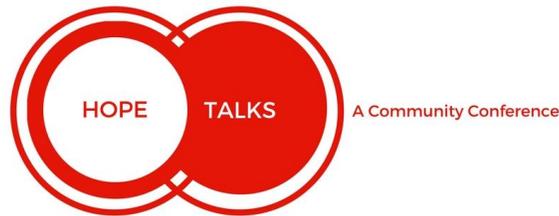


Atman Smith



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





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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