



## Creating a safe place with trauma informed care

Between February 8-17, expert-led workshops will share content related to trauma-informed care. We begin the UnConference with keynote speaker Dr. Veirdre Jackson and dive into how we can create an environment of healing through equity and trust. Following the keynote, workshop sessions include how to identify family stressors, how to provide responsive caregiving for children experiencing trauma, and an overview of the recently launched Rapid Response Team from Trying Together.

Registration is now open and specific workshop dates and times will be added. For a flat fee of \$25.00, you may attend as many sessions (keynote or workshops) as you like. Sessions will also be recorded for viewing for a limited time but you must register for the UnConference in order to access session recordings.

For more information and to register for the UnConference, go to:

<https://tryingtogether.org/unconference-trauma-informed-care/>

\* Registration closes on February 7, 2022.

**UnConference Sponsor:**



**Tuesday, February 8, 6:30-8:00 p.m.**

### UnConference Keynote: Co-Creating A Healing Community of Equity & Trust



**Presenter: Dr. Veirdre Jackson,  
Living Strong Consulting**

Communities, however defined, are made up of people who bring a range of experiences and histories. Remaining open, curious, and culturally humble is essential to understanding a community's resilience, strength, and wisdom. Claudia Woody says, "Inclusion means not 'just we're allowed to be there,' but we are valued there." Let's explore the "5 Blocks of Building Restorative Relationships" that allow us to create holistic and supportive spaces that are responsive to historical trauma and equity literacy which holds us accountable to doing the work of learning together, seeking understanding, and creating a safe, valued, and heard community.

Dr. Veirdre Jackson is a woman pursuing her purpose, passion, and life's priority to share her belief that all children deserve the best education available. She is an award-winning author, educator, and entrepreneur who is recognized as a leading educational trainer in trauma informed practices and cultural competence. She is a veteran educator with over 20 years of experience supporting non-profit and executive leadership. Dr. Jackson is also the CEO/Founder of Living Strong Consulting LLC and the Co-Founder of Fresh Fountain of Life Counseling and Wellness. Through her experiences with systems based approaches to Trauma Awareness and Competency Development, the Resiliency Approach, and Positive Behavior and Intervention Strategies, she has harnessed her passion for building organizational resilience and personal strength on behalf of youth, families, and educational professionals. She provides training, consulting and supports for parents, educators, administrators, clinicians, and youth development staff who desire to impact children from the inside out.

## Unconference Workshops

**Thursday, February 10, 6:30-8:00 p.m.**

### **Rapid Response Team: Reducing Expulsions and Suspensions in Early Childhood Education**

**Presenter: Alicia Sebastian, Trying Together**

This session will discuss the ongoing and growing issue surrounding expulsion and suspension in early childhood education that have been linked to staff implicit bias, challenging behaviors, and staffing issues. The presentation will guide parents, caregivers, directors, and staff working with children ages 0-5 in ways to prevent expulsion and suspension in early childhood education. The session will discuss ways to implement evidence-based strategies to promote positive behavior support, self-regulation and positive mental health. We will share community resources and programs for children and families with children ages 0-5 in Allegheny County.

**Monday, February 14, 12:30-2:00 p.m.**

### **Self-care isn't selfish, it's necessary: practical tools for early childhood educators to reduce stress and avoid burn-out**

**Presenter: Tracy Larson, Director, Early Childhood Partnerships, Office of Child Development**

In this session, participants will learn why self-care is necessary, how to recognize when they need to be more intentional about self-care, and research informed strategies and activities to reduce stress and avoid burnout. At the end of the session, participants will create a personalized self-care plan.

**Tuesday, February 15, 6:30-8:00 p.m.**

### **Talking to Listen: Exploring Family Stressors and Creating Positive Relationships to Support Families**

**Presenter: Patrick M. McKelvey, MS, NCC, National Youth Advocate Program Inc.**

Children react differently to stress and trauma which can sometimes exhibit itself as challenging behaviors in the classroom. This workshop helps educators understand the impact that family stressors (such as a death, food insecurity, changes in placement, community violence, etc.) can have on both children and their caregivers. Participants will learn how to notice these family stressors; how to communicate with caregivers to build relationships that provide a supportive environment for young children; and learn self-regulation strategies to manage strong emotions when having difficult conversations with caregivers.

**Thursday February 17, 6:30-8:00 p.m.**

### **Teaching Children Through a Trauma Lens**

**Presenter: Amanda Harrison, MA, LPC, NCC, Infant Early Childhood Mental Health Consultant with the PA Keys**

Research continues to show the detrimental effects that complex trauma has on the developing brain with our most vulnerable population. Over time, these young children are at risk for developmental delays, limited positive relationships, and a host of other difficulties. Our early education classrooms can create safe, responsive, and equitable environments to assist in reducing these harmful effects. This presentation will identify different types of trauma, how young children with trauma may present in the classroom, and supportive strategies teachers can implement to foster environments that encourage healing.