



# **It's Time to Grow!**

## **2022 Tennessee Therapeutic Foster Care Learning Collaborative Virtual Event Brochure**

Friday, June 10, 2022 | 9:00 AM-12:00 PM Central/10:00 AM-1:00 PM Eastern

## General Information

The theme for this year’s Tennessee Therapeutic Foster Care Learning Collaborative virtual training event is It’s Time to Grow! The learning event will focus on collaborative care, mental wellness, compassion, building healthy relationships and environments, and resilience. Participants can receive up to three hours of elective, trauma, and therapeutic training credit by attending this learning event.

<b>Opening Keynote Session: 9:00 AM-9:45 AM</b>	
<p><b>Moving from Empathy to Compassion</b> Presented by Laurie Ellington</p>	<p>See description on following page</p>
<b>Breakout Sessions: 10:00 AM-10:45 AM</b>	
<p><b>Engaging in Genuine Conversation about Our State of Mental Health</b> Presented by Karisa Smith, Vanderbilt University Medical Center</p>	<p>More than ever, we are being exposed to high levels of anxiety, stress, depression and burnout. On a daily basis, we are experiencing uncertainty due to the pandemic and how to move forward, economic pressures, and world instability. It is ok to not have the answers while, at the same time, engaging in honest communication about our shared fears. When adults are not ok, kids are not ok. We want to normalize and verbalize the current state we live in as well as identify coping skills to help us achieve regulation and coherence.</p>
<p><b>CANS: Building the Bounce</b> Presented by Nena Horton and Michelle Reiter, TN Department of Children’s Services</p>	<p>Every day is a chance to identify and build strengths that promote resilience in our youth. If we only focus on needs or what is not going well for youth, we miss opportunities to support them in building their resiliency: aka their “bounce”. This workshop will discuss ways we can help identify, communicate, and support strengths with our youth.</p>
<p><b>Peer Mentorship and Community Support</b> Presented by Deanna King (Youth Villages), Jennifer McGhee (CSA), Kristin Miller (TN Kids Belong), and Teresa Gibson (Omni Visions)</p>	<p>This workshop will provide an overview of different types of peer mentoring programs. Additionally, community and DCS resources will be shared during the session.</p>
<p><b>The Science of Self-Compassion in Child Welfare</b> Presented by Laurie Ellington</p>	<p>This interactive science-backed presentation draws on research from the fields of neuroscience, social psychology, and self-compassion. Participants are provided the opportunity to explore self-compassion as a basic human biological need rather than something that is selfish or self-indulgent. Self-compassion practices will be shared. Participants will be able to define self-compassion as a resilience building skill; describe the psychological and physical benefits of self-compassion; and apply self-compassion practices for well-being</p>
<b>Closing Session: 11:00 AM-12:00 PM</b>	
<p><b>Sharing the Message of Hope</b> Presented by Derek Nicholson and Christopher Shoffner</p>	<p>Derek Nicholson and Christopher Shoffner will lead a dynamic discussion comprised of panel members that represent various roles within the Child Welfare system. The panel will explore the question: What does it look like when communication works well? We know we will only grow stronger as a system when we promote healthy, positive communication that emphasizes trust and transparency. When we come from a place of partnership and collaboration, together we will achieve stronger outcomes for the children and families we serve.</p>



## **Keynote Session: Moving from Empathy to Compassion**

**Presented by Laurie A. Ellington, MA, LPC, MCC, HMCT, RYT, NBC-HWC**

The experience of compassion involves recognizing the suffering of someone else coupled with a desire and commitment to alleviate that suffering. It is fundamental to human development and has lied at the heart of practices designed to cultivate the qualities of generosity, selflessness, and mutual aid for thousands of years. Deep-rooted in our physiology, compassion is woven throughout the quilt of the human experience; we come wired for it. Nonetheless, it has been described as an experience that leads to emotional and physical distress, apathy, disengagement, and secondary trauma. However, insights from modern neuroscience and mind-body research uncover a different story, indicating the phenomenon of compassion fatigue does not exist.

This presentation explores recent discoveries that reveal compassion cultivates resilience and promotes psychological and physical well-being. Findings that illuminate the effects of compassion on the autonomic and central nervous system will be shared, as well as research on the experience of empathetic distress fatigue, for which compassion seems to be an antidote. Participants will learn a compassion training that research shows decreases the risk for fatigue, burnout, and vicarious trauma.

### Learning Objectives:

1. Describe how we are wired for connection
2. Define empathy and compassion from a neurobiological perspective
3. Illustrate the difference between compassion fatigue vs. empathetic distress fatigue
4. Apply an evidence-backed compassion skills training

### **About Laurie**

Laurie is the founder and Chief Executive Officer of Ancient Science, Inc., a leading-edge Integrative NeuroSomatic® human flourishing organization. Laurie uses science to radically expand consciousness, turn trauma into healing, and transform the world with kindness and compassion. She is among the pioneers dedicated to cultivating positive social change by harnessing the power of the mind-body-brain-spirit connection. Combining ancient wisdom teachings with findings from modern neuroscience, mind-body research, functional medicine, epigenetics, and quantum physics she helps individuals, leaders, and organizations elevate the way they think, feel, and show up in the world.

Laurie has over 25 years of experience in coaching, teaching, consulting, leadership, facilitation, and mind-body medicine. She is a Licensed Professional Counselor, Certified Brain-Based Coach, Master Certified Coach, Registered Yoga Teacher, and National Board-Certified Health and Wellness Coach. Laurie is appreciated for her ability to evoke untapped capacities and eliminate outdated habits that get in the way of transformation, healing, and growth. Her philosophy is that change happens from the inside out versus the outside in, and people have unleashed capacities to self-regulate, connect deeply as a human family, and heal. She is Associate Faculty within the Health and Wellness Coaching program at Maryland University of Integrative Health (MUIH) and Associate Faculty for the Professional and Continuing Education department at MUIH, with subject matter expertise on the neuroscience of human relationships and stress resilience. Laurie is also Associate Faculty with University of California- Davis, and Centers for Disease Control and Prevention University. She is currently completing her Ph.D.

in Mind-Body Medicine from Saybrook University. Laurie is a living example of everything she teaches. She enjoys being in nature, inspiring stories, good food, and spreading joy and kindness.

## Registration Information

Pre-registration is required no later than June 3, 2022. Participants will receive a Summit Welcome letter that will contain WebEx links for each session to login by June 8, 2022.

Visit <https://stateoftennessee.formstack.com/forms/tntfc2022> to register for the event.

1. Complete the registration form and include all requested information. If multiple people within your household will be attending the SAME breakout session together, you only need to submit one form. Include the other household member in the provided field and be sure to provide your full LEGAL names. If members of your household are attending DIFFERENT breakout sessions, please submit a SEPARATE form for each attendee. **It is critical that you are able to access the email address you provide with your registration information, or you will not be able to attend the conference.**
2. Select the breakout session you wish to attend from the list provided.
3. When you are satisfied with your selection, submit the form to complete your registration.
4. You will receive an email from [messenger@webex.com](mailto:messenger@webex.com) for each training you have selected **during the week of the learning event**. Save these links so that you will be able to join the trainings. **Check your promotions, spam, junk, or clutter folders regularly if emails do not appear in your inbox.**
5. **If you have not received your WebEx links by June 8, 2022, contact the Office of Training and Professional Development at the email or phone number listed below.**

If you lose your WebEx confirmation links before training, contact the registration helpline for assistance.

### Registration Helpline: (615) 696-9056

Please leave a message and a training staff member will return your call within 24 business hours.

You may also email [tndcs.fpconference@gmail.com](mailto:tndcs.fpconference@gmail.com) for assistance.

## Virtual Training Etiquette

- All participants must be able to view the training presentation. Participants who call in only will not be able to receive credit for these trainings.
- Participants may not attend training while operating a motor vehicle or other heavy machinery.
- Participants must be clothed in appropriate classroom attire and may not be in bed.
- All participants must be physically present with the device being used to view training (i.e., participants may not participate via FaceTime, phone, etc. with another participant who is viewing the training)
- Participants may not smoke, use tobacco products, or consume alcohol during training.