

RESILIENCE WEEK VA

Presentations

May 2 - 8, 2021



Join the Greater Williamsburg Trauma-Informed Community Network (GW-TICN) as we celebrate the second annual Resilience Week VA by focusing on the Mind, Body and Spirit! Take part in virtual presentations and activities and learn what our community has to offer. To access an event, click on the presentation title, presentation synopses can be found on page 2. Community events are listed on page 3. Events requiring registration, are denoted with an asterisk. *



Mindful Monday - May 3

Noon: A Town Hall Kick Off

Keynote Speaker: Dr. Janice Underwood, Chief Diversity, Equity & Inclusion Officer, Governor Northam's Office welcomes you to our celebration!

- Trauma & Why Can't You Just Get Over it? - Fred Liggins
- Mindful Meditation with Prell Gross

2 pm: Resilience Week Schedule on Air - Making a Difference Monday on FM 93.5 The Burg

Therapeutic Tuesday - May 4

Noon: Creatively Mindful: The Color Wheel of Emotions

- Dr. Amanda Trent

6:30 pm: What We Can Learn About Resilience from Children?

- Live Panel discussion with Laura Hill and Coming to the Table members

Wellness Wednesday - May 5

9 am: Critical Incident Stress Management and You - Staci Young

Noon: Keeping all the Ducks in a Row - Kim Dellinger

7 pm: Scattering CJ * - Colonial Behavioral Health



Trauma-Informed Thursday - May 6

9 am: Shared Decision Making & Informed Consent in Healthcare
- Christina Owens

Noon: Trauma & Resilience: Surviving & Thriving - Stephen House & Lisa Ellsworth

6:30 pm: Community Conversation on Racial Trauma
- Prell Gross & Lawrence Gholson

Fulfilling Friday - May 7

10 am: Rape: A Survivor's Story - Debbie Smith

For more information about GW-TICN follow us on:



GREATER WILLIAMSBURG
TRAUMA-INFORMED
COMMUNITY NETWORK



RESILIENCE WEEK VA

Presentation Synopses

May 2 - 8, 2021



Mindful Monday - May 3

[A Town Hall Kick Off](#)

Join Dr. Janice Underwood, Virginia's Chief Diversity, Equity & Inclusion Officer, as she welcomes you to our celebration of RESILIENCE! Dr. Underwood's position is the first of its kind in the nation as the Governor's cabinet is dedicated to addressing racial, ethnic, disability, and gender-based inequities in Virginia state government. Stick around after Dr. Underwood's address for a presentation by Fred Liggin, pastor with Williamsburg Christian Church and Certified Trauma Professional, as he tackles the question: [Trauma & Why Can't You Just Get Over it?](#) There are legitimate answers to this question. We'll culminate our town hall with a five-minute guided [Mindfulness Meditation](#), led by Prell Gross, M.S., LPC.

[Resilience Week Schedule on Air](#) - Making a Difference Monday - FM 93.5 The Burg Radio

Radio Interview with Shari Wiltshire, Coordinator - Greater Williamsburg Trauma-Informed Community Network

Therapeutic Tuesday - May 4

[Creatively Mindful: The Color Wheel of Emotions](#)

Dr. Amanda N. Trent is a Clinical Psychologist and is passionate about providing excellent clinical care to trauma survivors. She has been trained in Trauma-Focused Cognitive Behavioral Therapy and EMDR Level 1/2. The Color Wheel of Emotion is a creative way for clinicians to use color and art to be mindful of six positive emotions. Being mindful of positive emotions, versus being focused on rating unpleasant emotions, reinforces resilience! Clinicians will be introduced to this exercise by way of actually completing their own color wheel. Bring your paper and coloring supplies to this presentation!

[What We Can Learn About Resilience from Children](#)

Laura Hill & Bill Sizemore, from Coming to the Table, will lead a panel discussion featuring community movers and shakers Kimberley Hundley, Deveria Gore and Fred Liggin. This panel discussion will feature principles from the best-selling book, Everything I needed to know I Learned in Kindergarten by Robert Fulghum.

Wellness Wednesday - May 5

[Critical Incident Stress Management and You](#)

Staci Young, LPC with the Middle Peninsula Northern Neck Community Service Board, has a passion for keeping first-responders healthy! She will introduce Critical Incident Stress Management and the role it plays in helping first-responders avoid compassion fatigue and Post-Traumatic Stress.

[Keeping All the Ducks in a Row](#)

Join Kim Dellinger for a fun and interactive lunch & learn program discussing ways to build and maintain a sense of personal resilience, even when the world around you might be a bit chaotic. Kim has worked in substance abuse prevention with teens for over 15 years and is passionate about empowering youth and families. Parents and professionals, wear your comfy clothes and bring your rubber ducks!

[Scattering CJ](#) - * Free registration required *

Colonial Behavioral Health will host a virtual screening of Scattering CJ. This timely documentary tells the powerful story of Hallie Twomey, a grieving mother who put a call out on Facebook after losing her elder son CJ to suicide. Her request: To honor her son's memory and love of travel by scattering his ashes in as many amazing places as possible. The request went viral. A global community formed to scatter CJ's ashes in thousands of locations worldwide, helping Hallie find the peace and courage to become a powerful voice in the fight against suicide.

Trauma-Informed Thursday - May 6

[Shared Decision Making & Informed Consent in Healthcare](#) * **Trigger Warning** *

Christina Owens will explore how shared decision-making and informed consent leads to better health outcomes and consumer satisfaction in healthcare and life. How can this be done through a trauma-informed lens? Christina is a Certified Professional Midwife, licensed by the VA Board of Medicine, and will use maternal and infant mortality and morbidity as the example to demonstrate some key points.

[Trauma & Resilience: Surviving & Thriving](#)

Stephen House, President of Spectrum Health Solutions, and Lisa Ellsworth, Program Manager at Western Tidewater ForKids, will introduce you to trauma and resilience. You will better understand the definition of trauma, what the ACE questions are and how they are a helpful tool in building resilience.

[Community Conversation on Racial Trauma](#)

Rebecca Vinroot, GW-TICN Chair, Prell Gross, LPC at York-Poquoson DSS and Lawrence Gholson, NAACP President, will dialog on race and trauma.

Fulfilling Friday - May 7

[Rape: A Survivor's Story](#)

In 1989, Debbie Smith was abducted from her home in Williamsburg, VA and raped in the woods behind her house. She has since founded the non-profit Hope Exists After Rape Trauma (HEART) - to assist other victims in becoming survivors. The Justice For All Act of 2004 passed with Debbie in mind and was signed by President G. W. Bush to eliminate the backlog of untested rape kits and to train first-responders in rape-trauma and care. Debbie is a mother of two, with seven grandchildren, and has been married to Rob Smith for over 49 years. She is happy to share her story.

RESILIENCE WEEK VA

Community Events

May 2 - 8, 2021



To access an event, click on the presentation title. Events requiring registration, are denoted with an asterisk. *

Resilience Activity Kits:

- **Got Goo?** Fun & Sticky Sensory Play Take Home Kits. First come, first serve and will be available for pick up May 4-7. For more information, call James City County Parks & Rec at 757-259-5354.
- **Resilience Week Coloring Books and Pencils** - Williamsburg Regional Library
Check out our Resilience Week display for free coloring books and pencils to help you practice mindfulness. Available May 3-7, while supplies last.



Mindful Monday - May 3

4 pm: Yoga & Mindfulness for Resilience * - JCC Parks & Rec

6 pm: Youth Yoga: 4-6 yrs *, 9-14 yrs * - JCC Parks & Rec

6 & 7:30 pm: Creating Your Coping Strategy: Teens * Adults *
- York County Parks & Rec

Therapeutic Tuesday - May 4

9 am: Tai Chi - (online) Williamsburg Regional Library

1 pm: Zumba at the MAC * - York County Parks & Rec

5 pm: Indoor Cycling 101 * - JCC Parks & Rec

7:30 pm: Yoga at the MAC * - York County Parks & Rec

Wellness Wednesday - May 5

1 pm: Fun Walk at the MAC * - York County Parks & Rec

5 pm: Drumming for Wellness * - JCC Parks & Rec

7 pm: Techniques of Meditation * - JCC Parks & Rec

Trauma-Informed Thursday - May 6

3 pm: Yoga for Healing * - JCC Parks & Rec

6:30 pm: Drum Circle * - York County Parks & Rec

6:30 pm: Sunset Kayak * - York County Parks & Rec



Fulfilling Friday - May 7

1 pm: Creating Your Coping Strategy: Seniors * - York County Parks & Rec

Saturday - May 8

8 am-12 pm: Wellness Market Day - Yorktown Riverfront

Noon: Weekend on Your Wheels * - York County Parks & Rec

To learn about Resilience Week Activities throughout Virginia, visit the [Resilience Week Events Calendar](#).