

KEYNOTE

Managing Stress in a Stressful Environment

Keynote Presentation:

In the news there are several articles regarding PTSD and other mental illnesses front line officers are coping with. In this interactive presentation, our Keynote speakers will focus on some of the situations they have been exposed to, including the local Colonel Russell Williams and Tori Stafford cases, to demonstrate how they have been affected and what they do to cope while dealing with those observations.

Biographies:

Chris Nicholas is a 28 year member of the Ontario Provincial Police. He progressed through the organization working in General Patrol, Intelligence, Proceeds of Crime then Drug Enforcement Section, where he spent five years as an undercover operator. Chris was promoted to Detective Sergeant then Detective Staff Sergeant, working within the Eastern Ontario Crime Unit as a Criminal Operations Supervisor. Throughout his career, Chris focused on Major Cases. In 2008 he was promoted to the rank of Detective Inspector in the Criminal Investigation Branch where he worked as a Multi-Jurisdictional Major Case Manager. He has been involved in excess of 135 homicide investigations, working in various roles from Undercover Operator, Lead Investigator, and Search Warrant Writer to Major Case Manager. Chris performed the duties of the Crime Management Coordinator for the 2007 North American Leaders Summit involving the Presidential visits from the United States and Mexico, as well as the 2010 G8 Summit in Huntsville Ontario. In 2014 Chris was promoted to the rank of Superintendent. He is currently the Director of Drug Enforcement in the Organized Crime Enforcement Bureau.

Jim served as a member of York Regional Police for ten years, serving in Uniform, Plain Clothes, CIB and the Child Abuse/Sexual Assault Unit. He joined OPP in 1997 and served in the Crime Unit of Barrie Detachment prior to being assigned to the Criminal Profiling Unit of the OPP Behavioral Sciences Section in October 2000. In September 2003, Jim completed the International Criminal Investigative Analysis Fellowship Understudy Program, resulting in certification as a criminal profiler. In 2006, Jim completed the Canadian Police College Polygraph Examiner's course resulting in his certification as a forensic polygraph examiner and forensic interviewer. In January 2012, Jim was assigned to the Criminal Investigation Branch as a Major Case Manager for homicide and other violent crime investigations throughout Ontario. In April 2015, Jim moved to Organized Crime Enforcement Bureau where he continues to work as a Major Case Manager.

Moderator: Andrea Doroszkiewicz

Andrea Doroszkiewicz completed her Undergraduate Degree in Sociology at the University of Guelph and received a post-graduate certificate in Concurrent Disorders from Mohawk College. She has been working at St. Leonard's Community Services for over four years. Andrea has had experience working as a Crisis Counsellor, an Addictions Intake Counsellor and most recently she is working as a Concurrent Disorders Outreach Counsellor. Her passion includes working with those who struggle with anxiety, decreasing generational trauma and promoting positive management skills to improve quality of life.

Plenary Presentation

This panel is composed of people who will share their experiences with addictions/mental health and their own paths to recovery.

A Journey through Alzheimer's- A Life Well Loved

Workshop Description:

“Ever wonder what it might be like to live with dementia or Alzheimer’s disease? To have your memories and abilities slowly fade away? This workshop is going to attempt diving into the world of dementia through their eyes in the hopes to have a greater understanding of those with dementia, their feelings and what they need”

Biographies:

Laurie Ball is the Public Education Coordinator at the Alzheimer Society of Brant. Her background is recreation with seniors and has a great deal of experience working in retirement homes, nursing homes, day away programs and even out in the community. These experiences have helped her to gain understanding of those with dementia and their needs and in her role strive to make everyone more understanding in the hopes to make our community’s dementia friendly.

Bill Dale is a committed volunteer with the Alzheimer Society of Brant and a member of the Dementia Friendly Communities Project in Paris. He has been the caregiver of his wife, Pat and strong advocate for those with dementia. Bill has worked very hard to make sure that those with dementia continue to have a voice. To help with this mission, Bill created a video of his wife’s life and in sharing this video with others; people will understand that those with Dementia can still have **A Life Well Loved**.

The video is meant to allow the viewer to see things from the perspective of the person with Alzheimer disease, with the underlying suggestion that perhaps the best medicine available for this person is the unconditional love and understanding of the people around them.

Trauma and the Body: Somatic Principles for Self-Regulation

Workshop Description:

Addictions are common management strategies for underlying symptoms of trauma: dysregulation, disconnection, disorganization, disorientation and dissociation. Helping restore regulation, connection, coherence, orientation and integration are therefore crucial components of healing and recovery. Drawing from the theory and practice of Somatic Experiencing, this workshop will provide concrete frameworks and practical tools for understanding and working more effectively with emotional and physiological arousal patterns underlying addictions.

Biography:

Sarah Schlote, MA, RP, SEP is a Registered Psychotherapist, Somatic Experiencing Practitioner and founder of The Refuge: Centre for Healing and Recovery in Guelph. Her 15 years of experience are enhanced by an MA in Counselling Psychology from the University of Victoria,

the 3 year SE trauma resolution training, and multiple post-advanced trainings in neurophysiology, body reading, body memory, attachment, and touch work. She is an approved training assistant with the Somatic Experiencing Trauma Institute in Boulder, CO. For more information, visit www.healingrefuge.com, www.equuspirit.com, www.traumatrainings.com, and www.traumainformedyoga.ca

Sexual Violence and Trauma- How to Support Survivors; Exploring Consent, Disclosure, and the Sexual Violence Spectrum

Workshop Description:

Don't let her small stature fool you; expect a Raw, Real and Infectious workshop on Sexual Violence. Whether it is professional or personal interest you will leave the workshop with invaluable tools to support Survivors.

Biography:

Terra Manuliak is the Community Education and Outreach Coordinator at The Sexual Assault Centre of Brant. With her combined previous experience at Victim Services as a Frontline Crisis Advocate Terra brings with her the voices of thousands of survivors and draws from those experiences when she talks. Terra's community initiatives include raising Domestic Violence Awareness through Flash Mobs, Take Back the Night Rallies and lecturing throughout the community.

Secondary Trauma and Post Traumatic Stress

Workshop Description:

Centering exercise – breathing, clearing the mind, relaxing.

Visualization exercise – beautiful vistas.

Power Point Presentation which includes:

- explanation of Secondary Trauma and Post Traumatic Stress Disorder
- symptoms
- how past and present trauma can intersect on the job
- prevention/self-care

Small group discussion on ways to prevent work-place stress injuries from a personal and professional level. If time, spokesperson presents highlights of discussion for all to learn and benefit from.

Closing exercise – some stretching through chair yoga poses.

Biography:

Holly McDonald, M Ed., MSW, RSW.

Holly is a retired probation and parole officer. Her interest in Secondary Trauma and Post Traumatic Stress Disorder (PTSD) emerged nearly 20 years ago. She began working in a domestic violence program for men; first as a volunteer and then a facilitator. Holly quickly became interested in ways to reduce stress and stay calm.

Being aware of her own personal experiences and how stressful it can be helping people who come from a background of trauma; made her learning and research all the more important.

Awareness and self-care allowed Holly to mindfully work in the domestic violence, addictions and criminal justice fields for 20 years.

Holly provides information on Secondary Trauma and PTSD from a professional and personal perspective. She discusses ways to be attentive and mindful on the job. “Giving ourselves permission to take care of ourselves” is the first step in the prevention of stress-related injuries. Holly remains passionate about her understanding of her own and others’ anxiety. She is also a certified Yoga instructor and has therapy practice.

How Service Dogs Help Veterans with Post-Traumatic Stress Disorder

Workshop Description:

This workshop will provide an introduction to National Service Dogs (NSD), a non-profit organization dedicated to training service dogs to work with individuals with a variety of special needs. Specifically, Tamara will explore one of NSD’s programs, which is devoted to matching certified service dogs with post war veterans who are living with Post-Traumatic Stress Disorder (PTSD). Attendants of this workshop will learn how the dogs through NSD’s program are trained and ways in which the dogs may help to manage and alleviate the symptoms of individuals living with trauma. A client of this program will also be present in the workshop, and will explain how his service dog has helped him to live fully.

Biography:

Tamara Leniew, National Service Dogs (NSD) Program Manager

Tamara provides support and information to all Certified Service Dog applicants during our intake process. She helps facilitated Certified Service Dog for PTSD placements, and provides follow-up support and recertification testing for our working Certified Service Dog Teams. Her experience in family support and mental health provides her with the people skills to help balance out the NSD team of canine professionals. Tamara enjoys the dogs at NSD and as a proud mother of two girls; Tamara is always busy outside of work life with family activities and loving her rescued pet dog, Jackson.

Domestic Violence Trauma and Family Work

Workshop Description:

Attendees of the workshop will learn about the effects of domestic violence on all family members. Information regarding the impact of domestic violence on victims and perpetrators as well as the effects of witnessing domestic violence on children will be presented and explained. Approaches to working with families will also be introduced and briefly discussed. Resources that are helpful in serving this population will be made available.

Biographies:

Brianna Kerr BSW, RSW

Brianna has worked at Nova Vita Domestic Violence Prevention Services for over three years in various positions including counselling women and children and as a residential counsellor. Currently, Brianna acts as Nova Vita’s Public Educator providing education to the community about domestic violence and Nova Vita’s services, as well as coordinating the B.R.A.V.E

(Brant's Response Against Violence Everywhere) committee. Brianna also sits on the Community Advisory Board through the Family Resource Center and the Safe Brantford Committee.

Jason Gale SSW

Jason is currently a counselor for the men's program at Nova Vita Domestic Violence Prevention Services. Jason also works for Family Violence Counselling of Oxford County facilitating the Partner Assault Response Program. He also works for the Responsible Gambling Council of Ontario as a Service Coordinator and Motivational interviewing Champion for the Organization. Jason has sat on the Youth Suicide Prevention Committee at Brant County and has served a term on Operation Sharing's Board of Directors. Utilising Narrative approaches in his work Jason has a vast experience working with families who have experienced domestic violence.

Raghida Mazzawi BA, MC, RP

Raghida has been with Nova Vita Domestic Violence Prevention Services for 7 years and is currently the Supervisor of Community Counselling Services. She has worked as an intake worker and counsellor with women and children who have experienced domestic violence. She has also worked with men who attend the Challenge to Change program and with men and women who attend the Caring Families program. Raghida was involved in the development of the curriculum for the Caring Families program at Nova Vita. She was also involved in a number of research and evaluation projects and is currently working with Guelph University students on evaluating the children's residential program at Nova Vita and the role that early childhood education curriculum plays in supporting young children residing at the shelter.

Understanding the Impact of Intergenerational Trauma on Youth and Adults from a First Nations Perspective

Workshop Description:

This workshop will discuss the impact that generational trauma has on individuals from a First Nations perspective.

Biographies:

Ashley Maracle-Hill is Mohawk Turtle Clan from Six Nations of Grand River. Ashley graduated from the 3 year Child and Youth Worker Program at Mohawk College in 2009, but began working as a Youth Counsellor in 2008 at My Home on Turtle on Island Youth Lodge. Being employed My Home on Turtle Island Youth Lodge was just the beginning of Ashley's journey with Ganohkwasra Family Assault Support Service. Ashley began working as the Child and Youth Community Counsellor in 2010 and then in 2012 became the Child and Youth Mental Health Community Counsellor for Ganohkwasra. Ashley has learned and trained in many modalities such as Reiki, EFT, F.I.T, Art therapy, Play Therapy and her biggest accomplishment was being certificated in EMDR. Ashley has always enjoyed working with children and youth and always knew she wanted to do something within her community to help children and youth. Now she is proud to be able to give back to her community by helping Children and Youth with many struggles and situations that they face in the hopes of creating balance in their lives and help them on their healing journey.

Julia Bomberry belongs to the Cayuga Nation, Turtle Clan and is a mother to a beautiful 28 year old daughter and grandmother to two wonderful grandsons. Julia has been fortunate enough to be a staff member at Ganohkwasra Family Assault Support Services team for 22 years. Julia is the Manager of Therapeutic Services and oversees all outreach counseling services, community education, sexual assault research and consultant and administrative technical support.

Julia is a graduate of the Child & Youth Program-Mohawk College, Hamilton, ON as well as from the Bachelor of Social Work and Masters of Social Work from Ryerson University. “With Ganohkwasra (love among us) we bury our weapons of violence to create a safe and caring community for all generations” is the vision statement of Ganohkwasra and Julia is grateful to be part of a team striving for Ganohkwasra for our people and our future generations.

Keeping the Conversation Going

Workshop Description:

Randy Papple, Deputy Chief, County of Brant Ambulance will conduct a one hour workshop that will cover his own experiences with Post Traumatic Stress Disorder. Randy will focus on the topics of awareness, prevention and self-help tips in his effort to put a real face to PTSD.

Biography:

Randy Papple, Deputy Chief, County of Brant Ambulance.

After 38 years of EMS Randy has seen PTSD take its toll on many First Responders. He has made it his passion to “Keep the Conversation going” to reach out, not only to First Responders but to the ‘Second Responders’, the people behind the scenes. Randy has completed a number of PTSD awareness bike rides from Toronto to Ottawa, and was recently featured in a Public Service Announcement for the Canadian Mental Health Association. You may have seen Randy around town wearing a different uniform; Randy was a volunteer fire fighter for 20 years, he also entertains in his other ‘alter ego’ as ‘Bandaid the Clown’. In addition to therapeutic clowning at the hospital you may see Bandaid driving around in a mini-ambulance - at the ‘air show’ you may have seen him driving a miniature plane among the crowd - most recently he was entertaining at the ‘Home Town Hockey’ Event driving a mini-Zamboni. You may have also witnessed Randy ‘running around town’. A high school interest in running took a recent resurgence and Randy now blends two interests and can be seen “juggling” while he runs “jogging”, yes he has even raced several marathons.

“Kare9” Trauma Dog

Workshop Description:

The Brantford Police and Victim Services of Brant have been working with United in Trauma to incorporate a trauma dog into Victim Services. This workshop will introduce participants to the new “Kare9” trauma dog that will be utilized by Victim services and the Brantford Police in our community.

Biography

Penny McVicar is the Executive Director of Victim Services of Brant.