

# Meeting Agenda

- 10:00am- 11:00am

**Registration and Check-in & Resource Fair**

- 11:00am- 12:00pm

**Lunch**

*Provided by Panhandle AHEC Supporting Great Plains CASA*

## Time and Place

Friday

April 26th, 2024.

10:00am-4:00pm

Hereford Civic Center

1001 W. 15th Hereford, TX

79045



12:00pm - 12:15pm

**Mindfulness/self-compassion exercise** - Allexa Zwinck, M.A.



### Session 1 - Adverse Childhood Experiences (ACEs) 12:15-1:15pm

**Speaker** - Allexa Zwinck, M.A.

- What causes trauma and its long-term impact
- What are ACEs and how do they relate to trauma
- What is trauma (definition)
- Prevention and risk factors
- 7 C's of resiliency
- Building resiliency through mindfulness
- Individual and community care

*1:30pm - 1:45pm - 15 min. break*

### Session 2 - Crisis De-escalation 1:45pm - 2:45pm

**Speaker** - Maude McCullough, EdD, MSN, LPC, CRC.

**Co-Presenter** - Chad Beavers, LPC.

- Understanding Crisis de-escalation and gaining insight into the importance of effectively applying verbal communication techniques and other measures to diffuse tense situations.
- Understanding the dynamics of crisis
- Learn effective de-escalation techniques
- Explore real-life scenarios and learn techniques to de-escalate a crisis effectively (child and adult)

*2:45pm - 3:00pm - 15 min. break*

### Session 3 - Lived Experience Panel Discussion 3:00pm - 4:00pm

**Moderator** - Esmeralda Florez, LMSW.

**Panelists** - Leslie Garcia, Peer Specialist, RSPS - Substance Use and Addiction.

Salvador Torres, Community Activist - Mental Health and Suicide Awareness.

- Providing community awareness and education about the realities of substance use and addiction, mental health and experiencing losing a loved one to suicide.
- Stigma Reduction
- Understanding current challenges to meeting basic needs in recovery
- Realities and challenges to maintaining recovery and wellness
- Importance of community care and support