

2015 Hancock County ADAMHS Board Cultural Competency Training  
“Trauma and Substance Use Disorders: Connections and Disconnections”

Thursday, June 25, 2015

9:00am-4:00pm

The University of Findlay Alumni Memorial Union

Cathy Cave & Michael Johnan, MA, Presenters

Inspired Vision, LLC

**AGENDA**

This workshop will focus on the intersection of substance abuse and trauma and offer a foundation to support healing that incorporates strength-based, trauma-informed, and culturally responsive principles into substance abuse services.

- 8:30           **Registration and Continental Breakfast**
- 9:00           **Welcome**
- 8:45-9:15     **Wall Activity** – Participants will be asked to respond to questions that inquire about personal strengths, talents, and what are desired outcomes of participating in the workshop.
- 9:15-9:30     **Self-Awareness and Self-Care** – An introduction to the importance of creating environments that are sensitive to individuals that have experienced trauma. Participants will discover what techniques help those who feel overwhelmed by the burden of trauma while at the same time being aware of maintaining self-care when working with these individuals.
- 9:30-9:45     **Language** – A brief discussion about using appropriate language that is person-first, experience-based, non-objectifying, and truly respectful when speaking with individuals that have experienced trauma.
- 9:45-10:15    **Scope of the Problem** - Participants will understand the prevalence of traumatic events and how it is linked to the human experience.
- 10:15-10:45   **Trauma and Its Impact** – Participants will define trauma within the context of individual and collective historical experiences, discuss how the human body responds to trauma, and how trauma affects life trajectories.
- 10:45           **Break**
- 11:00-12:00   **Trauma and Its Impact (Continued)**

## 2015 Hancock County ADAMHS Board Cultural Competency Training

- 12:00-12:30     **Coping, Defending, Surviving, and Addiction** – Participants will have a conversation about how individuals survive horror, normalize survival behaviors, and the link between survival strategies and addiction. The impact of trauma can include loss of sense of self and profound disconnection, and substance use can be seen as an effective coping strategy. Individuals who experience trauma can also experience ongoing risks and vulnerabilities such as coercion, re-victimization, and re-traumatization.
- 12:30            **Lunch**
- 1:30-2:00       **Labels** – A discussion about how labels are often applied to individuals who are experiencing the highest levels of distress which can affect their decisions to seek recovery supports.
- 2:00-2:30       **Trauma-Informed Approaches** – Participants will learn how to approach individuals who are struggling with a substance abuse disorder through a trauma-informed lens. Principles will be shared that include approaches that are survivor-defined, culturally responsive, incorporate social justice, and include harm reduction, safety planning, and peer support.
- 2:30-2:45       **Break**
- 2:45-3:45       **Trauma-Informed Approaches (Continued)**
- 3:45-4:00       **Closing and Evaluation**

### **Presenters:**

#### **Cathy Cave, Founding Partner, Inspired Vision, LLC**

Cathy has thirty years of experience as an administrator, facilitator, and consultant specializing in cultural competence and disparities elimination, trauma-informed services and supports, strength-based approaches with individuals, youth and their families, and leadership within child welfare, education, juvenile justice, disaster response, mental health, substance abuse, and corrections. She is one of New York State's early trauma champions, coordinating county collaboratives and the Mastering the Key Connection Statewide Trauma Conferences in the mid 1990's. Currently, Cathy provides technical assistance on trauma, cultural competence, and peer support through organizations such as the National Center on Domestic Violence, Trauma & Mental Health, New York's Mental Health Empowerment Project, and human service organizations throughout the country. Formerly the Director for Cultural Competence for New York State Office of Mental Health, she uses her personal, family, community, provider, and administrative perspectives to facilitate organizational change at local, state, and national levels.

#### **Michael Johnan, MA, Founding Partner, Inspired Vision, LLC**

Michael has over thirty-eight years of experience working in child, family, and adult care and treatment. He has worked from the "floor" to executive administration in residential, psychiatric inpatient, and foster care programs. In each program, he has developed tools and methods and provided training that

## 2015 Hancock County ADAMHS Board Cultural Competency Training

assisted direct care and supervisory staff using techniques that maintained an individual's dignity and respect. Michael's passion is for strength-based, person-driven, trauma-informed recovery and developing common-sense tools that assist staff at all levels to be more compassionate and effective. Turing theory into practical interventions and tools are his specialty.

Michael has developed well over two hundred hours of curriculum on a variety of topics, spanning from one hour to ten days in length. He is a highly experienced trainer and has provided consultative services to a wide range of agencies that include the Peace Museum and State and Federal initiatives. Michael provides a unique perspective, which in turn, helps him design practical and effective tools and interventions.