

AGENDA

Time	Topic	Content	Type	Name(s)	Location
8:30 AM	Doors Open	Check-In and Breakfast			Factory One
9:30 AM	Welcome	Welcome	Speakers	Mayor Neeley, Dan Russel, Jim Ananich, Isaiah Oliver	Factory One: Main Room
9:45 AM	Morning Keynote	Pursue Your Purpose, Not Your Dreams: Creating the Life and Career You Desire Through Healing	Keynote	Dr. Joe Johnson Introduced by Ladel Lewis	Factory One: Main Room
10:45 AM	Mindfulness, Stress, Trauma	Movement Medicine: A Somatic Healing Experience (Repeated at 2:30 PM) Participants will reconnect to the wisdom of their bodies using the four components of somatic therapy: breath, sound, movement, and intention. We will come to understand where specific emotions, memories, present life trauma, ancestral trauma, and belief systems are typically held in the body, and how to release them. This somatic therapy practice is a fun, engaging, and informative way to heal trauma stored in the body and subconscious mind. All activities can be modified to serve people of all ages, abilities, and comfort levels.	Breakout Session	Meaghan Bergman	Factory Two: Room Two
	Mental Health, Mindfulness	Mindfulness in the Workplace (Repeated at 2:30 PM) Participants will learn how chronic workplace stress can lead to burnout and explore the early warning signs. Mindfulness-based approaches to prevent and manage burnout will be explored including the development of a personal wellness action plan.	Breakout Session	Marie Jones-Watts	Factory One: 2 nd Floor
	Defining Resiliency, Self-Preservation, Mental Health	Stress and Our Bodies: Beyond Self Care (Repeated at 2:30 PM) This session will explore what defines psychological trauma and how it impacts our brains, not only from a first person experience, but also the impact secondary traumatic stress has on the brain of the helper too. We will explore signs and symptoms for those experiencing compassion fatigue or burnout, who is at risk, protective factors, and most importantly how to build resiliency back into your life and move toward personal wellness.	Breakout Session	Lisa Bruder	Factory Two: Room 1
	Mental Health, Stress, Trauma	A Letter to Chronic Stress, From a Concerned Family Doctor (Repeated at 2:30 PM) This session will highlight the impact of chronic stress from a primary care doctor perspective and the influence social determinants of health have on how patients present to or do not present to clinicians and how the community/environment contributes to someone's health choices and influences health outcomes. Dr. Harris will make the connections between indirect and direct contributors to inflammation and the immediate and future consequences that are common and lead to health disparities.	Breakout Session	Dr. Aisha Harris	Factory One: Main Room
11:45 AM	Community-Police Relationships, Youth Trauma, Mental Health	Embrace Challenges Deon's story of childhood trauma will inspire, motivate, and encourage you. Deon understands we all will face various forms of trauma or adverse moments in our lives. Deon encourages us not to ignore our trauma or the trauma of our neighbor, but importantly to embrace our challenges as an inspiration to others.	Breakout Session	Sgt. Deon Smith	Factory One: Backyard
	Mindfulness	Why Do We Act That Way? How to Bring Your Best Self into Challenging Situations This session will cover brain science, trauma informed practice, and social emotional skills. Participants will learn how to strengthen these skills through mindfulness, meditation, and movement. They will also learn ways to integrate this information into their daily lives and how to coach others in challenging situations.	Breakout Session	Dinah Schaller	Factory One: Backyard
	Self-Preservation, Collective-Preservation, Compassion Fatigue	Burnout: How to Recognize, Recover, and Rebuild Burnout is mental and physical exhaustion caused by chronic stress, and feeling physically and mentally overwhelmed. When this phenomenon was discovered, the definition primarily related to occupational burnout, however we have learned that this relates to everyday life, and research shows that it is high as we navigate post-pandemic life. This interactive workshop helps participants understand how to recognize burnout in their own lives and identify ways to recover and rebuild when effects of burnout become too much to handle.	Breakout Session	Lottie Ferguson	Factory One: Main Room
	Adverse Childhood Experiences (ACEs)	Understanding ACEs In this session, participants will gain a comprehensive understanding of ACEs (Adverse Childhood Experience). Participants will engage in a <i>We are the Brain</i> interaction to understand what happens when they experienced trauma. We will discuss ways to mitigate ACEs by explaining PCEs (Positive Childhood Experiences). We will talk about restoring the family village we call Flint and Genesee County. We will end with questions and giveaways.	Breakout Session	Shearese N. Stapleton	Factory Two: Room 1
12:30 PM	Mental Health	Depression and Anxiety: Symptoms and Management Awareness of depression and anxiety symptoms and management — what they are, how to determine if you have them, resources for assistance, and resources for crisis management.	Breakout Session	Dr. Patrick Hawkins & Dr. Gail Johnson	Factory One: 2 nd Floor
	Mindfulness	Mindful Eating Mindful eating focuses on your eating experiences, body-related sensations, and thoughts and feelings about food, with heightened awareness without judgment. Join Commit to Fit to learn the seven practices of mindful eating, tips to curb stress and emotional eating, and more.	Breakout Session	Alaina Larrea	Factory Two: Room 2
	Lunch	Lunch and Crim Youth Mindful Moment Video			Factory One: Main Room
1:00 PM	Lunch Keynote	Community Based Violence Intervention and Prevention: A Collaborative Approach	Keynote	David Kennedy	Factory One: Main Room
1:45 PM	Panel	Surviving & Thriving After Stress and Trauma	Panel / Discussion	Panelists: Percy Glover, Johnell Allen-Bey, Tia Coles Facilitator: Seamus Bannon	Factory One: Main Room
2:30 PM	Youth Trauma, Advocacy	Advocacy for LGBTQIA+ Youth LGBTQIA+ Youth Advocacy Training is a two-hour introductory training that covers common terminology and identities within the LGBTQIA+ community. In it, we discuss identity, intersectionality, the connection between minority stress and health disparities faced by queer folk, and the importance of family acceptance for LGBTQIA+ youth for boosting positive health outcomes.	Breakout Session	Ethan Hibbard & Sarah Zyburt	Factory One: Backyard
	Mindfulness, Stress, Trauma	Movement Medicine A Somatic Healing Experience (Repeat Session) Participants will reconnect to the wisdom of their bodies using the four components of somatic therapy: breath, sound, movement, and intention. We will come to understand where specific emotions, memories, present life trauma, ancestral trauma, and belief systems are typically held in the body, and how to release them. This somatic therapy practice is a fun, engaging, and informative way to heal trauma stored in the body and subconscious mind. All activities can be modified to serve people of all ages, abilities, and comfort levels.	Breakout Session	Meaghan Bergman	Factory Two: Room 2
	Mental Health, Mindfulness	Mindfulness in the Workplace (Repeat Session) Participants will learn how chronic workplace stress can lead to burnout and explore the early warning signs. Mindfulness-based approaches to prevent and manage burnout will be explored including the development of a personal wellness action plan.	Breakout Session	Marie Jones-Watts	Factory One: 2 nd Floor
	Defining Resiliency, Self-Preservation, Mental Health	Stress and Our Bodies: Beyond Self Care (Repeat Session) This session will explore what defines psychological trauma and how it impacts our brains, not only from a first person experience, but also the impact secondary traumatic stress has on the brain of the helper too. We will explore signs and symptoms for those experiencing compassion fatigue or burnout, who is at risk, protective factors, and most importantly how to build resiliency back into your life and move toward personal wellness.	Breakout Session	Lisa Bruder	Factory Two: Room 1
3:30 PM	Mental Health, Stress, Trauma	A Letter to Chronic Stress, From a Concerned Family Doctor (Repeat Session) This session will highlight the impact of chronic stress from a primary care doctor perspective and the influence social determinants of health have on how patients present to or do not present to clinicians and how the community/environment contributes to someone's health choices and influences health outcomes. Dr. Harris will make the connections between indirect and direct contributors to inflammation and the immediate and future consequences that are common and lead to health disparities.	Breakout Session	Dr. Aisha Harris	Factory One: Main Room
	Substance Use Prevention, Intervention	Narcan Training	General Session	Kelly Ainsworth & Peer Recovery Coaches	Factory One: Main Room
	3:30 PM	Mindfulness	Mindful Kayaking	Excursion	Marie Jones-Watts
6:00 PM	Mindfulness	Mindful Hiking	Excursion	Liz Jones	For-Mar Nature Preserve (Transportation: Bus 1)
	Self-Preservation	Self-Preservation Station	Excursion	Marquita Hall	Corcova Salt Spa (Transportation: Bus 2)
	Mental Health	Urban Garden Project and Tour	Excursion	Ginny Farah	Edible Flint Educational Garden (Transportation: Bus 2)
	Mindfulness	Mindful Biking	Excursion	Angela Stamps	Participants to Meet at Chevy Commons
	Healing	Racial Healing Circle	Excursion	Leyla Sanker & Canisha Bell	Participants to Meet at Tenacity Brewing
Evening Reception Keynote	Keynote, Networking, and Activities	Keynote	Shon Hart	Tenacity Brewing	