



The Milwaukee Mental Health Task Force is the voice of the community on issues related to the quality and responsiveness of mental health and substance abuse disorder services.

Milwaukee Mental Health Task Force invites you to our 2018 Forum

## ***Our Future Starts Now: Healing, Hope and Resilience***

Tuesday, September 11, 2018

IndependenceFirst, 540 S. 1st St.

12:30 p.m. – 1:00 p.m. Registration, refreshments & networking

1:00 p.m. – 5:00 p.m. Program & presentation of the 5<sup>th</sup> Annual Karen Avery Award

Register online at <http://www.milwaukeeemhtf.org/2018forum/>



### **Seven Essential Ingredients (7ei) of Trauma Informed Care**

*Michael Joranger, LCSW, Staff Development Coordinator, SaintA*

This systems level presentation on trauma informed care will highlight the following elements that are helpful in understanding what trauma informed care is and how to implement it at your organization: Prevalence, Impact, Perspective Shift, Regulation, Relationship, Reason to Be, and Caregiver Capacity.



### **Epigenetics, Trauma, & Resilience: Moving from Understanding to Healing**

*Tammy H. Scheidegger, Ph.D., LPC, NCC, Associate Professor, Practicum & Internship Coordinator*

Entire populations have been impacted by the legacy of historic, intergenerational, transgenerational, and contemporary traumas. This presentation will provide an overview of how the science of epigenetics informs the legacy of trauma as well as how it can inform the healing processes that must take place in order for individual and agency providers to move beyond trauma informed care (TIC) to trauma informed healing (TIH).



### **Resilience - Healing Hearts: Post Traumatic Stress Disorder**

For the past 35 years Mary Neubauer has worked on her journey of recovery while living with mental illness and in sobriety. She has utilized various therapeutic models in order to be successful. Mary has committed the past six years of her personal therapeutic focus on processing and integrating many traumatic experiences of her life with compassionate witnesses with the goal of healing. Recovery from Post Traumatic Stress Disorder is possible as one develops new embodied neuropathways to the brain.

### **Voices of Youth: Sharing Their Ideas About Support and Recovery**

### **Presentation of the 5th Annual Karen Avery Award**

Karen Avery was an advocate, mentor, peer, friend and leader in the fight for disability rights. As Associate Director of IndependenceFirst, she was a respected leader in the mental health consumer/survivor movement in Wisconsin and nationally, tirelessly advocating to advance the rights of people with mental illness and ensure a strong consumer voice. She was a founding board member of the Grassroots Empowerment Project and a leader in the Milwaukee Mental Health Task Force. Karen spoke about the system and about recovery with such impact and conviction because she lived it. She was generous in sharing the challenges of her experience with mental illness and her recovery journey. After Karen's passing in 2013, the Milwaukee Mental Health Task Force established this award to honor her important and enduring legacy.



To request disability related accommodations, send your request by Aug. 26 to [elise.cassidente@drwi.org](mailto:elise.cassidente@drwi.org) or call 414-773-4646.

*Environmental/Chemical Sensitivities: For the safety and comfort of those with chemical sensitivities, IndependenceFirst requests that people visiting our agency, refrain from using any perfumed products and not smoke near the building.*

## Speaker Biographies

**Michael Joranger**, LCSW, is a staff development coordinator for SaintA. Michael has more than 30 years of child welfare experience in a variety of settings, including residential care, foster care case management, foster care licensing and placement, foster parent education, as well as agency-wide staff development. Areas of specialty include bringing the SaintA Trauma Informed Care philosophy to a wider audience and crisis management training for agency staff and foster parents. Attendees at Mike's classes include Department of Human Service and Child Protection workers, law enforcement, corrections, and psychiatric nurses and social workers. He is also a Master Trainer for the ACE Interface Project and a Mandt system trainer. Mike earned his bachelor's degree from Saint John's University, did graduate work at the University of Minnesota, and earned his Master's Degree in Social Work from the University of Wisconsin-Milwaukee.

**Dr. Scheidegger** is a tenured, Associate Professor in the Graduate Program in Counseling at Mount Mary University and the Practicum and Internship Coordinator. She served as President of the Wisconsin Counseling Association from 2012 -2013. In 2012, she was also an invited member of the Wisconsin Department of Safety and Professional Services taskforce to re-write the educational requirements for Professional Counselors. She currently serves as an appointed member of the Wisconsin Department of Safety and Professional Services, Joint Board for Marriage and Family Therapy, Professional Counseling, and Social Work Examining Board and the Licensed Professional Counselor section.

She received her Ph.D. in Marriage and Family Therapy from The Ohio State University in 1998 and has undergraduate and graduate degrees in family and human development. Dr. Scheidegger is a Licensed Professional Counselor in the state of Wisconsin and is a National Board Certified Counselor. She currently teaches courses in basic and advanced trauma counseling, couples and family therapy, eating disorders, psychopathology and advanced issues in clinical mental health as well as supervising graduate students as they complete their internship experience in the counseling field.

In the past four years, Dr. Scheidegger has worked with her colleague Dr. Carrie King, along with many of her graduate students, to train and implement trauma informed practices in the greater Milwaukee community as well as to train and implement trauma responsive school practices in the Milwaukee private school system. They have received two grants from the Charles E. Kubly Foundation supporting their work and research in developing trauma sensitive schools. Carrie and Tammy's work on trauma was presented in Montreal, Quebec, Canada and Banff, Alberta, Canada in 2016 and in Capetown, South Africa in the spring of 2017. Through Mount Mary University, Drs. Scheidegger and King have continued to work with Lea Denny & Jim Hastings from HIR Wellness Center to research and lead efforts to bring Trauma Informed Healing (TIH) to populations impacted by historical trauma.

**Mary Neubauer** is a dedicated and passionate advocate for people living with mental illness and substance use disorders. She works for Mental Health America of Wisconsin and as the Production Coordinator and Stage Manager for, PIECES "In My Own Voice" A thought-provoking theatrical production depicting the lives of people living with a mental health diagnosis.

Mary is currently a Co-chair of the Milwaukee Mental Health Task Force. She represents the Task Force on the Milwaukee County Mental Health Board and is Chairwoman of the Quality Committee. She is a member of the Legislative and Policy Committee of the Wisconsin Council on Mental Health.

Mary received her Masters Degree in Social Work from the University of Wisconsin - Milwaukee in 2006 both in Clinical Social Work and Administration. She completed her undergraduate degree in Health Care Administration at Concordia University in 1993. Mary completed her Wisconsin Certified Peer Specialist Training in the META Model in 2006. In 2009, Mary became a Trauma Informed Care and Person Centered Planning Champion Leader for the Wisconsin Department of Health Services.