

**JOIN US VIRTUALLY**



Center for Child and Family Traumatic Stress  
at Kennedy Krieger Institute presents

**8TH BIENNIAL TRAUMA CONFERENCE**

**Addressing Trauma across the Lifespan:  
STRATEGIES FOR MANAGING  
CONCURRENT PANDEMICS**

**September 30 – October 1, 2021**

September 30 | Pre-Conference Workshops

**Pre-Conference Day**

Thursday, September 30, 2021

**Morning Workshops**

The Practice of Tele-Mental Health and Use of  
Social Media: Ethical, Legal, and Clinical Issues  
for Practitioners

*Jeffrey E. Barnett, PsyD, ABPP*

Healing Interpersonal and Racial Trauma:  
Cultural Considerations for Integrating Racial  
Socialization into Trauma-Focused Cognitive  
Behavioral Therapy with Black Youth

*Isha Walwina Metzger, PhD, LCP*

**Afternoon Workshops**

Addressing Race-Based Stress and Trauma, A  
Clinical Approach

*Maurice Endsley, PhD; Keisha Ross, PhD; Marva  
Robinson, PsyD*

Syndemic “Strains”: Real Struggles and Rap  
Songs Toward Transformative Youth Violence  
Prevention

*Jaleel Abdul-Adil, PhD*

**Dated Material**

**1741 Ashland Ave  
Baltimore, MD 21205**

Center for Child and Family Traumatic Stress  
at Kennedy Krieger Institute  
Growth through Treatment, Training & Research



First Class  
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# About the Conference

COVID-19, structural racism and significantly increased mental health challenges are three pandemics having adverse impacts on the U.S. population. Due to well-documented historical and current day factors, Communities of Color are disproportionately affected. The development and implementation of useful strategies for effectively addressing the traumatic stress that stems from these concurrent public health crises can be rooted in a consideration of syndemic theory. The term *syndemic*, was coined by Merrill Singer in the mid-1990s and has been defined as “two or more afflictions, interacting synergistically, contributing to excess burden of disease in a population ...one must control not only each affliction but also the forces (e.g., social factors) that tie the afflictions together” (MedicineNet). Using this orientation as a framework, the 8th Biennial Trauma Conference will bring together public policy, racial justice and mental health experts in a virtual environment to exchange information and work collectively to identify concrete evidence and practice-based solutions for individuals, families and communities dealing with these events.

## WHO SHOULD ATTEND

This activity is intended for Mental Health Professionals, Child-Serving Professionals and Paraprofessionals, Criminal Justice Professionals, Community Service Organization Professionals, Legislators, Faith-Based Providers, Medical and/or Forensic Professionals, Community Service Providers, Military Providers, Members of Community Organizations, Organizational Leaders, Academic Faculty/Staff

## LEARNING OBJECTIVES

- Describe the interaction and complexity of concurrent pandemics, their influence on each other, and strategies for healing and recovery in children, adults and families
- Discuss adaptations to existing treatments and approaches to address racial trauma and mental health challenges
- Describe strategies to address racial justice in clinical and non-clinical settings
- Describe strategies to effectively communicate with policymakers and key stakeholders about the impact of trauma across the lifespan



# Pre-Conference Workshops

Thursday, September 30, 2021



## SCHEDULE FOR PRE-CONFERENCE WORKSHOPS:

AM Workshops .....	8:30 am - 12:00 pm
Break .....	12:00 pm - 1:00 pm
PM Workshops .....	1:00 pm - 5:00 pm

## AUDIENCE LEVELS

### Introductory/General:

- Presentation would be of interest to all participants, regardless of experience or training.

### Intermediate:

- Participants have a basic level of understanding of what trauma is and how it impacts the mental and physical health of those affected across the lifespan.
- Participants have some work experience with a trauma population.

### Advanced:

- Participants have a high level of training and understanding of trauma.
- Participants are trained in evidence-based models and/or trauma-informed care, who are looking for new and/or innovative approaches to their work with clients.
- Presentations are geared to specialists and those in advanced stages of their career.

# Pre-Conference Workshops

Thursday, September 30, 2021

## MORNING WORKSHOP (A) 8:30 AM – 11:30 AM

### The Practice of Tele-Mental Health and Use of Social Media: Ethical, Legal and Clinical Issues for Practitioners (Ethics CEs)

**AUDIENCE:** Introductory/General

*Jeffrey E. Barnett, PsyD, ABPP  
Loyola University Maryland*



A wide range of technologies to include the internet, e-mail, text messaging, social media and apps have altered mental health practice for so many clinicians and their clients. This workshop will provide information about the ethical, legal and clinical issues relevant to integrating various technologies into our practices, the practice of tele-mental health, and the use of social media in our professional and personal lives. Common pitfalls, challenges and dilemmas in each of these areas will be discussed, information on decision-making and best practices will be provided, and specific guidance will be provided on decision-making relevant to the use of various technologies in clinical practice. Clinical examples are provided to illustrate some of the benefits and challenges of utilizing these technological innovations in clinical practice.

## MORNING WORKSHOP (B) 9:00 AM – 12:00 PM

### Healing Interpersonal and Racial Trauma: Cultural Considerations for Integrating Racial Socialization into Trauma-Focused Cognitive Behavioral Therapy with Black Youth (Diversity CEs)

**AUDIENCE:** Advanced

*Isha Walwina Metzger, PhD, LCP  
University of Georgia, Department  
of Psychology; Yale University,  
School of Public Health*



The negative consequences of interpersonal trauma (e.g., physical abuse) take a disproportionate toll on Black youth due to the compounding stress of experiencing unique race-related stressors both directly (e.g., microaggressions) and vicariously (e.g., witnessing police brutality in the media). Community-based mental health services exist to provide child and family treatment for trauma to help prevent and treat negative sequelae. However, these organizations do not systematically consider racial stress and trauma in their intakes, assessment or treatments. This workshop will provide an overview of the impact of interpersonal and racial stress and trauma on mental health and behavioral outcomes for Black youth. This workshop will also present qualitative research on organizational barriers and facilitators to service utilization and engagement for ethnic minority caregivers referred for treatment at a nationally accredited community mental health center for children. Last, a focus of this workshop will be on providing participants an overview of groundbreaking strategies and resources for utilizing racial socialization to deliver Trauma-Focused Cognitive Behavioral Therapy in a culturally affirming and validating manner for Black youth and families who are healing from interpersonal and racial trauma.

# Pre-Conference Workshops

Thursday, September 30, 2021

## AFTERNOON WORKSHOP (A) 1:00 PM – 5:00 PM Addressing Race-Based Stress and Trauma, A Clinical Approach (Diversity CEs)

**AUDIENCE: Introductory/General**

*Maurice Endsley, PhD*  
*Keisha Ross, PhD*  
*Marva Robinson, PsyD; MKM*  
*Psychology Consulting Service,*  
*LLC*

There is not a decade in American History which doesn't include traumatic insults for Black Americans. From the Civil War to Jim Crow, desegregation, and civil rights history had countless documented efforts at Black America's attempt to have the world acknowledge Black Lives Matter. The year 2020 for Black Americans has seen the reckoning of two pandemics – race-based stress and trauma, and COVID-19. Due to recent events, there has been an increased interest in creating and running groups targeting racial discrimination and race-based trauma. There has been increased research on interventions, but few widely available group interventions to address this issue are available.

Drs. Endsley, Ross and Robinson will engage participants in a session outlining coping mechanisms and cultural considerations for serving Communities of Color impacted by trauma. This event will build language, conceptual framework and tools for mental health access and advocacy, with a focus on bridging educational, faith and mental health circles. The workshop plans to introduce necessary basic information for providers, including systems of oppression, improving conversations about racism and discrimination, and how to incorporate other intersectional identities. Session also details assessments and a group intervention for race-based stress and trauma.



## AFTERNOON WORKSHOP (B) 1:00 PM – 5:00 PM Syndemic “Strains”: Real Struggles and Rap Songs Toward Transformative Youth Violence Prevention

**AUDIENCE: Introductory/General**

*Jaleel Abdul-Adil, PhD*  
*Associate Professor of Clinical*  
*Psychology & Co-Director of the*  
*Urban Youth Trauma Center at the*  
*University of Illinois at Chicago*

The current national syndemic, comprised of COVID-19, systemic racism, and behavioral health disparities, has disproportionately impacted contemporary youth, especially its urban, ethnic minority and low-income segments. Unfortunately, this syndemic has resulted in additional emergent stressors being added to existing structural inequities that are rooted in the historic and ongoing oppression of Communities of Color in various social, political, economic, educational and judicial spheres. On the other hand, this syndemic has also sparked an awakening of social consciousness and mobilizing of grassroots constituencies that include amplifying the views, values and voices of contemporary youth who are critiquing current conditions while calling for social change. This workshop will feature how selected songs from Rap music and Hip-Hop culture contribute to transformative youth violence prevention programming.



# Conference Schedule At A Glance

Friday, October 1, 2021

## Morning Schedule

8:30 AM – 8:45 AM Welcome and Opening Remarks

8:45 AM – 9:45 AM

### KEYNOTE

**The Traumatic Colors of COVID-19: Translating the Science of Pandemic Mitigation into Culturally-Tailored Community-Based Interventions Designed to Achieve Health Equity**

*Stephen B. Thomas, PhD*

9:45 AM – 10:00 AM

**Morning Break / Exhibitors**

10:00 AM – 11:30 AM

### MORNING PLENARY

**Promoting the Needs of Underserved Communities Through Trauma-Informed Public Policy: Milestones, Best Practices and the Road Ahead**

*Diane Elmore Borbon, PhD, MPH*

11:30 AM – 11:45 AM

**Mid-Day Break / Exhibitors**

11:45 AM – 12:15 PM

### MID-DAY PRESENTATION

**Rap/Hip-Hop Genre as a Tool of Social Resistance**

*Bayadir Mohamed-Osman, BS*

## Afternoon Schedule

12:15 PM – 12:45 PM

**Lunch Break / Exhibitors**

12:45 PM – 2:15 PM

### EARLY AFTERNOON PLENARY:

**...But Now I See: Using the Lens of Racial Literacy to Understand Racial Trauma and Promote Justice and Healing**

*Shawn C.T. Jones, PhD MHS LCP*

2:15 PM – 2:30 PM

**Early Afternoon Break / Exhibitors**

2:30 PM – 4:00 PM

### LATE AFTERNOON PLENARY:

**Healing Racial Trauma: Focusing on Racial Socialization as a CBT Strategy for Black Youth**

*Riana Elyse Anderson, PhD, LCP*

4:00 PM – 4:15 PM

**Late Afternoon Break / Exhibitors**

4:15 PM – 5:00 PM

**Panel Discussion**



**8:45 AM - 9:45 AM**

## The Traumatic Colors of COVID-19: Translating the Science of Pandemic Mitigation into Culturally Tailored Community-Based Interventions Designed to Achieve Health Equity

**AUDIENCE:** Introductory/General

*Stephen B. Thomas, PhD  
Professor, Health Policy & Management  
Director, Maryland Center for Health Equity  
PI, CommVax Rapid Response Team for Equitable COVID-19 Vaccine Distribution  
The School of Public Health  
University of Maryland, College Park*



Never in our lives have we experienced such a global phenomenon. For the first time in history, the world has come together, focused on the same existential threat, consumed by the same fears and uncertainties, and eagerly anticipating the same, yet unrealized, promises of medical science. In a matter of months, human civilization has been brought low by the novel SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2), a microscopic parasite 10,000 times smaller than a grain of salt. COVID-19 attacks our physical bodies, but also the cultural foundations of our lives. Depending upon how we respond, our lives, and literally our way of life, hangs in the balance.

Today, we are using mitigation interventions designed during the 1918 Flu pandemic 100 years ago. The approach is largely focused on slowing the rate of spread and flattening the curve of morbidity. There are no cures, and the experimental vaccines have yet to reach the truly disadvantaged.

We must all be mindful that pandemics and plagues have a way of shifting the course of history, and not always to the benefits of the survivors. As companies are eliminated or close, the internet brings entertainment and sporting events into our home, and airline travel becomes ever more problematic and miserable, people will adapt and maladapt. The financial uncertainty caused by the COVID-19 pandemic will cast a long shadow, especially on populations made more vulnerable due to poverty and discrimination.

While COVID-19 does not discriminate, it exposes what is wrong and right in how different societies are organized and structured. As a result, health inequities have been exacerbated by this pandemic. We may all be in the same storm, but everyone is not in the same boat. What can we learn when success in one nation is rejected by another? How do we create prevention strategies and messages tailored for the most disadvantaged and least privileged? How might the COVID-19 pandemic be the change needed to disrupt status quo and make trauma informed care the new standard?



# Plenary Descriptions

Presenter biographies and disclosure statements available on website

## MORNING PLENARY 10:00 AM – 11:30 AM

### Promoting the Needs of Underserved Communities Through Trauma-Informed Public Policy: Milestones, Best Practices and the Road Ahead

**AUDIENCE: Introductory/General**

*Diane Elmore Borbon, PhD, MPH  
Policy Program Director  
UCLA-Duke University National  
Center for Child Traumatic Stress*



Trauma is a pervasive global public health problem with disproportionate consequences among underserved populations, including Communities of Color and other historically marginalized groups. To date, the trauma field has addressed important scientific questions and developed many evidence-based and promising treatments for survivors across the lifespan. As the trauma field has advanced, so have efforts to educate and inform policymakers about the need for trauma-informed policies. This presentation will highlight some important trauma-related policy milestones to address the needs of underserved populations. Key elements of successful policy change will be identified, and best practices for informing policymakers will be discussed. Opportunities for trauma professionals to share scientific and clinical expertise in support of policies that promote health and resilience in underserved communities will be highlighted.

## MID-DAY PRESENTATION 11:45 AM – 12:15 PM

### Rap/Hip-Hop Genre as a Tool of Social Resistance

**AUDIENCE: Introductory/General**

*Bayadir Mohamed-Osman, BA,  
MPH Candidate  
Employment Training Specialist at  
Project SEARCH  
Kennedy Krieger Institute*



This presentation will aid participants in re-examining the elements of the rap/hip-hop genre that make it taboo. Through deep analysis of a few rap songs, participants will have the opportunity to dissect the meaning and connect the lyrics to socio-cultural and systematic errors to better understand rappers and the African American community. Topics such as police brutality, gun violence and low-income housing will be discussed through lyrical analysis. Participants will be encouraged to view and value the genre through historical, political and empowering lenses.



# Plenary Descriptions

Presenter biographies and disclosure statements available on website

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## EARLY AFTERNOON PLENARY 12:45 PM – 2:15 PM

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### ...But Now I See: Using the Lens of Racial Literacy to Understand Racial Trauma and Promote Justice and Healing

**AUDIENCE: Introductory/General**

*Shawn C.T. Jones, PhD, MHS, LCP  
Assistant Professor  
Department of Psychology  
Counseling Program  
Virginia Commonwealth University*



Despite its tragic arc, the so-called “double pandemic” has served as an awakening to the realities of racial injustice across a number of systems. On one front, the pandemic of COVID-19 disproportionately impacted Black adults and youth, both physically and psychologically. Meanwhile, we have borne witness to another pandemic, dating back to 1619, which has been a reminder that racism is “alive and sick”. Justice and healing in the face of the insidiousness of racism in its myriad forms requires recognizing how it expresses across the lifespan. In this workshop, we will discuss racial literacy as a tool for recognizing racial trauma across a number of systems and life stages. Collectively, we will reflect on how racial seeing and racial noticing are important elements in our mission towards social justice.

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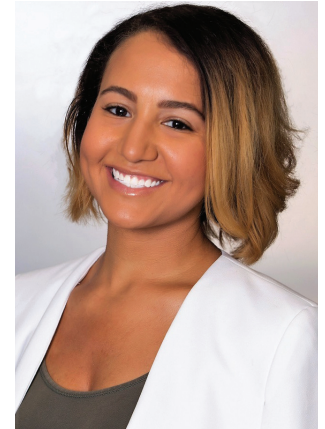
## LATE AFTERNOON PLENARY 2:30 PM – 4:00 PM

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### Healing Racial Trauma: Focusing on Racial Socialization as a CBT Strategy for Black Youth

**AUDIENCE: Intermediate**

*Riana Elyse Anderson, PhD, LCP  
Assistant Professor, University of  
Michigan School of Public Health  
Health Behavior & Health  
Education*



For Black youth and adults, prolonged exposure to racial discrimination has resulted in debilitating psychological, behavioral and health outcomes. To help their children prepare for and prevent the deleterious consequences of discrimination, many Black parents utilize racial socialization, or communication about racialized experiences. And while racial socialization strategies correspond with several CBT strategies widely used by clinicians, there is a critical gap between what Black families do to mitigate discriminatory distress and what clinicians and providers offer Black youth. As such, training clinicians to more effectively utilize racial socialization processes and develop such skills to help Black youth and parents heal from the effects of past, current and future racial trauma is important. Greater racial socialization competency is proposed as achievable through intentional and mindful practice; thus, this symposium will explore theories and practices important in the healing processes of racial trauma for Black families, clinicians and researchers alike, especially in times of exceptional stress (e.g., COVID-19).

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## PANEL DISCUSSION 4:15 PM – 5:00 PM

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# General Information

The 8th Biennial Trauma Conference will be held VIRTUALLY via CVENT! Following registration, attendees will receive information on accessing and planning your conference experience. This will include login instructions to the virtual event and networking opportunities.

Registration includes access to conference sessions, networking events and Continuing Education Credits. See Continuing Education for more details.

## Americans with Disabilities Act

Closed captioning will be available for all conference sessions. If you need ASL, please indicate this when registering. For additional requests for individuals with disabilities, please email [traumaticstresstraining@kennedykrieger.org](mailto:traumaticstresstraining@kennedykrieger.org) by September 3rd.

## Policy on Speaker and Provider Disclosure

It is the policy of the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made available on the conference registration website and in the session materials.

## Sponsors

There are sponsorship options for all budgets. For more information, please visit [www.kennedykrieger.org/TraumaConference2021](http://www.kennedykrieger.org/TraumaConference2021).

## Exhibitors

Virtual exhibitor booths are available. If interested, please email [traumaticstresstraining@kennedykrieger.org](mailto:traumaticstresstraining@kennedykrieger.org)

## Continuing Education

This program meets the criteria for up to 7 CE credits on day one and 5.5 CE credits on day two. Diversity and Ethics credits are available and clearly marked in the descriptions. A certificate of attendance is also available.

## Psychologists

Application as an authorized sponsor of continuing education credits for psychologist has been made to the American Psychological Association. Please check our website for updates.

## Social Workers

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute is authorized by the Maryland Board of Social Work Examiners as a provider of continuing education. This program is Approved by the National Association of Social Workers (Approval # 886519563-6373) for 12.5 continuing education contact hours.

## Licensed Certified Professional Counselors

This training qualifies for Continuing Education Units accepted by the Maryland State Board of Professional Counselors. Center for Child and Family Traumatic Stress at Kennedy Krieger Institute is seeking approval to offer continuing education credit for non-Maryland professional counselors. Please check our website for updates.

# Registrations

Conference Registration		Fee	Late Fee <i>(after Sept. 10, 2021)</i>
1	PRE-CONFERENCE HALF-DAY	\$75	\$125
2	PRE-CONFERENCE ONLY (FULL DAY)	\$175	\$225
3	FULL 2-DAY CONFERENCE	\$325	\$375
4	CONFERENCE DAY ONLY	\$175	\$225

**Registrations must be completed on the conference website.**  
**[www.kennedykrieger.org/TraumaConference2021](http://www.kennedykrieger.org/TraumaConference2021)**

## Group Registration Discount

For groups of 6 or more registering at the same time from the same organization, there will be a discount of 10%.

## Cancellation/Refund Policy

A handling fee of \$50 is deducted for cancellation. Refund requests must be received by email to [traumaticstresstraining@kennedykrieger.org](mailto:traumaticstresstraining@kennedykrieger.org) by September 10, 2021. No refunds will be made thereafter. Transfer of registration to another person in lieu of cancellation will be permitted prior to September 10, 2021. Notice of registration transfers must be emailed to [traumaticstresstraining@kennedykrieger.org](mailto:traumaticstresstraining@kennedykrieger.org) prior to conference day for CE credit. The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute reserves the right to cancel the conference due to unforeseen circumstances. In this event, we will refund the registration.

## Scholarships

A limited number of scholarships are available. E-mail [traumaticstresstraining@kennedykrieger.org](mailto:traumaticstresstraining@kennedykrieger.org) to receive an application.

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