

# Building Resilience Summit



## Welcome

Thank you for joining us today to learn about building a community of resiliency. This Summit is a grass roots effort by the Duluth ACEs Interest Group. The group is comprised 20 or so professionals and ACEs impacted people in the Duluth area whose collective mission is to reduce the instances of childhood adversity and their impacts in the Twin Ports. Our vision is to be a catalyst for awareness around childhood adversity and lay the foundation for community resiliency. Since 2018, Duluth ACEs has offered a number of educational sessions and events building up to the Summit. The Summit is not a “one and done” event, as Duluth ACEs will continue to coordinate educational opportunities so that, as a community, we can learn together from experts and share best practices. A special shout out to our primary sponsors for their support who made this all possible:

- The Junior League of Duluth
- St. Louis County Family Services Collaborative
- University of Minnesota Duluth
- Promotional Services donated by Greenfield Communications

Prior to attending the Summit, we suggest that you watch Dr. Nadine Burke Harris’s TED Talk. Her talk is a primary source of inspiration for the creation of the Duluth ACEs Interest Group and for launching a movement here in our region. [Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk](#)

Your commitment to attending a day-long event on a Saturday is to be applauded. The past two years dealing with a pandemic have tested all of us in unimaginable ways leaving many of us weary. It is our hope that attending the summit will offer some level of renewal and hope and at the end of the day you feel energized by the depth, breath and compassion of Dr. Perry’s research and the information provided in the breakout sessions. We look forward to our time together and learning as a community in service of humanity.

Duluth ACEs Interest Group



# Welcome & Keynote Speaker



## Morning Yoga

8:00 a.m.–8:30 a.m.

The Zoom link for yoga will be provided on page 3.

## Welcome

8:30 a.m.–8:45 a.m.

The Welcome will include:

- Duluth Mayor Emily Larson
- Land and Intergeneration Trauma Acknowledgment
- Introduction of Dr. Bruce Perry

Please use the following Zoom link for the "Welcome" and "Keynote Address".

## Zoom Link

Passcode: f1YXQ3

Or One tap mobile :

US: +16513728299,,98940154655#,,,,\*772916# or

+13126266799,,98940154655#,,,,\*772916#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 651 372 8299 or +1 312 626 6799 or +1 646 558 8656 or +1 301 715 8592 or +1 346 248 7799 or +1 669 900 6833 or +1 253 215 8782

Webinar ID: 989 4015 4655

Passcode: 772916

## Keynote Address

8:45 a.m.– 10:45 a.m.



Dr. Bruce D. Perry, M.D., Ph.D., world renowned trauma expert and Oprah Winfrey's coauthor of "What Happened to You: Conversations on Trauma," will provide the keynote address, followed by experts from the Neurosequential Network.

## Dr. Bruce Perry, MD, PhD

"It's not what's wrong with you, it's what happened to you."

# Yoga & Breaks



**Kyle Leia Heyesen**

“We all hold within ourselves incredible strength, resilience, and potential for healing, transformation, and growth.”

## **Gently move, stretch, and relax!**

Yoga will be offered three times throughout the summit during breaks. Check out the times below if you want to join. The same Zoom link will be used for all three Yoga sessions.

### **Morning Yoga**

8:00 a.m.–8:25 a.m.

### **Morning Break/Yoga**

10:45 a.m.–11:05 a.m.

### **Lunch/Yoga**

12:20 p.m.–12:50 p.m.

## **Zoom Link**

Meeting ID: 938 7708 4880

Passcode: R2j4A1

Dial by your location

+1 651 372 8299 US (Minnesota)

Meeting ID: 938 7708 4880

Passcode: 196334

Find your local number: <https://umn.zoom.us/j/93877084880>

## **The Calming Zone**

The Calming Zone was created by the Robbinsdale Special Education Department with inspiration from Osseo Area Schools ALC, Wayzata Public Schools, District 196, District 916, Cooper High School, Plymouth Middle School, Sandburg Middle School and Robbinsdale Area Schools. The Calming Zone may be found on the home page of STIR MN Stronger Together Inspiring Resilience or by clicking [here](#). Thank you to STIR MN for granting us permission to share the link with attendees at the Summit providing an example of what is possible to create through collaboration.

# Morning Breakout Sessions



11:05 a.m.–12:20 p.m.



**Elaine Rankin, PsyD, RN**

“Let us try to recognize the precious nature of each day.”  
Dalai Lama

## Neurosequential Model of Therapeutics

The Neurosequential Model of Therapeutics (NMT) is a developmentally-informed, biologically-respectful approach to working with at-risk children. The Neurosequential Model is not a specific therapeutic technique or intervention; it is a way to organize a child’s history and current functioning.

### Zoom Link

Meeting ID: 950 6396 3363  
Passcode: 8t9X5n

Dial by your location  
+1 651 372 8299 US (Minnesota)  
Meeting ID: 950 6396 3363  
Passcode: 463281  
Find your local number: <https://umn.zoom.us/j/95063963363>

### Jamboard Link



**Steve Graner, MA**

“NME is not a curriculum, not another thing on an educator's plate. Rather it is a lens, a new way of seeing yourself, your colleagues, and your students...a journey toward a healing community.”

## Neurosequential Model in Education

The Neurosequential Model in Education (NME) draws upon the NMT (a neurodevelopmentally-informed, biologically respectful perspective on human development and functioning) to help educators understand student behavior and performance.

### Zoom Link

Meeting ID: 978 3192 4187  
Passcode: 3FZWgj

Dial by your location  
+1 651 372 8299 US (Minnesota)  
Meeting ID: 978 3192 4187  
Passcode: 392517  
Find your local number: <https://umn.zoom.us/j/97831924187>

### Jamboard Link



## Christine Bright, MBA

“Sport is uniquely situated to help us heal. The "built-ins" of sport make it an ideal starting point, but how programs and coaches activate those things is what can make sport a sacred space for healing and growth.”

## Neurosequential Model in Sport

The Neurosequential Model in Sport (NMS) is an outgrowth of the success of the Neurosequential Model in Education (NME) and built upon the core concepts found in the Neurosequential Model itself.

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### Jamboard Link



## Elsa Campos, MSW, RSW

““A person with ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, for he or she has a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed.” – Desmond Tutu

## Neurosequential Model in Early Childhood Education

Neurosequential Model in Early Childhood (NMEC) is a developing outgrowth of the successful Neurosequential Model in Education (NME). NMEC is designed to support a capacity-building process by providing an introduction to important concepts related to early development by focusing on how brain architecture develops in the context of relationships and environments.

### Zoom Link

Meeting ID: 932 7994 2373  
Passcode: aC4N4P

Dial by your location  
+1 651 372 8299 US (Minnesota)  
Meeting ID: 932 7994 2373  
Passcode: 820694  
Find your local number: <https://umn.zoom.us/j/93279942373>



## Sandra Wagner, MA, RSW

“My inside, listen to me, the greatest spirit, the Teacher is near, wake up, wake up! Run to his feet- he is standing close to your head right now. You have slept for millions and millions of years. Why not wake up this morning?”

### Jamboard Link

# Afternoon Breakout Sessions



12:50 p.m.–2:05 p.m.



**Elaine Rankin, PsyD, RN**

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Dalai Lama

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### Jamboard Link

# Closing

## Break/Resources

2:05p.m.-2:25 p.m.

## Breath, Body, and the Beat: Rhythm and Regulation

2:25 p.m.-2:55 p.m.

## Closing Session

2:55 p.m.-4:00 p.m.

The closing session will include:

- Nelle Rhicard - Visual Recording Summary
- Top Take Aways & Next Steps in Breakouts with Presenter Panel
- Closing Comments Evaluation

Please use the following Zoom link for the "Break/Resources", "Breath, Body, and the Beat: Rhythm and Regulation" and "Closing Session".

## Zoom Link

Meeting ID: 992 4670 2089

Passcode: 33r2pM

Dial by your location

+1 651 372 8299 US (Minnesota)

Meeting ID: 992 4670 2089

Passcode: 824863

Find your local number: <https://umn.zoom.us/j/99246702089>

## Jamboard Link

## Breath, Body, and the Beat: Rhythm and Regulation



**Luke Graner**

Experience the positive impact of a rhythmic practice. Learn rhythmic regulation strategies for the home, the classroom, one-on-one time, small groups, community events and much more. Keep it simple, have patience and have fun, we can all learn to be rhythmic.

"Take care of the animal so you can be human."

## Participant's Guide to Improving Your Zoom Experience

Everyone wants a high-quality video and audio connection to the Zoom session where you can see and hear everyone and they can see and hear you. However, we all experience temporary (or ongoing) connection issues or bandwidth problems that can affect our ability to participate in a Zoom class.

Try the following to improve your connections:

**1.) Disconnect other devices** on your local network that may be using up bandwidth. Even “uploads” can cause “download” problems. In particular, streaming services (like Netflix) or online gaming via platforms like Xbox Live can have a dramatic impact on Zoom quality, so if you're sharing an internet connection with others, ask them to “pause” while you're participating in your lecture.

**2.) Use “Speaker View”** instead of “Gallery View” in your lecture. Having only one video stream on screen at a time reduces the bandwidth needed.

**3.) Turn off your video.** Dropping the video during dips in Internet bandwidth can help improve your audio.

**4.) Quit other applications** on your computer that may be using significant processing power. Having lots of open browser tabs can also cause problems.

**5.) Use a smartphone** on a mobile (“LTE”) network instead of a laptop on your local network. Use the Zoom app on your phone, and look at downloaded materials on a computer. Ask your instructor or meeting host to send materials in advance.

**6.) Try calling** into the meeting with your home or mobile phone. If necessary, ask your instructor or the meeting host to provide a call-in phone number.

**7.) Use a wired connection** to your home router if possible. Wifi signal quality can vary inside your house.

**8.) Check your internet speed** with speedtest.net. Speeds of 600kbps (0.6mbps) are required for Zoom (both download and upload). Speeds of 1.2mbps are required for high quality video. If your speeds are below these values, consider using a smartphone (#4, above) or, if possible, connect to another network. Your internet provider may have options for increasing your bandwidth as well.

**9.) Use headphones** whenever possible. Your audio issue may not be related to bandwidth at all. Headphones reduce echo and feedback issues. Those with microphones can reduce background noise.

**10.) 10. For technical assistance with any of these steps, click on the Virtual Information Desk link shown below.** Briefly describe the problem and include your phone number, someone will respond. For immediate assistance, you may call one of the following numbers: 218-310-5769 or 218-349-3645.

## Virtual Information Desk

The virtual information desk hosted by Junior League of Duluth will be available throughout the entire summit if any assistance is needed.

### Zoom Link

Meeting ID: 825 3207 7095

Passcode: 905940



1921-2021

JUNIOR LEAGUE OF  
**DULUTH**

## Junior League of Duluth

**The Junior League of Duluth (JLD)** is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through effect action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. In 2021, JLD celebrated 100 years of being a catalyst for positive change in the Twin Ports. Over the last century JLD has been committed to improving the lives of all and offering women the opportunity for invaluable leadership training. League's first project was staffing of a Nursery (daycare) in the Lincoln Park neighborhood. Since then, League members have collaborated with the City of Duluth, community members, and non-profit organizations to: build Playfront Park (twice), invested in Hartley Nature Center and the Human Development Center. First Witness and the Deep-winter greenhouse. To learn more about the many other projects and programs go to:

<https://www.juniorleagueduluth.org/about-us/history/>