



Holiday Greetings

from the HRTICN Steering Committee. You may not have heard from us in a while, but the Hampton Roads Trauma-Informed Care Network Steering Committee has been working hard. We are putting together events and forming committees. Thank you for your patience as we work through structural and process issues.

RESILIENCE, THE GROUND-BREAKING DOCUMENTARY SHOWING IN PORTSMOUTH

Join us for a FREE showing of the award-winning documentary film that introduced the concept of adverse childhood experiences or ACEs to a worldwide audience.

The one-hour movie exposes how toxic stress in childhood leads to everything from heart disease and cancer to substance abuse and depression. The film will be followed by a panel discussion featuring Hampton Roads' leading experts on trauma in children.

This event is hosted by Friends of the Portsmouth Juvenile Court, Inc. and the Hampton Roads Trauma-Informed Care Network.

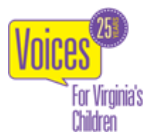
Saturday, Feb. 9, 2019
10:00 a.m. - Noon
Commodore Theatre
High Street, Portsmouth



Family & Children's Trust Fund of Virginia

The Family and Children's Trust Fund (FACT) was created by the Virginia General Assembly to raise funds for the prevention and treatment of family violence, including child abuse and neglect, domestic violence, dating violence, sexual assault, and elder abuse and neglect. As part of the increased effort to bring awareness and understanding to the work of trauma-informed care, FACT has produced a series of issue briefs on trauma and trauma-informed care. To learn more, visit <http://www.fact.virginia.gov/trauma>.

The Hampton Roads Trauma-Informed Care Network exists to promote understanding of how trauma affects individuals and communities, and to advocate practices that help all people reach their full potential. Find us at <http://www.ghrconnects.org/tiles/index/display?alias=hrticn>



VIRGINIA SUMMIT ON CHILDHOOD TRAUMA AND RESILIENCE

Featuring
Dr. Nadine Burke Harris

In recognition of Child Abuse Prevention Month in April, Voices for Virginia's Children will host the Virginia Summit on Childhood Trauma and Resilience. The keynote address will be delivered by Dr. Nadine Burke Harris, one of the country's strongest voices calling for a national public health campaign to raise awareness and a sense of urgency about the devastating and potentially lifelong health effects of childhood trauma.



In early 2018 Dr. Burke Harris released *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* to much acclaim. The New York Journal of Books reviewer wrote, "The data indicates clearly that to treat some of the most insidious and widespread medical problems facing the nation, we have to be willing to think in unconventional ways. The kind of radical change in

medical thought processes that Dr. Burke Harris calls for could be genuinely transformative and lay the groundwork for revolutionary ways of thinking about and treating illness."

The Summit will bring together Trauma-Informed Care advocates in diverse disciplines from communities across the Commonwealth. Registration will open in January. Visit <http://vakids.org>.

Thursday, April 25, 2019
8:30 a.m. - 4:30 p.m.
Greater Richmond Convention

The Hampton Roads Trauma-Informed Care Network

Co-Chairs: Susan M. Fincke, Exec. Dir., Friends of the Portsmouth Juvenile Court, Inc.
Erinn F. Portnoy, LCSW, Exec. Dir., Child Abuse Program, Children's Hospital of The King's Daughters

Committee: Brenda Exum, Norfolk State Univ. School of Social Work (ret.)
Stephen C. House, Dir. Training & Dev. Integrated Health Services
Standice R. Melvin, Chief Exec. Benevolent Family Services, LLC
Pamela Wong, Programs Mgr. Prevention & Systems of Care, Norfolk Human Services

SELF-CARE FOR BUSY PEOPLE

Be Real

Utilize your strengths and accept your weaknesses.

Move Your Body

Stretch. Bend. Flex. Get your heart pumping. You'll look and feel better.

Appreciate

What you have rather than focusing on what you don't have.

Say "No"

You're no good to anyone if you are exhausted, resentful, and overextended.

Sleep

You know how much rest you need to be at your best. Get it.

Eat Wisely

Include plenty of whole grains, vegetables, and fruit. Avoid excess sugar, fat, and salt.

Let Go of Guilt

Be clear on what you can and cannot control and move on.

Try New Things

Take a risk. Keep an open mind. Invite spontaneity. Keep life fresh.

Embrace Creativity

Dance. Sing. Draw. Learn to play a musical instrument. Write a poem or short story.

Connect

With your spirituality, however you define it.

