

Mindfulness, Trauma, & Building Authentic Relationships with Young People: A Daylong Training for Providers

HopeSpoke Presents

Dr. Sam Himmelstein

September 27, 2023

8:00am - 4:00pm

Nebraska Innovation Campus

2021 Transformation Dr, Lincoln, NE

ABOUT

HopeSpoke has been awarded a federal grant for community trainings over the next three years. We have created partnerships with other organizations to develop a statewide initiative that assists providers furthering their mission of serving children and families with dignity, respect, and from a trauma informed care perspective. Understanding trauma and the impacts it can have on individuals, enables us to develop authentic relationships to move toward more successful outcomes.

We have already set up our first conference for September 27, 2023. Dr. Sam Himmelstein will be presenting on developing authentic relationships with the people we serve, teaching mindfulness, and trauma informed care. Early Bird registration is \$50 and allows first access to registration for the conference as space will be limited. You can reach out to Whitney, wkuhn@hopespoke.org, with questions or assistance registering bulk numbers of participants, again you must register by August 18, 2023 to receive the Early Bird discount. We are excited that all of you are supportive of developing a trauma informed system of care the for children and families we serve.

REGISTER NOW!

Register by August 18 to receive the Early Bird discount - full day for only \$50!

Registration includes conference, parking, breakfast, lunch, and Continuing Education hours

In partnership with:

Cedars

Lancaster County Youth Services Center

Lincoln Public Schools

Nebraska Department of Education

Nebraska Department of Health & Human Services

Nebraska Probation

Region V Services

This project is supported by the American Rescue Plan Act (ARPA) of 2021 funding for State and Local Fiscal Recovery Funds (SLFRF) and is being administered by the Behavioral Health Education Center of Nebraska at the University of Nebraska Medical Center (UNMC) by way of an award totaling \$499,551. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, BHECN, UNMC, or the U.S. Government. For more information, please visit BHECN'S ARPA website.

Meet Your Presenter:



Sam Himelstein, Ph.D. is a licensed psychologist and the founder of both Family Spring, a mental health company that leverages technology to serve teens, young adults, and their families who've been impacted by substance use disorder and related mental health challenges; and the Center for Adolescent Studies, an interdisciplinary training institute focused on trauma-informed care, mindfulness, substance use disorder, resilience, and related training for professionals.

For over 15 years, Dr. Himelstein has worked with incarcerated, trauma-impacted, and substance-using populations and has had the mission to help adolescents and young adults thrive by becoming aware of the

power of self-awareness and transformation. A formerly incarcerated youth himself, Dr. Himelstein was privileged to change his life from a path of drugs, violence, crime, and self-destruction to that of healing and transformation. Learn more about his philosophy, work, and approach through his books: *Trauma-Informed Mindfulness With Teens: A Guide for Mental Health Clinicians* (Norton, forthcoming 2019), *Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum* (Routledge, 2015), and *A Mindfulness-Based Approach to Working with High-Risk Adolescents* (Routledge, 2013), his professional training institute: <https://centerforadolescentstudies.com>, and his clinical work: <https://myfamilyspring.com>

AGENDA

8:00am-8:30am	Registration and Breakfast
8:30am-9:00am	Introduction - Creating a Trauma Informed System in our Community
9:00am-9:15am	Introduction, Opening Remarks, & Centering Mindfulness Activity
9:15am-10:30am	Sharing the Critical Skill of Mindfulness with Youth
10:30am-10:45am	BREAK
10:45am-12:00pm	Trauma-Informed Foundations: Building Authentic Relationships Basics
12:00pm-1:00pm	LUNCH
1:00pm-2:15pm	Trauma-Informed Foundations: Understanding Trigger + How to Work with It
2:15pm-2:30pm	BREAK
2:30pm-3:45pm	Resilience & Self-Care for Providers: From Preventing Burnout to Thriving with Purpose
4:00pm	Wrap-Up and Q&A

Registration & Cost

[Register Now](#) via Eventbrite. Contact Whitney with questions or to register by phone/email.

Early Bird Discount (register by 8.18.23): \$50 Registration from 8.19 - 9.27: \$70

Registration includes breakfast, lunch, parking, and continuing education hours.

No-shows will be charged for the conference. Refunds will NOT be issued after September 20, 2023

Continuing Education Hours*

Conference participants will receive a certificate of attendance confirming Continuing Education* hours awarded. Participants attending the entire program will receive 6 Continuing Education Hours. Participants will receive Continuing Education hours if sign in at the conference and turn in a completed evaluation form at the close of the conference day.

*Continuing Education hours are approved for Psychologists, Social Workers, Counselors, Marriage and Family Therapists, and Licensed Mental Health Practitioners. HopeSpoke is approved by the American Psychological Association to sponsor continuing education for psychologists. HopeSpoke maintains responsibility for this program and its content.

Criminogenic Hours**

Conference participants attending the entire program will earn 6 Criminogenic Hours. **hours are pending approval

Questions

Call 402-475-7666 or send an e-mail to info@hopespoke.org with any questions or for more information.

Contact Persons: Whitney Kuhn, Pat Sailors

The Conference is sponsored by HopeSpoke with support from BHECN