



Creating Trauma Responsive Environments:

Understanding the Impact of Toxic Stress on Children's Behavior
and How We Can Help

NO COST EVENT!

Brief Overview

Dr. Mark Sander will present findings from current brain research regarding the impact of toxic stress and trauma on brain development, as well as findings from the ACEs study. He will provide examples of how to build resilience in various environments such as schools, after-school programs, and the community. Dr. Sander will speak on the importance of self-care for everyone who touches the life of a child and how self-care is one of the most important steps of building a trauma-sensitive environment.

Date: Thursday, March 28th, 2019

Time: 1:00-2:45 pm Dr. Mark Sander
2:45-3:00 pm Bounce Back Project

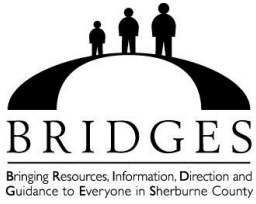
Place: Becker High School
Performing Arts Center
Enter Door #3
12000 Hancock St. SE
Becker, MN 55308

Dr. Mark Sander is a Senior Clinical Psychologist for Hennepin County and the Director of School Mental Health for Hennepin County and the Minneapolis Public Schools. He is a Certified Master Trainer on the Adverse Childhood Experience Study and a Visiting Scholar at Wilder Research. He is on the Advisory Board for the Center for School Mental Health and on the Board of Directors for the MN Trauma Project. Dr. Sander has published several articles on school mental health and has presented extensively at local, state and national conferences on school mental health, ACEs and developing trauma-sensitive schools. He lives in Minneapolis with his wife, Sarah, and their three daughters.

*Sponsored by Sherburne County BRIDGES Children's Mental Health Collaborative

Key Learning Objectives

1. Ability to identify the effect of toxic stress and adverse experiences on brain and nervous system development.
2. Ability to describe an individual's adaptive response to environmental circumstances and toxic stress.
3. Ability to make modifications in the work with others to incorporate an understanding of ACEs and individuals' adaptive response to environmental circumstances and toxic stress.
4. Become committed to self-care and realize the importance of self-care in being more trauma-responsive.



Understanding How Exposure to Significant Stress Affects Children's Behavior and How We Can Help

NO COST EVENT!

Brief Overview

Dr. Mark Sander will share information about how stress and trauma affect a child's growing brain. He will explain what Adverse Childhood Experiences (ACEs) are and how they affect a child's behavior and functioning. Dr. Sander will talk about the importance of resilience and provide examples of how to build resilience in different environments such as schools, home and within the community. He will share about the importance of self-care for parents and others who touch the lives of children and why self-care is critically important as we live with, and care for, our children.

Date: Thursday, March 28th, 2019

Time: 5:30 – 6:00 Resource Fair
6:00 – 7:30 Dr. Mark Sander
7:30 – 7:45 Bounce Back Project

Place: Becker High School
Performing Arts Center
Enter Door #3
12000 Hancock St. SE
Becker, MN 55308

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* Child care and food will not be available for this event. Please plan accordingly.

Key Learning Objectives

1. Understand what Adverse Childhood Experiences are and how they affect a child's behavior.
2. Be able to identify the impact significant stress has on a child's developing brain and nervous system
3. Understand why and how to modify our interactions with children who have experienced traumatic experiences and significant stress, to help them be more successful.
4. Understand the importance of self-care and be committed to improving self-care, to become the best caregivers of children that we can be.

Dr. Mark Sander is a Senior Clinical Psychologist for Hennepin County and the Director of School Mental Health for Hennepin County and the Minneapolis Public Schools. He is a Certified Master Trainer on the Adverse Childhood Experience Study. Dr. Sander has published several articles on school mental health and has presented extensively at local, state and national conferences on school mental health, ACEs and developing trauma-sensitive schools. He lives in Minneapolis with his wife, Sarah, and their three daughters.