

WORKSHOP Schedule

2023 Health & Human Services Summit

	<i>Room 101 A</i> Care Management Track	<i>Room 101 B</i> Prevention Track	<i>Room 101 C</i> Self-development Track
10 a.m.	The Importance of WE Easterseals Northeast Central Florida & Early Learning Coalition of Flagler & Volusia	Help Save a Life Volusia Recovery Alliance	Movement & Mindfulness as Self Care Embry-Riddle Aeronautical University Fitness Center
11:30 a.m.	Volusia Helps - Today's Volusia County Resource Guide Volusia County Community Services	Poison Control & Prevention Florida/USVI Poison Information Center	Introduction to Transformation & Contextual Leadership Allinium
1 p.m.	Early Childhood Suspensions and Expulsions Presbyterian Counseling Center of Daytona Beach	Prevention: Using Science to Create Community-level Sustainable Change Community Coalition Alliance (CCA)	Introduction to Transformation & Contextual Leadership Allinium

Each session is one hour in length with a 30-minute break between workshops.

Care Management Track

The Importance of WE

Danielle Copello, Pediatric Navigator, Easterseals Northeast Central Florida
Ashley Anderson, Family Engagement Lead, Early Learning Coalition of Flagler & Volusia

Are you feeling frustrated in your role in your organization? Feeling like you have been hitting a lot of dead ends? Come and be inspired to step into the mindset that we are all on one team. Learn ways to think outside the box and continue to be a resource for your community and organizations around you.

About Danielle: Danielle Copello has been the Pediatric Navigator at Easterseals Northeast Central Florida for just over a year. She provides targeted case management and helps families find resources and services. In the past, she has been a preschool teacher, a fast-food worker, and a paraprofessional in the public school system. She has spent 14 years of her adult life immersed in the disability community. She has 2 children, one of whom has Down Syndrome. Having a child with special needs has given her unique insight when connecting with and helping the community. She is dedicated to those she serves and is always willing to find them what they need or point them in the direction of someone who can.

About Ashley: Ashley Anderson is the Family Engagement Lead (formerly Family Advocate Lead) at ELCFV. She has been there for 5 years and started out in the inclusion department in 2018 as an Early Intervention Specialist. She is a mom of two daughters, Aiyannah and Aubrey, and in her spare time, she likes to read, binge watch Game of Thrones for the 100th time, write, or road trip with friends.

Volusia Helps - Today's Volusia County Resource Guide

Corry Brown, Operations Manager, Volusia County Community Services

A resource has been developed that provides up-to-date, centralized information in the palm of your hand. Come see how the app can help residents, social service providers, law enforcement, and medical professionals. This session will review the use and functions of Volusia Helps while also exploring the roles that providers play in keeping the resource relevant and growing it over time.

About Corry: Corry Brown is an Operations Manager with the Community Assistance Division and Community Services Department of Volusia County. Corry has spent nine years with the county overseeing the implementation of federal and state grants for affordable housing, homelessness, public services, community development and disaster recovery. As a team member working on projects like the development of community plans, emergency rental assistance to respond to the pandemic, the Affordable Housing Initiative, and the Volusia Helps app, Corry has had the opportunity to analyze the needs of vulnerable populations and develop strategies to provide support.

Early Childhood Suspensions and Expulsions

Lisa Benitez, Clinical Director of the Presbyterian Counseling Center in Daytona Beach

This educational offering will raise awareness about expulsion and suspension practices in early childhood settings and the negative outcomes for children as a result. This course will assist the professional in ways they can help in preventing, identifying, and reducing expulsion and suspension practices. This course is also designed to assist professionals with their understanding of early childhood mental health consultation, support strategies, and resources for strengthening family-program relationships.

About Lisa: Lisa Benitez is a Licensed Mental Health Counselor and Clinical Director of the Presbyterian Counseling Center in Daytona Beach. She grew up in Volusia County and loves raising her family, working, and contributing back to the area. She considers herself a relational therapist and works with people of all ages, individuals, couples, and families. She has a unique specialization in helping families develop reflective parenting skills and understanding the social-emotional needs of children. She serves as the co-chair of the Northeast Central chapter of the Florida Association for Infant Mental Health and is state-endorsed as an Infant Family Specialist. She is a Certified Mental Health Intern Supervisor and adjunct professor at Daytona State College with over twenty-five years' experience as a teacher addressing social dilemmas and child-family issues. She is pursuing her Ph.D. in Infant and Early Childhood Development.

Prevention Track

Help Save a Life

Karen Chrapek, Executive Director, Volusia Recovery Alliance

In this training, we will cover key points about overdose response and recovery resources to help save a life. We will learn about signs of an overdose, know what to do if someone overdoses, and understand recovery resources.

About Karen: Karen Chrapek, BSBM, RRT, CRPS-A, Wrap® Facilitator, AWBW Facilitator. Karen's career in the substance use disorder (SUD) field flourished while working at the Darryl Strawberry Recovery Center where she provided public relations, business development, and education about SUD. Being in long-term recovery, her passion is helping individuals struggling with the self-destructive cycle of using drugs. Karen is currently the Executive Director of the Volusia Recovery Alliance, Inc., a nonprofit providing recovery resources to those seeking healing from SUD. Karen has a Bachelor of Science in Business Management from the University of Phoenix, Woodland Hills, CA. Her favorite pastime is creating artwork based on Florida's lush landscape. One of the biggest gifts of her recovery is a 33-year marriage to Bob Lemoine, her soul mate, and a person in long-term recovery himself. Her favorite saying is, "Where there's breath, there's hope," and based on that, she strongly believes recovery is possible for anyone struggling with substance use disorder.

Poison Control & Prevention

J. Michael McCormick, Media Relations and Education Coordinator,
Florida/USVI Poison Information Center - Jacksonville

A discussion on current Poison Information Center data and trends will inform the prevention conversation to build awareness of the dangers of illicit substances - specifically Fentanyl, every-day products, and encounters with nature. Real stories and examples pulled from the headlines will be shared, and practical information and resources will be provided. Safe storage and disposal practices will be explained as a tool to keep our community safe.

About Mike: J. Michael McCormick is the Media Relations and Education Coordinator for Florida/USVI Poison Information Center - Jacksonville. He has a background in broadcasting, digital and social media, and marketing. Mike is an excellent speaker and serves as an ambassador of safety and prevention.

Prevention: Using Science to Create Community-level Sustainable Change

Kathleen Roberts, CEO, Community Coalition Alliance (CCA)

Prevention is a science that relies on utilizing evidence-based approaches informed by data, well-researched interventions, and the inclusion of cultural competence to create effective and sustainable community-level change. This presentation will provide stakeholders with an overview of what prevention is; the public health framework guiding prevention; and the importance of data, research, and collaboration. Objectives: what community-level prevention is; the role of Public Health in prevention science; why collaboration is so critical; and the importance of relying on research-based and research-supported practices, programs, and strategies.

About Kathleen: Kathleen Roberts, MS, is the Chief Executive Officer of Community Coalition Alliance (CCA), Inc. She has over fifteen years of experience working in behavioral health at the local community level, regional level, and state level. She received her Master of Science in Criminology from Florida State University in 2010 as well as a Master of Science in Criminal Justice from University of Central Florida in 2003. In her role at CCA, she works with community coalitions, providers, and partners to assess substance use trends through data collection and analysis, research, partner engagements, and community assessments. Key to this work is centered on workforce development and capacity building to strengthen the role of coalitions across the communities engaged.

Self-development Track

Movement & Mindfulness as Self Care

Greta LeDoyen, Director of Fitness and Wellness, Embry-Riddle Aeronautical University

Some stress is a normal, even healthy part of life. Excessive, chronic stress is not. In this talk, we will briefly discuss the differences between the two and then take a closer look at two readily accessible tools to help manage stress: movement and mindfulness. We will interactively explore your values around self-care before crafting a plan of how it can work for you and your clients.

About Greta: Greta is the Director of Fitness and Wellness at Embry-Riddle Aeronautical University. She holds a masters in exercise physiology from East Carolina University and is only a few months away from earning her Doctorate in Education in Curriculum and Instruction from the University of Central Florida. She is a certified clinical exercise physiologist and a certified strength and conditioning coach. Her career has travelled from military physical training to non-profit health clubs, to worksite wellness, to where she is now in campus recreation. Greta views exercise and movement as a means by which to lay the foundation for total well-being, including stress management, mental health, social wealth, and compassion for others. She loves exploring nature and trails with her three young children and taking long, peaceful runs with her husband.

Introduction to Transformation & Contextual Leadership

Susan Elliott-Rink, Founder and CEO, Allinium

Susan will introduce you to transformation and Contextual Leadership, which is a powerful yet simple methodology that reveals the underlying restraints of our context and moments in time that can derail your commitments to the future. This endeavor is a foundational movement as One Voice for Volusia strives to share Contextual Leadership with Flagler and Volusia county mission-critical entities.

About Susan: Susan is the Founder and CEO of Allinium and has over 30 years of experience training and leading individuals and organizations in a transformational approach to leadership. She is committed to training and developing leaders in our counties.



Volusia-Flagler Counties

Thank you to AdventHealth and The Community Foundation and United Way of Volusia-Flagler Counties for sponsoring the training rooms.