



GROWING RESILIENT COMMUNITIES

Thursday, June 16th 2022

5th Annual Gathering of Collaboratives and Tribal Nations Addressing ACEs

This event is being offered to develop and implement community-wide approaches to Building Self-Healing Communities. Participants are encouraged to attend who are involved or want to be involved in addressing the root causes of childhood adversity. This can include Collaborative, tribal, and other community partners, such as representatives from health care, law enforcement, education, social services, parents, businesses, and nonprofit service organizations. Collaborative Coordinators and Minnesota ACE Interface Trainers/Presenters are encouraged to attend.

REGISTER 





SCHEDULE

9:00-11:00	Keynote	<u>Keynote Presentation: <i>Menominee's Journey to a Culture of Health</i></u>
11:15-12:15	Breakout Session 1	<u>Community and Government: Learning from New Jersey's Resilience Work Fostering Individual & Collective Healing Across Generations</u> <u>Fostering Individual and Collective Healing Across the Generations</u> <u>Systems Change: Efforts at the State Level in Community-Level Prevention</u>
12:30-1:15	Special Session	<u>Children's Mental Health & Family Services Collaborative Coordinators</u>
1:30-2:30	Breakout Session 2	<u>Systems Change: People Organizing & Working for Equitable</u> <u>Using Superpowers to Advance Health Equity. Bam!</u> <u>Remembering Resilience: The Healing Power of Storytelling</u>
2:45-3:30	Gathering Closing	<u>Gathering Closing</u>
Speaker Biographies	<u>Melissa Adolfson</u> <u>Nik Allen</u> <u>Susan Beaulieu</u> <u>Jodi Broadwell</u> <u>Becky Dale</u> <u>Laura Bennett</u> <u>Kelly Felton</u> <u>Jacquelyn Freund</u> <u>Janssen Hang</u> <u>Kris Haugen</u>	<u>Suzanne Koepplinger</u> <u>Birdie Lyons</u> <u>Briana Matrious</u> <u>Linsey McMurrin</u> <u>Ashwat Narayanan</u> <u>Kelli Puryear</u> <u>Nancy Riestenberg</u> <u>Jerry Waukau Sr</u> <u>Wendell Waukau</u> <u>Bethlehem Yewhalawork</u>



SESSIONS

9:00 AM – 11:00 AM: GATHERING WELCOME & KEYNOTE

KEYNOTE: MENOMINEE'S JOURNEY TO A CULTURE OF HEALTH

JERRY & WENDELL WAUKAU, MENOMINEE NATION

This presentation is the story of one tribal community's path to heal their invisible wounds of historical trauma. Thanks to an ongoing successful community engagement effort, the Menominee Nation is now on a journey to improve the health of their tribal community that includes a patient-centered approach as well as a student-centered approach in their schools. This continuous improvement journey of cross-sector community collaboration has earned the Menominee Nation national recognition as a Robert Wood Johnson Foundation (RWJF) Culture of Health Prize recipient in 2015 as well as other validations at the state and national level.

11:15 AM – 12:15 PM: BREAKOUT SESSION 1

BREAKOUT OPTION 1: COMMUNITY AND GOVERNMENT: LEARNING FROM NEW JERSEY'S RESILIENCE WORK

BECKY DALE, RIVER VALLEY COACHING

KELLI S. PURYEAR, NEW JERSEY OFFICE OF RESILIENCE

The NJ Office of Resilience (OoR) was created in June 2020, funded by the New Jersey ACEs Collaborative, an alliance of three NJ philanthropic organizations, in partnership with the NJ Department of Children and Families. OoR is led by an "Executive on Loan" - More Resilient Minnesota's own long-time partner, Dave Ellis. Another long-time More Resilient Minnesota partner, Becky Dale, has been working with Dave to support the rollout of ACE Interface training and community resilience work in New Jersey. This first of its kind effort brings together the power of community voices with the support of government. In this workshop, Becky Dale and Kelli S. Puryear from the NJ OoR will share their experiences with the work in New Jersey. The New Jersey efforts have learned much from the Minnesota experience - and now More Resilient Minnesota can learn from and be inspired by New Jersey's work, too!

BREAKOUT OPTION 2: FOSTERING INDIVIDUAL AND COLLECTIVE HEALING ACROSS THE GENERATIONS

SUZANNE KOEPPLINGER, CATALYST NORTH CONSULTING

We come into our vocations with unique gifts, passions, and wounds, which impact how we manage our daily exposure to suffering and toxic stress. Beginning the process of recognizing and interrupting individual and organizational habits can shift how we work and live, and what we are handing down to the next generation. Learn to strategically respond to events in ways that minimize the toll on our own health and create more resilient individuals and organizational cultures. This session will offer tools and insights into building culturally meaningful healing practices that interrupt the intergenerational flow of trauma and foster the transmission of wisdom across the generations.

BREAKOUT OPTION 3: SYSTEMS CHANGE: EFFORTS AT THE STATE LEVEL IN COMMUNITY-LEVEL PREVENTION

KELLY FELTON, SUICIDE PREVENTION - MDH

KRIS HAUGEN, STATEWIDE HEALTH IMPROVEMENT PLAN - MDH

LAURA BENNETT, REGIONAL PREVENTION COORDINATOR - DHS

NANCY RIESTENBERG, RESTORATIVE PRACTICES - MDE

We know that an important part of systems change is transforming the policies, practices, and power dynamics that impact communities, families, and individuals. This panel will provide an overview of four state-led, cross-sector prevention efforts that are being implemented at the community level, including Suicide Prevention (MDH), Statewide Health Improvement Program (MDH), Restorative Practices (MDE), and Regional Prevention Coordinators (DHS). Panelists will highlight where efforts are active across the state, and how participants can get connected to these efforts in their local communities. In addition, panelists will share concrete examples of how their efforts are supporting community well-being, and how we might connect our efforts to have an even greater impact.



Suicide Prevention

Minnesota suicide prevention efforts are based on evidence that most suicides are preventable, mental illness is treatable, and recovery is possible. Suicide is a serious public health problem that can leave lasting effects on individuals, families, and communities. Suicide is complex; there is no single cause of death by suicide. But most importantly, suicide is preventable. Our goal is zero. The Suicide Prevention Program is working to reduce suicide in Minnesota by 10% in five years, and 20% in 10 years, ultimately working towards zero deaths. Our Minnesota State Plan calls for a comprehensive, public health approach that promotes health, wellness, resilience, and connectedness in all communities. Key partners include schools, coaches, faith communities, law enforcement, tribal nations, and health and behavioral health care practitioners.



Regional Prevention Coordinators

The Regional Prevention Coordinators are one provider within a system of support services for people and organizations to engage in addressing the root causes of substance abuse. Regional Prevention Coordinators help community partners grow substance misuse prevention efforts through personalized support and consultation on:

- Where to begin
- Getting the right people to the table
- Creating a plan
- Putting the work into action
- Figuring out what's working and what's not

Together, this system provides the in-person support, information, and data to be effective, save time, implement best practices, and grow substance abuse prevention in more Minnesota communities! These positions are funded by the Minnesota Department of Human Services, Behavioral Health Division (BHD).



Restorative Practices

The Minnesota Department of Education provides resources and training to school districts and educators to support their restorative journey. Restorative Practices (RP) are drawn from the traditions of Indigenous people and communities of color around the world. They are grounded in a belief that people are profoundly relational, interconnected, and inherently good. Restorative practices include ways of creating community that honor the importance of relationships amongst all members in the community; as well as practices to repair relationships when harm has been caused. RP address the needs of all people impacted by the harm. By using restorative practices in the school, people get to know one another and build relationships with each other, which is a key element to learning, bullying prevention, and creating a positive school climate for students and adults. Key principles guide the practices.



Statewide Health Improvement Partnership

The Statewide Health Improvement Partnership (SHIP) is a state-funded initiative to help communities create better health together by increasing options for healthy eating, active living, reducing commercial tobacco use, and increasing well-being options. SHIP supports county public health departments and community health boards who partner with more than 4,000 schools, workplaces, health care and childcare, and community settings to implement proven, effective strategies that reduce risk factors for chronic disease and support healthy lifestyles. In the last two years, SHIP has begun to build the work of including well-being within all strategies and as a community initiative. Mental health and physical health are intricately intertwined, and both need to be addressed. The SHIP well-being strategy calls for local public health partners to assess community needs, research partners who are currently working within the well-being arena, and determine how to positively impact their communities by supporting current work or initiating well-being strategies within communities or populations in need.

12:30 PM – 1:15 PM: SPECIAL SESSION - CHILDREN'S MENTAL HEALTH AND FAMILY SERVICES COLLABORATIVE COORDINATORS

*COLLABORATIVE COORDINATORS
FAMILYWISE REGIONAL STAFF*

1:30 PM - 2:30 PM: BREAKOUT SESSION 2

BREAKOUT OPTION 1: SYSTEMS CHANGE: PEOPLE ORGANIZING AND WORKING FOR EQUITABLE RESULTS

JANSSEN HANG, Hmong American Farmers Association

BIRDIE LYONS, Leech Lake Band of Ojibwe Family Spirit Empowerment Program

BETHLEHEM YEWHALAWORK, NorthPoint Health and Wellness

ASHWAT NARAYANAN, Our Streets

JODI BROADWELL AND NIK ALLEN, Lincoln Park Children and Families Collaborative

Systems change also means transforming social norms, mindsets, and the way we do the work and meet the needs of those most impacted by the issues we see in our communities. This panel will highlight 5 Health POWER (People Organizing and Working for Equitable Results) Initiatives, funded by the Center for Prevention at Blue Cross and Blue Shield of Minnesota. These community-driven initiatives focus on improving community health and addressing health inequities through policy, systems, and environmental changes in the areas of physical activity, healthy eating, and reducing commercial tobacco use. This session will highlight the value of cross-sector partnerships and provide concrete examples of organizations that are working to meet community needs during this challenging time. Each panelist will share about their initiative, along with challenges, adaptations, and successes they have had over the past couple of years. Their stories can help us envision what may be possible in our own communities, by integrating an approach that centers the voices of those most impacted.



Lincoln Park Children and Families Collaborative

The Lincoln Park Children and Families Collaborative (LPCFC) is building a coalition of people living in the Lincoln Park neighborhood of Duluth, Minnesota. The coalition is using a grassroots approach to identify issues that they and other Lincoln Park residents care about, and are working with other organizations, businesses, and institutions to tackle those issues.



Anti-Tobacco Policy Advocacy NorthPoint

The overarching goal of NorthPoint's project is to reduce commercial tobacco use among residents of Minneapolis and Hennepin County suburbs, with a focus on African American youth and young adults, who are disproportionately targeted by commercial tobacco advertising and are more likely to die from tobacco related illnesses than their White peers.



Hmong American Farmers Association

The Hmong American Farmers Association (HAFA) is a membership based non-profit organization that was created to foster the inequity faced by Hmong farmers relative to lack of access to land, markets (besides the farmers market), credit and capital, trainings, and research. This mission of the organization is to advance the economic, social, and cultural prosperity of Hmong farmers through capacity building, cooperative endeavor, and advocacy to spur intergenerational and community wealth.

HAFA's Farm to Early Care program focuses on increasing access to fresh healthy culturally appropriate produce to women of color in-home daycare providers to increase healthy consumption habits of children, introduce and enroll women of color providers to the Child and Adult Care Food Program (CACFP) and create a secure revenue stream for Hmong farmers.



Our Streets

Our Streets Minneapolis is focused on making PSE (Problem Solving Environment) changes in Minneapolis streets to put people first. Our Streets is changing the transportation planning process from the current "top-down" approach to one that centers and highlights the needs and issues of those most marginalized in the community.



Leech Lake Family Spirit EmPOWERment Program Improvement Partnership

The ultimate vision for the EmPOWERment program is to reduce health inequities among the Leech Lake Band of Ojibwe (LLBO). Rooted in Ojibwe cultural traditions, the EmPOWERment program works with LLBO community members to promote physically active lifestyles, encourage healthy eating habits for families and young children, promote breastfeeding, and reduce commercial tobacco use and secondhand smoke exposure.

BREAKOUT OPTION 2: USING SUPERPOWERS TO ADVANCE HEALTH EQUITY. BAM!

*JACQUELYN FREUND, EPICOG, LLC
MELISSA ADOLFSON, WILDER RESEARCH*

You can be a superhero for youth in your community. Minnesota Student Survey (MSS) findings show that protective factors like having adults to discuss problems with, feeling empowered, and feeling safe are associated with lower rates of youth substance use and mental health issues. But the findings also reveal that these protective factors are not always equitably distributed in Minnesota communities. New response options for self-identified race/ethnicity on the 2019 MSS allow us to see how prevalent protective factors are for each population, and which protective factors are most salient. Groups that experience the greatest disparities in health outcomes also have experienced the greatest inequities in social conditions that strongly predict health. Communities can use the MSS data, along with new Minnesota Compass Cultural Community Profiles, to learn more about the youth in their area and which community member superpowers can be unleashed to improve health equity.

BREAKOUT OPTION 3: REMEMBERING RESILIENCE: THE HEALING POWER OF STORYTELLING

SUSAN BEAULIEU, BRIANA MATRIOUS AND LINSEY MCMURRIN

In this session, we will share the story of our journey developing the podcast series, Remembering Resilience. The focus of the podcast is to highlight Native American resilience through and beyond trauma, as we explore concepts, science, history, culture, stories, and practices that we are working with as we seek to shape a future for our children and our grandchildren that is defined not by what we have suffered, but what we have overcome. This session highlights the power of storytelling and how it can be used to promote community engagement, a sense of feeling seen, heard, and understood, while we continue on our journey to both individual and collective healing.

2:45 PM - 3:30 PM: GATHERING CLOSING



SPEAKER BIOGRAPHIES

MELISSA ADOLFSON

Wilder Research
Research Scientist



Melissa has over a decade of research and evaluation experience. She has worked on projects addressing substance use, mental health, suicide, juvenile justice, maternal and child health, and adverse childhood experiences. Prior to joining Wilder in 2019, Melissa worked as an independent consultant and also worked for both the Education Development Center and the Minnesota Institute of Public Health. In addition to evaluation, she has extensive experience providing epidemiological training and technical assistance to communities, states, and tribal nations addressing substance misuse. She holds a Masters degree in Population Health Sciences from the University of Wisconsin-Madison and a Bachelors degree in Women's Studies from the University of Minnesota-Twin Cities.

 www.wilder.org

NIK ALLEN

Lincoln Park Children and Families Collaborative
Program Manager



Nik Allen (she/her/hers) has been a social change maker for 15 years, and is thrilled to join Health POWER at Lincoln Park Children and Families Collaborative. Nik has studied at the College of St. Scholastica and Oxford University, as well as in community-driven programs at Minnesota Indian Women's Sexual Assault Coalition, Tri-College, and Men as Peacemakers. Nik is the former Executive Director of Volunteers in Education (VinE), Training and Resource Director at Mending the Sacred Hoop and the Sacred Hoop Coalition, and Northern Organizer at MN350. Over the years, she has consulted for and partnered with myriad nonprofits; achieving 501c3 status, developing boards and funds, creating new programs and curricula, collaborating on legislation and policy. She is also a 2 time cancer survivor and member of the Flat Closure Now initiative. Nik believes meaningful community connection is the path to equity and safety. Outside of this work, Nik writes cozy murder mysteries, and tends to her family farm and the Gertrude Elizabeth Allen Memorial Nature Preserve in the northwoods.

 www.lpcfc.org

 [@LincolnParkCFC](https://www.facebook.com/LincolnParkCFC)

SUSAN BEAULIEU



 www.extension.umn.edu

Susan is Anishinaabe from the Red Lake Nation and has been working with tribal communities for the past 14 years in a variety of capacities, including project development, program education, development coaching, and facilitation. She served as the Director of Tribal Projects at Minnesota Communities Caring for Children (MCCC) for 3 years, where she developed and implemented the Tribal N.E.A.R. Sciences and Community Wisdom Project. Susan is currently working for the University of Minnesota Extension as a Tribal Community Facilitator, providing resources and support to tribal communities to reduce opioid use issues and mitigate the impacts of the opioid epidemic. She is pursuing her PhD in Social and Administrative Pharmacy and received her Master's in Public Policy degree with a focus on Nonprofit Management and Leadership in 2007. Susan was a 2016 Bush Leadership Fellow focused on learning about generating healing and well-being at the individual and collective levels. She is a mother of 4 and resides with her family in the Brainerd lakes area.

MN Department of Human Services: NE Region
Prevention Coordinator

LAURA BENNETT



 www.rpcmn.org

Laura Bennett is the Northeast MN Regional Prevention Coordinator; in this role since March 2007. She is a Certified Prevention Professional Reciprocal (CPPR) and holds a Bachelor of Arts Degree in Health Sciences from The College of St. Scholastica. She is committed to working alongside communities to grow the protective factors in their communities and reduce risk factors related to substance misuse.

Lincoln Park Children and Families Collaborative
Executive Director

JODI BROADWELL



 www.lpcfc.org
 [@LincolnParkCFC](https://www.facebook.com/LincolnParkCFC)

Jodi has a Master of Arts degree and a Certification in Nonprofit Management. Jodi was named Emerging Leader in 2012 by the YWCA-Duluth, an Unsung Hero by Minnesota Communities Caring for Children in 2014, and a 20 under 40 awardee by the Duluth News Tribune in 2018. Jodi is an Alumni of the Minnesota Reading Corps, Organizing Apprenticeship Project's Racial Justice Training, and the Leadership Institute to Advance Minnesota's Parity for Priority Populations. Jodi currently sits on several boards and committees including: Duluth-Superior GLBTQAI2S+ Pride Committee, Duluth Community Garden Program Land Stewardship, Duluth NQT2SLGBIA Commission, and Clayton Jackson McGhie Memorial, Inc. In the past, Jodi has served on the boards and committees of Community Action Duluth, League of Women Voters of Duluth, Ecolibrium3, and the Duluth Public Arts Commission. Jodi has been the Executive Director of Lincoln Park Children and Families Collaborative (LPCFC) since January of 2015 and has maintained, created, and expanded programming within the organization.

BECKY DALE

River Valley Coaching
Certified Professional Coach



 [Becky Dale](#)

Becky is an independent co-creative coach, consultant, and composer working toward healing, well-being, and connection for all. She currently offers individual coaching, consults with the New Jersey Office of Resilience, facilitates peer coaching groups, and is a company member at Wonderlust Productions in the Twin Cities, MN. From 2001-2020, she worked as the Chief Program Officer at Minnesota Communities Caring for Children where she oversaw community education and engagement work toward Understanding NEAR and building self-healing communities. She has been giving the ACE Interface talk, Understanding ACES/NEAR: Building Self-Healing Communities, since 2013 and has supported hundreds of others to present it and engage their communities in creative responses to individual and collective trauma. She has taught coaching skills to community members to use as they co-create shared visions for their communities. In the 1980s and 90s, she worked at the West Side Family Center, Casa de Esperanza shelter, and as a camp counselor. She is passionate about working for racial justice and experimenting with new economic and system models that build equity and justice for people, all living beings, and the natural world.

KELLY FELTON

Minnesota Department of Health
Suicide Prevention Coordinator



 www.health.state.mn.us

Kelly Felton is a Suicide Prevention Coordinator with the Minnesota Department of Health. She has committed her career to helping young people make safe and healthy choices. Previous to her current position, Kelly worked in the Substance Abuse Prevention field for 12 years first as a Coalition Coordinator and then worked as the West Central Minnesota Regional Prevention Coordinator providing training and technical assistance to communities working on substance abuse prevention. Kelly is a Minnesota Certified Prevention Professional Reciprocal (CPPR) and has earned a BA in Criminal Justice, with an emphasis in Psychology and Minor in Sociology from Minnesota State University Moorhead.

JACQUELYN FREUND

EpiCog, LLC
Senior Research Scientist



 www.sumn.org

Jacquelyn helps communities analyze and make sense of their data to further their prevention goals. She works with More Resilient Minnesota to use local data to inform ACEs prevention programs in Minnesota; she also works with the Department of Human Services State Epidemiological Outcomes Workgroup, where she maintains the website, Substance Use in Minnesota (sumn.org), and helps communities acquire, analyze, and interpret data relevant to their substance use prevention and mental health goals. She loves working with the Minnesota Student Survey and enjoys helping communities implement data-driven strategies to improve the lives of children in her home state. Jacquelyn lives with her wife in the vibrant Payne-Phalen neighborhood of Saint Paul. She loves her dogs, her gardens, and her neighbors.

JANSSEN HANG



Janssen Hang is the Executive Director and Co-Founder of the Hmong American Farmers Association. Janssen grew up growing, harvesting, and selling vegetables for the local food economy and currently runs his family-owned, value-added business making spring rolls and egg rolls at the downtown Saint Paul Farmers Market. A 2001 Saint Olaf graduate in Biology and Asian Studies, Janssen has over 20 years of experience in agriculture, 12 years in small business management, and 7 years as a licensed-real estate agent. Janssen is also one among just a few certified Hmong Mekongs (cultural brokers). Janssen likes to spend his free time with his family in the outdoors.

 www.hmongfarmers.com

 janssen@hmongfarmers.com

Minnesota Department of Health *Well-being Specialist*

KRIS HAUGEN



Kris has a passion for wellness, and has worked in a variety of worksite wellness settings as a program manager of large multi-site organizations, within a hospital system, and in two manufacturing environments. She has worked in both the public and private sector, served as a health coach, and has also worked on the vendor side of the industry. She is currently a worksite and well-being specialist for the Minnesota Department of Health and has enjoyed bringing worksite wellness across the state of Minnesota through the Statewide Health Improvement Partnership (SHIP), where she coaches local public health partners to provide workplace wellness activities in their communities. She thrives on helping people self-actualize through better health. For her own self-care, Kris loves to be outdoors as much as possible by biking, walking, and kayaking. She is also a potter and glass fuser, and deeply enjoys indulging in creative energy in her spare time.

 www.health.state.mn.us

 Kris.haugen@state.mn.us

Catalyst North Consulting *Founder*

SUZANNE KOEPLINGER



Suzanne is the founder of Catalyst North Consulting: fostering healing centered organizational cultures and leaders. Previously she served 8 years as founding director for the Catalyst Initiative at the George Family Foundation and later at the Minneapolis Foundation. Suzanne was the executive director of the Minnesota Indian Women's Resource Center from 2003 - 2014, leading the first research and community response in the country to address sex trafficking of American Indian women and girls. She holds a M.A. in the Art of Leadership from Augsburg University and has extensive international experience as a trainer and public speaker

 www.catalystnorth.org

 Suzanne Koeplinger

Family Spirit EmPOWERment Program
Practical Nurse

BIRDIE LYONS



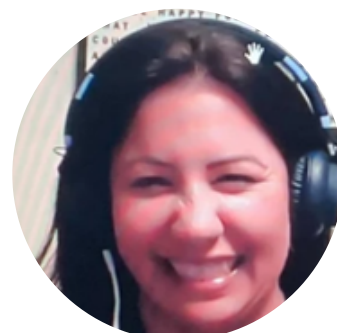
 www.llojibwe.org

I have been a Practical Nurse for 32 years, the majority of which has been inside the Leech Lake Band of Ojibwe. I have been a Head Start nurse, WIC Director, Clinic Manager of 6 clinics, LPN float nurse, and a community educator.

I started out my career as a Head Start nurse for the LLBO in 1983, leaving for a short time until the Chairman requested I return to assist his staff in the WIC program. I left again to marry and returned in 1998 to assist in taking over the satellite clinics from the IHS. I returned and worked under the Health Division and became the Manager of six clinics located throughout the Reservation. I worked for The Archdeacon Gillfilan Center 2002, a youth residential program, as the Administrative Lead Nurse. I assisted the facility to learn and use Native American traditions and values to help heal community youth. I was requested in 2009 to return to LLBO to assist in the education portion of the Nursing program. I became the community educator on SUIDS, SBS, FASD, Safe Bath, Safe Sleep, smoking, pregnancy, and HIV/AIDS. I am currently employed by the LLBO Health Division as a Public Health LPN.

University of Minnesota Extension
Tribal Community Facilitator

BRIANA MATRIOUS




 www.extension.umn.edu

Briana Matrious is a Tribal Community Facilitator with UM Extension and a member of the Mille Lacs Band of Ojibwe. Briana leads workshops with both Native and non-Native groups that offer a deeper understanding of history and intergenerational trauma (in particular due to Indian Boarding Schools) and promote physical-emotional-spiritual healing. Acknowledging that this work is painful even for herself, she is committed to it because it gives her ancestors a voice today that was taken from them in years past.

FamilyWise Services
*Director of Prevention
Initiatives & Tribal Projects*

LINSEY MCMURRIN



 www.rememberingresilience.home.blog

Linsey is a citizen of the Leech Lake Nation of Ojibwe and strives to serve our community in a culturally affirming way to promote truth-seeking, healing, and change. She is the Director of Prevention Initiatives and Tribal Projects at FamilyWise Services and coordinates the organization's ACE Interface training and Self-Healing Communities efforts in the North Central region of MN. Linsey directs the Tribal NEAR Science and Community Wisdom Project, which focuses on understanding how we are impacted by our experiences and the experiences of those that have come before us. Linsey advocates for equity-centered and community driven work, believing that cultural humility, social-emotional skill development, and a commitment to lifelong learning, unlearning, and growth are central components in supporting thriving individuals, families, and communities.

ASHWAT NARAYANAN



Ash Narayanan is the executive director of Our Streets Minneapolis. He is a nationally recognized expert on building more just, sustainable, and resilient transportation infrastructure. He represents Minneapolis on Metropolitan Council's Transportation Advisory Board (TAB). He was appointed to the Minnesota Department of Transportation's Sustainable Transportation Advisory Committee (STAC) and co-chairs its VMT (Vehicle Miles Travelled) Reduction Workgroup. Ash has authored or co-authored numerous reports, including *The Road to Clean Transportation: A Bold, Broad Strategy to Cut Pollution and Reduce Carbon Emissions in the Midwest*, and *Arrive Together: Transportation Access and Equity in Wisconsin*. He authored the transportation section of the City of St. Paul's Climate Action Plan.


 www.ourstreetsmsp.org

KELLI PURYEAR, MSW

Officer of Adolescent Services



Currently working for the NJ Office of Resilience, Kelli's work focuses on transformative possibilities with justice-involved families/youth, early education, and the intellectual/developmental disability communities. Prior to joining the Office, she worked with the NJ Department of Children and Families Office of Adolescent Services supporting adolescents in their transition to adulthood. Kelli has also served at various youth-development agencies ensuring achievement of organizational and programmatic outcomes. Throughout her career, in both private agencies and public systems, she oversaw quality improvement systems and large-scale project management. She is most excited about the transformative potential of understanding ACEs and contributing to core protective systems. She holds a Bachelor's degree in Social Work (BSW) from Temple University, a Master of Social Work (MSW) degree from Rutgers University, and completed post-Master's work at the Heller School for Social Policy at Brandeis University. Kelli was born and raised in Essex County, NJ, where she currently resides with her husband and their Pointer Jaxon. She is an avid gardener, beekeeper, and quilter.

 www.nj.gov

NANCY RIESTENBERG



Nancy Riestenberg has over forty years of experience in the fields of violence prevention education, child sexual abuse prevention, and restorative measures in schools. She has worked with school districts in Minnesota and thirty other states. She is the author of *Circle in the Square: Building Community and Repairing Harm in Schools*. As Restorative Practices Specialist for the Minnesota Department of Education, she provides technical assistance on violence and bullying prevention, school connectedness, school climate, dropout prevention, crisis prevention and recovery, and restorative measures. She has also provided technical assistance in restoring the learning environment to the MN school districts that experienced high levels of trauma. She is a member of Restorative Practices International and the National Association of Community and Restorative Justice, which awarded her the John W. Byrd Pioneer Award for Restorative and Community Justice in 2015.

 nancy.riestenberg@state.mn.us

Menominee Tribal Clinic
Health Administrator

JERRY WAUKAU SR



Jerry serves as Chairman of the Wisconsin Tribal Health Director’s Association, which represents the eleven (11) federally recognized tribes in the State of Wisconsin. Jerry serves as faculty on the Pediatric Integrated Care Core Collaborative - Indian Health Service - Johns Hopkins - PICC Team, which focuses on implementing trauma informed integrated care in Native communities. Jerry received his Bachelors of Arts degree in Economics from Ripon College in 1978. Jerry was born and raised on the Menominee Indian Reservation. Jerry and his wife Susan, have six (6) blended children and have raised three (3) foster children and a grandson. In addition to his work around trauma informed care, he champions work around cross-sector collaboration with the school and other tribal partners.

 www.mtclinic.org

Menominee Indian School District
Superintendent

WENDELL WAUKAU



The Menominee Indian School District (MISD) is located on the Menominee Indian Reservation in Northeast Wisconsin and serves approximately 1,000 students in grades 4K-12. Wendell is an enrolled member of the Menominee Indian Tribe in Wisconsin and considers it both a privilege and an honor to work and serve in the community he grew up in. For 32 years, Wendell has served MISD and his community as a teacher, coach, athletic director, dean of students, principal, and now superintendent. Once labeled a “drop out factory” (2008) for graduating less than 60% of its students on time, MISD has successfully implemented various reforms/initiatives in the areas of: community and family engagement; mentoring; early childhood; social emotional learning, nutrition and wellness; trauma informed care and resiliency, restorative practices which have led to a present-day graduation rate of rate of 90%. In 2012, Wendell was honored at the White House under President Obama’s administration as a School Turnaround Champion of Change. Wendell and his wife Lori have 3 children, Joan, Antonette, and Wendell Jr. who all attended MISD schools.

 www.misd.k12.wi.us

Northpoint Health and Wellness Center Inc.
Program Manager

BETHLEHEM YEWHALAWORK



Bethlehem Yewhalawork is a Program Manager at Northpoint Health and Wellness Center Inc., who focuses on reducing tobacco use among youth and priority populations and advocates for other policy change in areas related to the social determinants of health. Graduated with an MPH from St. Catherine University and is passionate about policy systems and environmental change. She’s advocated for numerous tobacco prevention policies in the metro area, including increasing the tobacco sales age to 21 and restricting the sale of flavored tobacco products.

 www.horthpointhealth.org



RESOURCES

WATCH

[KPJR Films, including "Resilience" and "Paper Tigers"](#)

[Remembering Resilience Podcast Series](#)

[Practicing Resilience Recordings on YouTube](#)

[Self-Healing Communities Model \(SHCM\) Webinar](#)

[ACEs Ted Talk - Nadine Burke Harris](#)

[MN Suicide Prevention](#)

[FamilyWise Services Regional Staff Map](#)

ENGAGE

[FamilyWise Services](#) [Minnesota Thrives](#) [MN Mental Well-Being and Resilience Learning Community](#)

[More Resilient Minnesota](#)

[MN Mental Health Promotion](#)

[MN Injury and Violence Protection](#)

[Children's Mental Health and Family Services Collaboratives](#)

[Regional Prevention Coordinators](#)

[Statewide Health Improvement Partnership \(SHIP\)](#)

[MN ACEs Action - Trauma Informed Network](#)

LEARN

[The Story of Your Number Campaign](#)

[Menominee Fostering Future / Trauma- Informed Care](#)

[The Truth about ACEs Infographic](#)

[PACEs Connection](#)

[Original ACEs Study](#)

[Harvard University - Center on the Developing Child](#)

[Healing Collective Trauma](#)

[ACEsTooHigh.com](#)

[Centers for Disease Control and Prevention](#)

[Community Resilience Initiative](#)

[George Washington University - Building Resilient Communities](#)

[National Family Support Network](#)

[Institute for Safe Families: Philadelphia ACE Study](#)

[Restorative Practices](#)

[MARC - Toolkit for Trauma-Informed, Cross-Sector Networks](#)