

Program Guide

Trauma & Trauma-Informed Care: The Basics

Thursday, January 18, 2024

9:15 am to 1:00 pm ~ via zoom

Description:

Trauma is a pervasive problem in our world today. It results from exposure to an incident or series of events that are emotionally disturbing or life-threatening and have lasting effects on an individual's functioning and mental, emotional, physical, social, and spiritual health and well-being. As RNs, FCNs and faith community leaders, we need to be able to assess those we serve for trauma as well as understand the complexities of their care.

This series addressed these ANA Scope and Standards of Practice for faith community nurses:

Standard 2: the FCN analyzes assessment data to determine actual or potential diagnoses, problems, and issues.

Standard 8: The FCN practices in a manner congruent with cultural diversity and inclusion principles.

Speakers:

- Heidi Kammer-Hodge, MSW, Consultant, Leader, Educator
- Charlene Brown Smith, PhD, MSN, Faith Community Nurse
- Sondra Weinzierl, MA, BAN, Faith Community Nurse

Learning Objectives: *As a result of attending this session, participants will be able to:*

1. Define trauma and trauma-informed care.
2. Identify several types of trauma that can occur throughout the life span.
3. Identify signs and symptoms that may be present in trauma survivors.
4. Discuss the implications of racial, generational and historical trauma.
5. Describe spiritual trauma and how trauma can impact spiritual health.

This session meets the requirements for 3.0 Continuing Education Hours in Minnesota for RNs. Other attendees are responsible for determining if the session meets their CE requirements.

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Schedule:

9:00 Log onto Zoom

9:15 Welcome

9:20 FCNN Update

9:30 Keynote Speaker: Heidi Kammer Hodge, MSW, Leader, Consultant

10:30 Break

10:45 Heidi Kammer Hodge, continued

11:50 Racial, Generational & Historical Trauma—Charlene Brown Smith, PhD, MSN, FCN

12:10 Sponsor Presentations

12:30 Spiritual and Religious Trauma—Sondra Weinzierl, MA, BAN, FCN

12:55 Summary and Evaluation

Biographical Information:

Heidi Kammer-Hodge, MA, LICSW, LADC

Heidi is an advocate, innovator, leader, consultant and educator in integrated substance abuse, addiction, mental health and primary health care. She is dedicated to addressing social determinants of health, access and racial disparities impacting children, families and communities.

Heidi maintains nearly 20 years of professional experience in addiction, mental health and family services including 15 years in management and executive leadership. She is BSW faculty with Briar Cliff University, Master of Social Work faculty with St. Mary's University of Minnesota and has teaching appointments with Ottawa University, Adler Graduate School and the University of Iowa.

She has a Bachelor's Degree in social work from the University of South Dakota and a Master's Degree in social work from Augsburg College with an emphasis in family practice.

She leads Consulting by Design LLC, a firm specializing in consulting and planning and provides technical assistance and consulting services in the areas of compliance, culturally responsive services, integrated care and behavioral health care. Heidi was a President's Award recipient from the Minnesota Association of Resources for Recovery and Chemical Health and received the Sue Pitt's Fisher Award by the Coalition for Family and Children's Services in Iowa.

Charlene Brown Smith, PhD, MSN, Faith Community Nurse

Charlene received her BSN from Dillard University, her Master of Science in Nursing from Louisiana State University and her PhD from Southern University and A&M College in Baton Rouge, Louisiana. At Southern University, her focus was on breast cancer in African American Women. She has educated many women and professionals on breast cancer. She retired after being a nurse for over 40 years and 33 of those years as a nurse educator at Nicholls State University. As an educator, Charlene's focus was on Women's Health including Maternal/Newborn Nursing Care.

Charlene is an active member and officer of the Bayou Region Black Nurses Association (BRBNA) and a member of the Dillard University Professional Nurse Organization (DUPON). Charlene recently completed the Faith Community Nurse Network's Foundations of Faith Community Nursing Course.

Sondra Weinzierl, MA, BAN, Faith Community Nurse

Sondra is the Director of Nursing Education for the Faith Community Nurse Network of the Greater Twin Cities. She has a Masters' Degree in Adult Education and Human Resource Management from the University of St. Thomas and a Bachelor's Degree in Nursing from Gustavus Adolphus College. Sondra had her own business for 25 years providing training and education to organizations across the U.S. She has attended several courses in trauma and trauma-informed care and received a certificate as a trauma-informed practitioner from the Trauma Informed Care Center in Colorado.

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Lyngblomsten is a proud partner of the Faith Community Nurse Network of the Greater Twin Cities.

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