



# TRAUMA & RECOVERY CONFERENCE

BY THE CONNECTICUT WOMEN'S CONSORTIUM



---

*Monday, October 17th, 2022*

***Reimagining the Path to Recovery***

*Vikram Patel, PhD*

The large and unequally distributed unmet needs for care for mental health problems have been worsened by the pandemic. Pouring more money into the existing inefficient and ineffective mental health care system will not shift the needle on this crisis. This presentation will describe how empowering members of the community to deliver evidence based psychosocial interventions could transform our mental health care system.

***Restorative Justice for Sexual Harm:  
Why I Fought for a Circle, Not a Courtroom***

*Marlee Liss*

The large and unequally distributed unmet needs for care for mental health problems have been worsened by the pandemic. Pouring more money into the existing inefficient and ineffective mental health care system will not shift the needle on this crisis. This presentation will describe how empowering members of the community to deliver evidence based psychosocial interventions could transform our mental health care system.

---

*Tuesday, October 18th, 2022*

***Transforming Legacy Burdens to Legacy Gifts***

*Deran Young, LCSW, MPA*

A legacy burden is a belief or emotion passed down generationally through the family tree, ethnic lineage, or environment/society. We carry many legacy burdens in the United States—patriarchy, individualism, and materialism, to name a few. The legacy burden of white supremacy culture continues to spread in our society like a virus that infects us all. Racism, like all collective legacy burdens, is systemic and evident in most organizations, institutions, and policies. Research documents that racism creates significant physical and mental health disparities as well as reduced quality of life overall. The psychological toll that results from racism is known as racial trauma and is the result of people of color navigating overwhelming messages and interactions of discrimination, as well as vicariously witnessing acts of violence geared towards a particular race or community. The good news is that we can all be part of the solution and can support healing from legacy burdens by minimizing and reversing the personal, relational and collective impact. This presentation will discuss the necessary skills and adjustments needed to foster legacy gifts of healing such as accountability, advocacy, and corrective experiences to soothe the systemic and historical wounds of oppression.

***Dear Stranger: A Journey of Youth Mental Health***

*Diana Chao*

This presentation tells Diana's personal story, from aspects of minority mental health like growing up below the poverty line with parents who didn't speak English, to the power that even the smallest acts of kindness have had on her life. A fusion of spoken word, conceptual art, and letters written by young people around the world, this presentation is a testament to the power of second chances. Incorporated within are actionable strategies for maintaining mental wellbeing for ourselves and each other gathered from 8 years of interviews and frontline interventions.

---

***Wednesday, October 19th, 2022***

***Liberation Psychology:***

***Holistic, Culturally-informed, Systemically Attuned Trauma Recovery Pathways***

*Thema Bryant-Davis, PhD*

Persons who have marginalized identities face increased risk for trauma and are often underserved by mental health agencies. Liberation Psychology requires attention to the socio-political context of survivors' lives including barriers to their care, cultural resources they carry, and holistic pathways to wellness. This presentation will apply a liberation psychology framework to a transformational approach to survivors' empowerment.

***It Takes a Village to Build Resilience:***

***Systemic Approaches to Supporting Children in the Context of Trauma***

*Archana Basu, PhD*

This presentation will summarize mental health outcomes for children who have experienced trauma, as well as research related to protective factors at individual and systemic levels that promote children's coping and resilience. A trauma-informed population health approach to working with children and families in a health care setting will be briefly presented.

---