

# Healing the Healer: Promoting Resiliency; Revitalizing Hope

## Two-Day Virtual Symposium 4/27/2021 & 4/28/2021 (9:00am – 1:00pm)

### Presenter Bios

**Keynote Speaker** Dr. Christine Schmidt, PsyD., Illinois DCFS



**9:15 am-10:15 am**

Dr. Christine Schmidt is a clinical psychologist who has specific interest and expertise in working with youth and families impacted by pre- and post-natal trauma. She has extensive training surrounding the assessment and treatment of children who have histories of prenatal substance exposure and complex trauma and has expertise in a variety of trauma-informed models of care. Over the course of a long tenure at a nonprofit medical and behavioral health clinic, Dr. Schmidt led the child adolescent psychology program, coordinated the student and postdoctoral training program, directed several foundation and national grants, and provided numerous local and national trainings regarding pre- and postnatal trauma. More recently, Dr. Schmidt especially enjoyed co-directing a three-year grant designed to help address the impact of secondary traumatic stress, compassion fatigue, and vicarious trauma on legal professionals working with youth involved with the child welfare system. In her current role as an Illinois Department of Children and Family Services consulting psychologist, Dr. Schmidt provides consultative psychological services to administrators, caseworkers, and other professionals involved with the Department. In her private consulting work, Dr. Schmidt also continues to train agencies and communities across the country regarding the treatment and assessment of youth who have histories of pre- and post-natal trauma. In all professional endeavors, Dr. Schmidt is committed to helping individuals and systems understand and address the impact of the work on one's personal and professional well-being. Each summer, Dr. Schmidt and her family appreciate the additional opportunity to help run a two-week overnight camp for children who have special needs, Camp SOAR.

**Breakout Session** Sarah-Bess Dworin, Restoring Community  
**Day 1**



**10:30am-12:00pm**

Sarah-Bess Dworin is Director of Restoring Community, a holistic culture and climate partner for schools and community-based organizations. Through this work, Dworin supports partners to implement interventions that decrease racially disproportionate suspension, increase culturally responsive student engagement, and strengthen equitable systems. As a certified racial healing circle practitioner, Dworin approaches all of her restorative work with a lens and practice-set of anti-racism and the imperative for healing. A Steering Committee Member of the Transforming School Discipline Collaborative, Sarah-Bess partners with an interdisciplinary team of attorneys, school psychologists, policy advocates and community partners to support districts throughout Illinois to implement equitable and non-exclusionary discipline practices. Through her affiliation with Loyola University Chicago Law School, she teaches a course in Restorative Justice for the Certificate in School Discipline Reform. As former Director of Curriculum and Instruction at Umoja Student Development Corporation, Dworin founded Umoja's regional professional learning team and managed the design and production of multiple SEL curricula, including a 4-year long daily social and emotional learning course for high schools. A former youth outreach worker in Chicago, Ms. Dworin received her MAT from the Teacher's College at Columbia University and taught at Bronx Lab High School in Bronx, NY for 5 years. Other publications span topics including adolescent war trauma and teen women's empowerment.

**Breakout Session**  
**Day 1** **Dr. Judith Allen, PsyD., CIS of Chicago**



**10:30am – 12:00pm**

Dr. Judith Allen is the Chief Operating Officer of Communities In Schools (CIS) of Chicago. In her role as COO, she leads all talent development, systems management and programming for the organization's growing team, which in 2019-20 supported 75,000 Chicago Public School students succeed inside and outside the classroom. Judith was formerly President and CEO of CIS Dallas Texas, where she spent 14 years growing the organization to individually serve 7,000 children. She started her career in New York City, beginning her career leading law enforcement's mental hygiene units with MICA (mentally ill chemically addicted) adults & active criminal offenses/warrants. She later shifted her work "upriver" to be more proactive, by working in child protection/reunification service units in Brooklyn and NYC. Judith holds a doctorate in psychology from New York University, with extensive background and practice in clinical risk factors in child development, crisis de-escalation and serving high risk, volatile environments with children and families. In addition to consulting and private practice, Dr Allen has presented TED talks on Youth Resiliency, and provides community and corporate education trainings in Mental Health First Aid, Unconscious Bias, CPR/BLS/Triage, intrapersonal skill development, as well as mid management supervision and coaching. The mother of one, her son is a 4th year Naval Cadet at Texas A&M University.

**Breakout Session**  
**Day 1** **Angela Nino, CFI, Empathic Workplace**



**10:30am – 12:00pm**

Angela Nino, CFI (Certified Forensic Interviewer) is the Chief Executive Officer for Empathic Workplace. Angela teaches seminars on workplace interviews, investigations, and difficult conversations. Angela trains clients in question formulation; cognitive interviewing for victims, witnesses, and suspects; policy violation investigations; accusatory conversations and pre-employment interviewing. Angela previously worked as an Instructor and Consultant with Wicklander-Zulawski Associates where she taught the art of Non-Confrontational Interview & Interrogation techniques and Behavior Interpretation to Human Resources, Loss Prevention / Asset Protection, Security Professionals, Auditors, Federal Government Agencies and Fortune 500 Companies. Angela has worked for Target Stores and Ralph Lauren Stores in the Asset Protection and Loss Prevention Fields and is a legacy member of the International Association of Interviewers.

**Breakout Session**  
**Day 1** **Lou Rocha, LCSW, Multicultural Consulting Services**



**10:30am – 12:00pm**

Lu Rocha is a bilingual licensed clinical social worker (LCSW). She has a Master of Social Work from the Jane Addams School of Social Work at University of Illinois at Chicago, and a Master of Arts from De Paul University, in Women's Issues and Violence Against Women. For more than twenty years, Lu has worked with community members from a variety of cultural and ethnic backgrounds. She has provided services to individuals who have experienced and/or witnessed family and community violence, or who have harmed others. Lu co-authored a book called, *Nuestras Historias/Our Stories*, that documents the experiences of Latinas with gender-based violence. Lu is the founder of Multicultural Consulting Services, a for-profit business dedicated in helping institutions make their services accessible to everyone. She owns a group practice based in the city of Chicago that is dedicated to addressing trauma from a cultural perspective. Lu's professional aspiration is to support the growth of providers of color in the mental health field so that communities of color can have more options in obtaining services that align to their cultural beliefs and values. Lastly, Lu identifies as a Latina with indigenous roots, first born generation in the United States, and the proud daughter of a former Brazero/farm worker.

**Breakout Session** **Dr. Jon Ebert**  
**Day 2**



Dr. Ebert is a licensed clinical psychologist with extensive clinical and consultation expertise in the assessment and delivery of services to children and families who have experienced traumatic stress and mental health challenges. Dr. Ebert is the Director of the Vanderbilt Center of Excellence for Children in State Custody (COE) which is part of a statewide network funded under an agreement with the State of Tennessee to improve the public health by enhancing the quality of services provided to children in or at-risk of entering the Tennessee child welfare or juvenile justice systems.

10:30am – 12:00pm

**Breakout Session** **Kerry-Ann Sleep, LCPC, YWCA Metropolitan Chicago**  
**Day 2** **Erin Lastres, LCPC, YWCA Metropolitan Chicago**



Kerry-Ann Sleep is a Licensed Clinical Professional Counselor who has over six years of experience providing mental health services to children and adults of diverse populations. Currently, she is Coordinator of Clinical Services for the YWCA Metropolitan Chicago's Sexual Violence Support Services (SVSS) program. In addition to supervising clinicians in the SVSS program, her present emphasis is on providing therapeutic support to children, adolescent and adult survivors of sexual trauma and their non-offending significant others.

10:30am – 12:00pm

Erin Lastres is a Licensed Clinical Professional Counselor whose current position is the Clinical Program Coordinator for the YWCA Metropolitan Chicago's Sexual Violence Support Services program at their suburban site in Addison, Illinois. She has over eight years' experience providing mental health counseling services to survivors of sexual violence and their non-offending significant others and over five years of experience providing supervision to interns and staff.



**Breakout Session** **Chicago Freedom School**  
**Day 2**



CFS creates new generations of critical thinkers who use their unique experiences and power to create a just world. Inspired by the Mississippi Freedom Schools of the Civil Rights Era, CFS takes an innovative approach to youth activism, leadership development, and movement building.

10:30am – 12:00pm

**Closing Session  
Day 1**

**Jasmen Mickey, Mercy Home for Boys and Girls**



Jasmen Mickey joined Mercy Home in September 2019. Prior to joining Mercy Home, she served as a Program Supervisor of residential services for chronically mentally ill adults; Clinical Therapist for children, adolescents and adults; Intake Counselor; Educational Youth Coach and a Youth Care Worker. Jasmen earned her BA in English Language and Literature from Virginia State University in Petersburg, VA and her MA in Community Mental Health Counseling from Saint Xavier University in Chicago, IL. Throughout Jasmen's professional journey, she has acquired a thorough understanding of poverty, academic struggles and mental health deficiencies experienced by diverse individuals and families, and the overall developmental effects it has on them. Jasmen manages Mercy Home's agency trainings for all staff. She collaborates with the Organizational Development Department and other professionals in various departments to implement effective trainings.

**Closing Session  
Day 2**

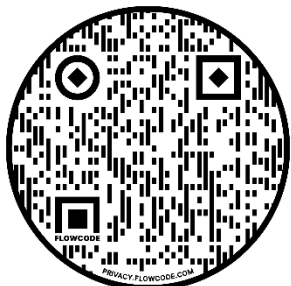
**Courtney Wrubel, Lawrence Hall  
Derek Joyce, Lawrence Hall**



Courtney Wrubel began her collegiate studies at Westminster Choir College, pursuing a degree in Music Education. Valuing music as a purposeful means for emotional, mental, and physical wellness, she shifted her focus to Music Therapy and earned a Bachelor of Music in Music Therapy degree from Western Michigan University in 2013. In 2013, Courtney began working as a music therapist at Lawrence Hall, a human services agency that serves at-risk youth and families in Chicago, facilitating individual and group music therapy with youth and teens. Under Courtney's leadership, Lawrence Hall was established as a National Roster Internship Site where she currently serves as the Internship Director. In 2019, Courtney was promoted to Youth and Volunteer Engagement Supervisor, overseeing music therapy, therapeutic recreation, volunteer engagement, and food services. An advocate for mind-body wellness, Courtney spends much of her free time playing piano and singing, practicing yoga, meditating, and creating art.



Derek Royce is the current music therapist at Lawrence Hall, where he additionally serves as the music therapy intern supervisor. Derek engages youth in music interventions designed to promote self-expression and self-worth, also opening the door to cognitive processing of feelings, emotions, and behaviors. Derek has been providing expressive therapy through music for over 6 years with experience in child, adolescent, and geriatric behavioral treatment in acute and residential settings. His experiences have molded him to seek empathy and understanding amid trial and diversity, knowing behavior is but a reflection of the mind. Derek enjoys taking walks with his wife and 2 dogs in Evanston and staying current in all things Enneagram.



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