

# Resilience from Trauma During the Time of Covid-19

November 5, 2021

9:00-9:15	<b>WELCOME &amp; OPENING REMARKS</b> Dr. Glenn Cummings, President, University of Southern Maine Kelly Barton, President, Maine Behavioral Health
9:15-10:15	<b><i>Fostering Your Innate Resilience</i></b> Dr. Tina Runyan, Keynote speaker, Professor of Family Medicine and Community Health at the UMass Chan Medical School in Worcester, Massachusetts, and Co-founder of Tend Health
10:15-10:30	<b>BREAK</b>
10:30-11:30	<b><i>Resilience in the Face of Trauma: Individuals, Families, and Service Providers</i></b> Dr. Adele Baruch, Associate Professor and Chair of Counselor Education in Clinical Mental Health Counseling at USM Susan Burns Chong, LCSW, Breathe Program Clinical Coach, Portland Public Schools and CAS student in Counselor Education in Clinical Mental Health Counseling at USM Alexandra Hood, graduate student in Counselor Education in Clinical Mental Health Counseling at USM
11:30-1:00	<b>LUNCH</b>
1:00-2:00	<b><i>Understanding Trauma and Resilience Through the Magic of Every Interaction</i></b> Dr. Thomas Linehan, Associate Professor of Early Childhood Education at Mount Wachusett Community College
2:00-2:15	<b>BREAK</b>
2:15-3:15	<b><i>Vicarious Resilience and Reconnecting to Joy</i></b> Allegra Hirsh-Wright, MSW, LCSW, Training Manager and Project Director of Maine Behavioral Healthcare's Department of Clinical Innovation and a part time faculty member in USM's School of Social Work
3:15-3:30	<b>CLOSING REMARKS/WRAP UP</b>