



## Keynote Description

### **Relational Healing in the Time of Evidence**

*Dr. Ken Epstein*

This talk will focus on Trauma Informed Systems and seeing a pathway towards becoming a Healing Organization. It will also include a basic understanding of stress and trauma and its impacts. Like individuals, families and communities, programs, organizations and whole delivery systems can themselves be traumatized. As in individuals, trauma in organizations can result in reactivity, dysregulation, numbing, and reflexive decisions and behaviors. When amplified at the organizational or system level, the symptoms and consequences of trauma result in a system that creates barriers to care, burden on consumers, and stress for caregivers and the workforce. The consequence is that the very system intended to care for trauma-impacted individuals, families and communities can actually be trauma inducing rather than healing.

In addition to addressing the structural ways the system can be traumatizing, moving towards a healing organization involves intentional humanistic and equitable approaches to systemic and organizational change. This includes focusing on the personal healing of all the adults in the system so that they can bring their whole, human selves to the important work they do to care for others. And when these people, from system leaders to providers and caregivers, are able to show up whole and human—it changes everything.

Food security must be at the center of promoting and leading efforts to prevent, prepare and respond to disenfranchised people and communities. This talk will focus on understanding the effort to transform organizational culture and climate and locate that effort in promoting and securing safety and stability.

## Workshop Descriptions

### **Part 1: Understanding Trauma and Stress**

*Dr. Ken Epstein*

In this workshop we will lay the groundwork for understanding the nature and impact of Trauma on Individuals, Families, Communities and Organizations. In this context participants will both learn and participate with each other in ways to recognize the presence of trauma and stress and connect in their lives and communities. The presenter will:

- 1) Discuss the impact of trauma on individuals, families and communities;
- 2) Outline a model for understanding trauma in the context of organizational culture, social justice and climate; and
- 3) Connect this effort to the business of Promoting Food Security.

### **Part 2: Trauma Informed Systems: An Organizational Healing Model**

*Dr. Ken Epstein*

The workshop will focus on the implementation model, which includes six key activities towards developing a systemic approach to healing and repairing fragmented delivery systems and community relationships.

- Trauma 101
- Champions for Embedded Change
- Train the Trainer
- Leadership Engagement
- Policy Development and Review
- Evaluation



# Healing the Past for a Healthy Future

Friday, May 3, 2019 / Killington Grand Resort, Killington, VT 7:30 am - 4 pm

## Workshop Descriptions

### **Part 3: Application of the Model to the Mission**

*Dr. Ken Epstein*

This workshop will focus on strategies and practices to support the work of the charitable food system and the **Vermont Foodbank mission** “to gather and share quality **food** and nurture partnerships so that no one in **Vermont** will go hungry.” Participants will learn and formulate specific ways to enhance, promote and if need be change to incorporate Healing Approaches to Organizational and Community culture and practices. Presenter will discuss ways to focus on sustainable change and participants will co-create pathways to change using the Trauma Informed System model as a guide. Focus will be on Action Planning.

### **Connecting Food Insecurity, Decision-Making, and Mental Health**

*Natasha Duarte, Dynamic Brains Consulting*

The neuroscience of wellness demonstrates that improved physical health improves cognitive functioning. This session reviews how nutrition impacts cognitive function in food-insecure populations, and how this can be used to reduce the impacts of trauma. Participants will leave with tools that help staff and clients be at their best in high stake and high stress events.

### **Cross Class Communication Using Trauma Informed Principles**

*Angela Berkfield, Kendra Colburn, Deb Witkus, Equity Solutions*

Class is often the elephant in the room when responding to hunger. In this workshop we'll learn and practice tools for authentic cross-class communication. Come share your experience in communication across class differences. This workshop is an introduction, not a guarantee at effective communication! Facilitators have led 12 Cross Class Dialogue Circles.

### **Culinary Ability, Organization, and the Promise of Personal Skills to Support Health**

*Amy Trubek, Emily Barbour, Caitlin Morgan, University of Vermont*

Our educational approach promotes individual food agency through a suite of capacities involved in making meals, including planning, organization, culinary skills, and product familiarity. Food preparation is a practice relating to social and cultural contexts, rather than a set of mechanical skills. Going from learning to doing is crucial for meaningful interventions to address individual, household, and population health.

### **Gleaning 101: Best Practices in Gathering Excess Vegetables and Building Relationships with Farmers**

*Andrea Solazzo, Vermont Foodbank; Aly Martelle, Intervale Community Farm*

Crooked carrots, overgrown zucchini, and blemished winter squash are part of every farm operation. Are you curious what gleaning and gleaned vegetables look like in the field? Interested in learning how organizations can build relationships with farmers to support all members of our community in accessing local produce? Join us in an engaging discussion with a local farmer and Vermont Foodbank staff member to learn the basics of on-farm gleaning systems and best practices in developing relationships with local farmers. The Vermont Foodbank's gleaning program, partners with over 80 farms annually to distribute nearly 500,000 pounds of donated local produce to over 215 network partners.



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## Workshop Descriptions

### Healthy Foods in Food Shelves

*Kate Roome, Vermont Dept. of Health – Springfield; Alice Stewart, RiseVT; Nancy Olson, Putney Food Shelf; Lisa Pitcher, Our Place Drop-in Center*

Access to healthy food is important for everyone, including people using emergency food systems. This session will explore what food shelf patrons would like to see stocked at food shelves. We will also explore developing nutrition/health standards for food shelves, and on-the-ground experiences from food shelf operators.

### How Poverty Changes the Food System: What is Born from the Failures of the Traditional Food System

*Hannah Harrington, Chittenden Emergency Food Shelf*

The session will be organized into three sections, with the end goal of envisioning what the food system looks like when everyone can participate. We will begin with a fundamental overview and structural examination of the food system; followed by an in-depth conversation about areas of the food system that subject inequities on members of our society. Considering all of this, we will talk about what the food system looks like for those who can't access it in full, due to the inequities and injustices that exist today.

### Hunger On College Campuses: Vermont Solutions to a National Issue

*Emily Cohen, Vermont Foodbank; Phil Morin, Hunger Free Vermont; Caroline Aubrey, University of Vermont; Jenney Izzo, Community College of Vermont; Nicole Rohrig, Sodexo UVM; Krista Swahn, Northern Vermont University - Johnson*

Why are more college students facing hunger these days? With the recent reports from the U.S. Government Accountability Office and the University of Vermont, awareness about college student hunger is growing nationally and locally. Phil Morin of Hunger Free VT and Emily Cohen of the Vermont Foodbank have been working together with several VT colleges to advance this dialogue and highlight solutions that can help address hunger, such as 3SquaresVT and campus pantries. Join leaders from UVM, Northern VT University, and CCV as they share current initiatives on their campuses through a lively panel discussion. Perspective from students with lived experience of hunger will be shared, and everyone will leave with new ideas about how we can work together to make sure everyone in Vermont has enough to eat.

### Increasing Food Security While Reducing Food Loss and Waste

*Anne Bijur, Waste Management and Prevention Division of Vermont's Agency of Natural Resources; Theresa Snow, Salvation Farms; Christopher Russell, Cumberland Farms; Megg Hanna, BROCC Community Action*

Globally, 40% of the world's food is wasted. This is a triple threat: loss of food for people, loss of resources from growing and getting food to market, and greenhouse gases from landfilled food. This session examines links between these threats, explores approaches to reduce food waste and food loss, and how Vermont's Universal Recycling Law is positively impacting the charitable food system. Join the conversation and learn what responses are being developed to save food for people and manage this nutrient resource.

### Stretching 3SquaresVT Benefits: How Crop Cash Can Double Your Money

*Jennie Porter, NOFA-VT*

This session will explain the Crop Cash Program, a nutrition incentive program that matches SNAP benefits dollar for dollar at farmers markets, farm stands, and CSAs in Vermont. Participants will learn how SNAP recipients can stretch their benefits further and access fresh, local, healthy food by utilizing this program. Furthermore, this session will explore how farmers markets, farm stands, and CSAs can work to end hunger rather than being exclusionary.



# *Healing the Past for a Healthy Future*

**Friday, May 3, 2019** / Killington Grand Resort, Killington, VT 7:30 am - 4 pm

## Workshop Descriptions

### **Transportation as a Barrier to Food Shelf Access**

*John Gorton, Sheldon Methodist Church Food Shelf; Toni Auriemma, Northwest Family Foods; Robin Way, C.I.D.E.R; Michelle Trayah, Northwestern Counseling and Support Services*

Most food shelves in Franklin County and many across the state serve very rural populations. The lack of ability to drive, maintain an operating vehicle, or have sufficient gas is a serious barrier for many potential clients. The object of this workshop is to share ideas for serving these people.

### **Understanding How Our Past Affects Our Future**

*Michael Thompson, University of Vermont*

We continue developing who we are throughout our lives. One of the most influential times is during adolescence. As we grow into adults, our brains make connections between our past, and what we experience and perceive today. These connections influence both our choices and our decisions, and further influence what we do with our lives. The purpose of this presentation is to help the audience understand the relationship between our young selves and who we become as adults. Understanding this brings us one step closer to living a life with purpose and meaning.