



Crossroads

Making a Brighter, Happier and Healthier World for Children

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Crossroads and ADAMHS Board present Conference on Childhood Trauma

One of the nation's leading experts on brain development is coming to Lake County as the keynote speaker for the Crossroads Conference on Childhood Trauma on Friday, May 16. Daniel Siegel, M.D., is author of "The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being."

Siegel and other experts will be part of the day-long conference which runs from 8 a.m.-4:30 p.m. at the Radisson Hotel and Suites Cleveland-Eastlake, SR 91 and SR 2, Eastlake.

The conference is co-sponsored by Crossroads and the Lake County Alcohol Drug Addiction and Mental Health Services (ADAMHS) Board.

Conference registration is \$125. The cost is only \$95 for registrants who work for organizations funded by the Lake County ADAMHS Board. To register, or for additional information, call (440) 255-1700.

Siegel will speak on **The Mindful Brain: Therapeutic Healing in the Face of Trauma** in the morning session and lead a workshop on **Healing Trauma: Strategies for Working with Families and Children** in the afternoon.

After receiving his medical degree from Harvard University, Siegel completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative. He is currently an associate clinical professor of psychiatry at the UCLA School of Medicine. He is also the Director of the Center for Human Development, an educational organization that focuses on

how the development of individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

Siegel is the author of numerous articles, chapters, and the internationally acclaimed text, "The Developing Mind: Toward a Neurobiology of Interpersonal Experience" (1999). This book introduces the idea of interpersonal neurobiology and has been of interest to and utilized by a number of organizations, including the U.S. Department of Justice, the Vatican's Pontifical Council for the Family, the Council on Technology and the Individual, early intervention programs and a range of clinical and research departments worldwide. His book with Mary Hartzell, M.Ed., "Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive" (2003) explores the application of this newly emerging view of the mind, the brain, and human relationships.

Crossroads is a community behavioral health care provider serving more than 19,000 children and families every year in Lake County. We intervene with children and youth who experience severe emotional disturbances such as: depression, drug and alcohol abuse, Attention-Deficit/Hyperactivity Disorder (ADHD), trauma resulting from physical or emotional abuse, or the multiple consequential effects. Many of these young people are involved in the juvenile justice system, while some have been removed from their homes and/or schools because of disruptive behavior or due to abuse or neglect. The goal at Crossroads is to help guide these children and their families to healthy futures.

Established by Ohio statute, the ADAMHS Board is responsible for planning, funding, and evaluating Lake County's mental health and recovery services. The work of the ADAMHS Board is overseen by an 18 member Board of Trustees – all Lake County residents who serve without compensation. Appointed by either the Ohio Department of Mental Health, the Ohio Department of Alcohol & Drug Addiction, or the Lake County Commissioners, these Board members include medical professionals, mental health and recovery experts, consumers (people who need and use services), relatives of consumers, community leaders and business professionals. The resulting blend of expertise and perspectives makes the ADAMHS Board uniquely qualified to handle these important issues effectively and efficiently.

Other conference speakers:

-- **John Kinsel** has over 25 years experience as an Early Childhood Mental Health Professional providing individual, group and family therapy, clinical supervision, professional training and mental health consultation. He specializes in Infant Mental Health and Traumatized Young Children. He will be speaking on **Managing Vicarious Traumatization: How Not To Take the Work Home.**

-- **Erna Olafson** is director of the Program on Child Abuse Treatment and Training within The Childhood Trust of Children's Hospital Medical Center in Cincinnati and director of the Forensic Training Institute. She will be speaking on **Treating Trauma and Traumatic Grief in Children: Community Applications.**

-- **Lucy Hudson** is the ZERO TO THREE Project Writer/Policy Analyst for the American Bar Association Center on Children and the Law's Improving Understanding of Maternal and Child Health project, funded by the Health Resources and Services Administration, U.S. Department of Health and Human Services. She will be speaking on **Collaborating Across Systems to Improve Outcomes for Young Children in Foster.**