

# FOSTERING RESILIENCE:

TRAUMA-INFORMED CARE, ETHICS,  
AND THE POWER OF COMMUNITY



**March 21**  
**9 A.M. – 5 P.M.**  
**MSU Conference Center**

Bringing together professionals from various areas – including healthcare, social work, addiction, education, law enforcement, and other community services – this symposium is designed to foster a deeper understanding of critical topics, including

trauma-informed care, ethical practice, and burnout. Connecting students and professionals in the Minot and surrounding areas, the event will promote interdisciplinary collaboration and dialogue across various fields, equipping attendees with knowledge and practical strategies for implementing trauma-informed practices in their individual professions.

For more info, scan  
the QR code or visit:  
[tinyurl.com/fostering-resilience](https://tinyurl.com/fostering-resilience)



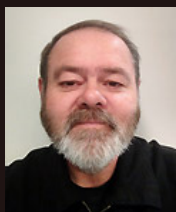
## Speakers



**Tamara Waters-Wheeler**  
*School Psychology*



**Kelly Hendershot**  
*Law and Professional Ethics*



**Michael Nason**  
*Criminal Justice*

## Panel Discussion



**Alannah Valenta**  
*School Psychology*



**Vicki Michels**  
*Psychology & Addiction Studies*



**Aaron Moss**  
*Law Enforcement & Veterans Outreach*



**Dale Plessas**  
*Minot Police Department*

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### Schedule

**8 – 9 A.M.**

Registration/Networking Hour

**9 – 10:15 A.M.**

Trauma 101 Based on the Neurosequential Model – Part 1 (Tamara Waters-Wheeler)

**10:15 – 10:30 A.M.**

Coffee Break

**10:30 – 11:45 A.M.**

Trauma 101 Based on the Neurosequential Model – Part 2 (Tamara Waters-Wheeler)

**12 – 1:15 P.M.**

Lunch and Research Poster Session

**1:15 – 2:15 P.M.**

Ethics (Kelly Hendershot)

**2:15 – 2:30 P.M.**

Coffee Break

**2:30 – 3:30 P.M.**

Being There for Each Other After Critical Incidents: A Holistic Approach to Checking Your Six (Michael Nason)

**3:30 – 4:30 P.M.**

Beyond Burnout: Protecting Your Well-Being in High-Stress Professions (Panel Discussion)

**4:30 – 5 P.M.**

Closing

### Notes