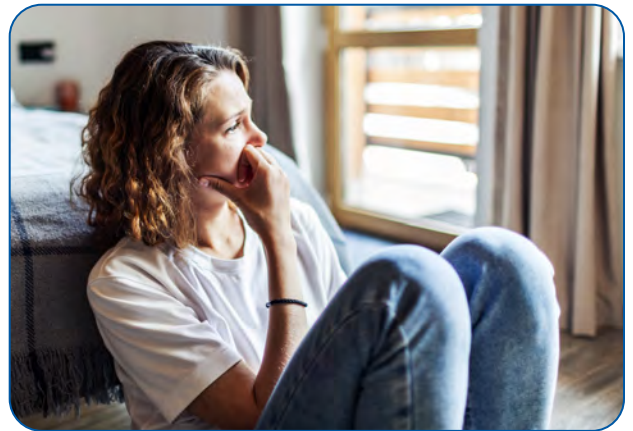


Virtual Speaker Series

Trauma 101 — An Overview of Trauma-Informed Care

The prevalence and effects of childhood trauma are heartbreakingly clear:*

- **1 in 6** adults have experienced four or more types of adverse childhood experiences (ACEs).
- **5 of the top 10** causes of death relate to ACEs.
- **Up to 44%** of cases of adult depression could be prevented by reducing ACEs.



Exposure to ACEs raises a person's risk of serious health conditions and substance misuse throughout their lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversity.

PerformCare is pleased to announce a multimedia, interactive workshop, presented by Lakeside Global Institute, to help professionals understand the complexities of trauma and its aftermath.

Date: October 3, 2024 **Time:** 1 p.m. – 3 p.m.

Presenters: Keshia Bell-Jones and Pearl Calica

Keshia Bell-Jones has served as a strengths-focused inspirational figure and role model to children with diverse needs during her 20 years of guiding child development. She dedicates herself to the full journey of children's behavioral health care: assessing students, identifying developmental behavior needs, customizing treatment plans toward individual strengths, and leading and supporting children in overcoming challenges. Currently, Keshia is the Director of Operations for the Young World Early Learning Center in Philadelphia.

Pearl Calica has 29 years of experience in nonprofit strategic planning, volunteer and leadership management, public speaking, and community development. Having conducted the largest ACEs study in the Philippines, with more than 6,500 participants, Pearl brings a nuanced understanding to working with people impacted by trauma. She now serves as a Lakeside Global Institute trainer and facilitator of trauma-related courses and workshops for social service professionals. Pearl earned a Master of Public Health, is a certified trauma-competent professional, and is certified in polyvagal-informed therapy.

Register by September 17. To sign up, visit <https://lakesidelink.com/training/performcare-fall-2024>.

Free training and continuing education units (CEUs)

LCSWs, LSWs, LPCs, and LMFTs may earn two CEU credits. Registered participants will receive a session link from Lakeside Global Institute two weeks before the training.

Questions? Please email Dr. Umbrell at jumbrell@performcare.org.

* Source: "Adverse Childhood Experiences (ACEs): Preventing Early Trauma to Improve Adult Health," Centers for Disease Control and Prevention, Aug. 23, 2021, <https://www.cdc.gov/vitalsigns/aces/index.html>.



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