

THE POWER OF US: CREATING COMPASSIONATE COMMUNITIES FOR HEALING TRAUMA

November 6, 2025 | 8:00 am - 4:30 pm
Wyndham Gardens, York

Learning Lab Descriptions

Mentorship as Intervention: Big Brothers Big Sisters' Trauma-Informed Approach to Youth Resilience and Success

Amy Rote, CEO, Big Brothers Big Sisters of South-Central PA

The long-term effects of childhood trauma can manifest in devastating ways, from chronic health issues to cycles of poverty, school disengagement, and justice system involvement. However, evidence shows that a single, stable, supportive relationship can change that trajectory. Big Brothers Big Sisters (BBBS) of South-Central PA is a leader in mitigating trauma and building resilience through its evidence-based, Trauma-Informed Care (TIC) service delivery model. This presentation will explore how BBBS's professionally supported mentoring relationships create safe, consistent, and empowering connections that prevent long-term psychological and physical impacts of trauma. We will also highlight our key partnerships that are redefining mentorship across sectors and how to build meaningful collaboration.

Rewind & Redo: A Prevention Makeover

Jeff Hanley, Commonwealth Prevention Alliance

Join us for an engaging, interactive discussion as we revisit drug and alcohol prevention campaigns from the 80s and 90s, reflecting on why some of the most memorable (and often misguided) prevention messages missed the mark with youth. From there, we'll transition into the "Makeover" by exploring what prevention science now tells us about what works—and what doesn't. Drawing from current research, we'll examine evidence-informed approaches that address the Prevention Trifecta: increasing knowledge, building skills, and supporting healthy beliefs, attitudes, and environments. We'll also explore current ineffective prevention strategies that may lack a trauma-informed approach, highlighting the importance of addressing risk factors and promoting protective factors for successful prevention efforts. Finally, we'll reimagine how community-powered, evidence-based, trauma-informed strategies can drive resilience, transform environments, and lead to healthy, thriving communities.

Online Sextortion: How to Recognize and Address the Needs of Youth Survivors

Zozan Kucukaydin and Jaime Cypher, PCAR

Within just one year, over 3,000 youth survivors of sextortion were targeted across the U.S., according to a 2022 report from the US Department of Justice. This session will cover the dynamics of online sextortion and how communities can recognize and respond to this prevalent crime through a trauma-informed and survivor-centered lens.

Anti-trafficking Collaborative Solutions Through Awareness, Advocacy, and Action

Jennifer Foxworthy, Inspirationally Speaking; Marie Randel, York County Youth Development Center; and Cassie Smith, Brave the Darkness, LLC

This workshop is designed to explore the vital role of education, advocacy, and strategic intervention in combating human trafficking and supporting at-risk youth. With expert insight from an advocate, a survivor leader, and a Youth Develop Center representative, participants will gain a deeper understanding of the challenges faced by vulnerable youth and the importance of creating sustainable solutions through multidisciplinary collaborative efforts.

This engaging presentation will address the impact of unstable home environments and school truancy on trafficking risks, the necessity of alternative solutions beyond traditional family reunification, and the role schools and community services can play in providing essential awareness, safety, and support. Through meaningful conversations, attendees will leave equipped with knowledge and action-driven solutions for collaboration, intervention, and strengthening community partnerships.

Healing and Prevention: How OCDEL Supports Trauma-Informed Early Childhood Education

Netta Radzinski, Special Assistant for External Relationships, OCDEL, and Brandy Fox, Director of Cross Sector IECMH Initiatives, The Pennsylvania Key

This workshop will explore how Pennsylvania's Office of Child Development and Early Learning (OCDEL) advances initiatives that prevent and address trauma within early childhood education. Participants will gain insights into OCDEL's strategic priorities, programs, and partnerships that support young children and their families.

The session will begin with an overview of OCDEL's mission and structure, presented by Netta Radzinski, highlighting the state's commitment to equitable access to high-quality early learning. Brandy Fox will then focus on OCDEL's trauma-informed practices, discussing evidence-based strategies and resources that help early childhood educators foster healing environments for children affected by adverse experiences.

Attendees will leave with actionable ideas and resources to integrate trauma-informed approaches into their own settings, as well as a deeper understanding of the state's efforts to build resilience and promote well-being in young children and their families.

Chaos of Suicide

Govan Martin, Suicide Prevention Alliance

A comprehensive community understanding of trauma and efforts to build systems collaboration are important foundational actions to build a robust suicide prevention approach. This workshop will provide key dynamics, strategies, and tactics to address individuals at risk for suicide.

The mission of the Suicide Prevention Alliance is to support those who are having thoughts of suicide, those who have been impacted by suicide, (attempting or losing a loved one to suicide), and to collaborate with the community and its leaders by increasing awareness, reducing stigma and providing data-driven education and techniques to prevent suicide.