



Regions IX–X TANF Technical Assistance Virtual Meetings  
**NAVIGATING NEW PATHWAYS TOWARDS  
BUILDING THRIVING COMMUNITIES**



Monday, February 22, 2021 • Tuesday, March 9, 2021 • Wednesday, March 24, 2021

**Topic 1: Interrupting the Impact of Traumatic Stress**  
**Tuesday, March 9, 2021 10:30 a.m. to 1:30 p.m. PT**

**Agenda**

**Formal Welcome**

**10:30 a.m. –**

**10:35 a.m.**

*Speakers:*

- Julie Fong, Region IX TANF Program Manager, Office of Family Assistance

**Session Overview**

**10:35 a.m. –**

**10:40 a.m.**

*Speaker:*

- Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant

**Connecting People and Purpose (Breakout Session)**

Why is it deeply meaningful or important to be in this conversation about interrupting the impact of trauma on the workforce and building resilience for:

**10:40 a.m. –**

**10:55 a.m.**

- You
- The team you work with
- The organization you work in

*Speaker:*

- Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant

**Introduction of Dr. Barbara Pierce**

**10:55 a.m. –**

**11:00 a.m.**

*Speaker:*

- Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant

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## Understanding the Different Types of Stress and Trauma

**11:00 a.m. – 11:10 a.m.** Discussion of the differences between positive and negative stress, as well as definitions of secondary traumatic stress (STS), compassion fatigue, burnout, and emotional labor.

*Speaker:*

- Barbara Pierce, Ph.D., Associate Professor of Social Work at Indiana University, Robert Wood Johnson Clinical Scholar Fellow

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## How the Brain Responds to Trauma

**11:10 a.m. – 11:25 a.m.** Explanation of how trauma impacts brain functioning; discussion of the fight, flight, or freeze response, and triggers.

*Speaker:*

- Barbara Pierce, Ph.D., Associate Professor of Social Work at Indiana University, Robert Wood Johnson Clinical Scholar Fellow

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**11:25 a.m. – 11:45 a.m.** **Making the Connection: Peer Learning and Discussion (Breakout Session)**

*Speaker:*

- Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant

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## Symptoms of Secondary Traumatic Stress (STS) in Individuals, Teams, and Organizations

**11:45 a.m. – 12:00 p.m.** Discussion of STS reactions, behaviors, symptoms, and impacts on individual workers, teams, and whole organizations.

*Speaker:*

- Barbara Pierce, Ph.D., Associate Professor of Social Work at Indiana University, Robert Wood Johnson Clinical Scholar Fellow

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## Dimensions and Symptoms of Resilience

**12:00 p.m. – 12:15 p.m.** Overview of the key elements of resiliency and how to build them.

*Speaker:*

- Barbara Pierce, Ph.D., Associate Professor of Social Work at Indiana University, Robert Wood Johnson Clinical Scholar Fellow

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**12:15 p.m. – 12:30 p.m.** **Break**

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### **Individual, Team, and Organizational Interventions and Strategies**

**12:30 p.m. – 1:00 p.m.** Sharing and discussion of strategies and tips individual workers, teams, and organizational leaders can adopt to interrupt the impacts of STS.

*Speaker:*

- Barbara Pierce, Ph.D., Associate Professor of Social Work at Indiana University, Robert Wood Johnson Clinical Scholar Fellow

### **Preparing Your Resiliency Backpack (Breakout Session)**

**1:00 p.m. – 1:25 p.m.** Identification of one to two things you will do for yourself, your team, and your organization.

*Speaker:*

- Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant

### **Session Closing**

**1:25 p.m. – 1:30 p.m.**

*Speakers:*

- Frank Shields, Region X Program Manager, OFA
  - Nicole Bossard, Ph.D., Consultant and Positivity Strategist, ICF Consultant
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