

## Free Two Part Training Series for Pediatric Practices

### We Are Resilient™ for Pediatric Practices

by Meri McCoy-Thompson, MALD

Hosted by Help Me Grow Alameda County

April 26<sup>th</sup> and April 28<sup>th</sup> from 12:45-1:45pm

FREE  
CMEs

This training for pediatric practices helps to build skills and strategies to support effective, patient-centered implementation of ACEs screening and response. The training will also support pediatric care team members with skills to handle their own emotional fatigue and to strengthen their Relational Resilience.

#### Learning objectives:

- Describe how the We Are Resilient™ approach is trauma-informed and supports providers, patients, and families in resilience skills and practices.
- Explain the importance of personal practice as a prerequisite to the Practice—Model—Coach method for teaching We Are Resilient™ to others.
- Identify when Protective Patterns arise and assess whether Protective Patterns are helping or hurting in each situation.
- Choose 1-2 Centering Skills to practice for challenging situations.
- Identify how focusing on resilience can improve ACE screening, both in creating conditions for more thorough responses and for helping healthcare providers become more effective companions on the healing journey with patients and families.

#### SPEAKER:

**Meri McCoy-Thompson is the Chief Operating Officer of Dovetail Learning.**

Meri's passion is to empower people to lead transformational change. Having lived and worked with nonprofits on four continents, Meri is on a lifelong journey of discovering the many layers of our Cultural Patterns. Early in her career, she was on faculty at Georgetown University, where she served as Project Director for the first edition of Bright Futures: National Health Supervision Guidelines for Infants, Children and Adolescents. Meri's primary Centering Skill is Finding Gratitude: "Every day is a gift and we are blessed to have life and each other."



#### REGISTRATION INFORMATION:

**Participants must register in advance.**

Register for each day individually.

[Part 1 \(4/26 at 12:45\)](#)

[Part 2 \(4/28 at 12:45\)](#)

Questions?

Email [angel.montgomery@first5alameda.org](mailto:angel.montgomery@first5alameda.org)

#### WHO SHOULD ATTEND:

Any Medi-cal serving provider working with pediatric patients and families experiencing toxic stress with interest in capacity building to improve health outcomes in Alameda County.

*Community Health Center Network (CHCN) is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians. CHCN designates this live educational activity for a maximum of 1 AMA PRA Category 1 credit(s)™ per session. Physicians should only claim credit commensurate with the extent of their participation in the activity.*