



# **A Trauma-Informed Approach to Racial Healing:**

## **A Summit for Collaborative Approaches**

Friday, September 17, 2021  
8:30 a.m. to 4:30 p.m.

Herberman Conference Center  
at UPMC Cancer Pavilion, UPMC Shadyside  
Second floor  
5150 Centre Ave.  
Pittsburgh, PA 15232

# **A Trauma-Informed Approach to Racial Healing:**

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September 17, 2021

### **Introduction**

The focus of this summit will be:

- Listening to and centering the history, knowledge, and experiences of community partners who have daily engagement with children and adolescents, especially those from marginalized and minoritized communities.
- Co-learning around practice-based tools as well as research-informed best practices to share training, tools, and resources.
- Strengthening formal, reciprocal, and sustained relationships to best support the children and youth in an ongoing way following the Summit to promote positive mental health and well-being.

### **Who Should Attend?**

Community-based agencies and individuals in select geographic areas who have the consistent presence, recognition, and trust of the community for engagement with children and youth through their daily activities, e.g., youth ministers, counselors, DHS-licensed agencies, school nurses and health support staff, after-school program staff, juvenile justice, sports organizations, and others.

### **Learning Objectives**

At the completion of the program, participants should be able to:

- Develop an enhanced, formalized, and reciprocal relationship with UPMC Western Behavioral Health to better serve the communities in the primary service area of UPMC.
- Develop specific strategies for introducing a healing justice framework into our communities to support healing and recovery, building on examples of individual and community resilience.
- Expand the ability to guide and support children, youth, and their families through available resources of training, tools, and networking.
- Identify next steps following the Summit, based on collaborative input, on how to provide on-going support and increase the trustworthiness of UPMC Western Behavioral Health and affiliated institutional partners.

### **Registration Instructions**

There is no fee to attend this event. The event is being held in-person pending any changes to pandemic regulations.

Register here: **[A TRAUMA-INFORMED APPROACH TO RACIAL HEALING REGISTRATION](https://www.surveymonkey.com/r/MD94-917)**  
(<https://www.surveymonkey.com/r/MD94-917>)



We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us to better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.



## Agenda

8:30 – 9 a.m.

### Registration

9 – 9:30 a.m.

### Welcome

Deborah Brodine, *President, UPMC Western Psychiatric and UPMC Senior Services*

### Review of Today's Format and Purpose

#### "The Role of Healing in Moving Forward"

Rev. Paul Abernathy and Dr. Elizabeth Miller

9:30 – 10:30 a.m.

### "Next IS Now: The Redemptive Power of Generational Equity and Inclusion"

Pastor Nathaniel Brown

10:30 – 10:45 a.m.

### Break

10:45 – 11:45 a.m.

### "Trauma in Underserved Communities and the Lack of True Trauma-Informed Solutions"

Calvin O. Murphy, Sr.

11:45 a.m. – 12:30 p.m.

### Lunch

12:30 – 1:30 p.m.

### "Understanding the Psychology of Poverty — How Traumatic Experiences Impact Everyday Decision Making"

Tammy T. Thompson

1:30 – 2:30 p.m.

### "The Long-term Impact of Childhood Trauma"

Dr. Paula Powe

2:30 – 2:45 p.m.

### Break

2:45 – 3:15 p.m.

### "Peer Support: Finding and Building Resilience Beyond Trauma"

Keirston Parham

3:15 – 4:30 p.m.

### "Next Steps for Enhanced Resources and Networking"

Group Discussion facilitated by Rev. Paul Abernathy and Dr. Elizabeth Miller

4:30 p.m.

### Adjourn



## Moderators and Speakers



**Rev. Paul Abernathy, MPA, MDiv**

*CEO, Neighborhood Resilience Project*

Rev. Paul Abernathy is an Orthodox Christian priest and the founding chief executive officer of the Neighborhood Resilience Project. Since 2011, Rev. Paul has labored with the community to build this ministry to address community trauma with Trauma-Informed Community Development (TICD), a framework that transforms trauma-affected communities to resilient, healing, and healthy communities. Under Rev. Paul's leadership, millions of dollars in food, clothing, furniture, transportation assistance, identification, free health care, and emergency relief has been distributed to the greater Pittsburgh community. The framework of TICD also includes a trauma-response team and micro-community interventions. Community groups from all across the nation have worked with Rev. Paul to be trained in the TICD Framework.

He has a Bachelor of Arts in International Studies from Wheeling Jesuit University and a master's degree in Public and International Affairs from the University of Pittsburgh as well as a Master of Divinity from St. Tikhon's Orthodox Theological Seminary. A former non-commissioned officer in the United States Army, Rev. Paul is a combat veteran of the Iraq War.

Additionally, Rev. Paul is the pastor of St. Moses Orthodox Church, a husband, and father of two children.



**Deborah Brodine, MBA, MHA**

*President, UPMC Western Psychiatric*

*President, UPMC Senior Services*

Deborah Brodine, MHA, MBA is the president of UPMC Western Psychiatric Hospital (WPH) and the Behavioral Health Services Network of UPMC. Western Psychiatric is integrated with the Department of Psychiatry of the University of Pittsburgh School of Medicine and the psychiatric division of University of Pittsburgh Physician Practice. Psychiatric services are provided by more than 200 psychiatrists and psychologists at 19 UPMC hospitals with a total of 488 inpatient psychiatry beds, consultation and liaison services, and more than 85 ambulatory programs.

Deborah also serves as the president of UPMC Senior Services, which encompasses the health system's home health, hospice, community-based care, and senior living and skilled nursing capabilities. UPMC Senior Services provides over 700,000 home health visits and over 50,000 home health admissions annually, supports a hospice average daily census over 520, and serves over 2,200 seniors daily in skilled nursing, assisted living, personal care, independent living, and Continuing Retirement Communities (CCRCs).

With more than 25 years' experience in healthcare leadership, she has led the navigation of numerous payer-provider and value-based care model efforts on behalf of UPMC in the post-acute and in community-based care. In collaboration with colleagues from the University of Pittsburgh, she has provided leadership and direction to the Aging Institute of UPMC and the University of Pittsburgh, the UPMC Palliative and Supportive Institute, and community-based programs of the Rehabilitation Institute, including UPMC's Disabilities Resource Center. She obtained her MBA and MHA from the University of Pittsburgh and her BS in economics from Carnegie Mellon University.







**Pastor Nathaniel M. Brown**

*CEO, President and Co-Founder  
5A Elite Youth Empowerment*

As a devoted husband and father of three, Pastor Nathaniel Brown draws from life experiences to align purpose and passion toward a higher calling that embraces, equips, and empowers a new generation of holistically enlightened young people as 21st century leaders.

Pastor Brown finds value in drawing upon logic, imagination, and systematic reasoning in order to create timely and uniquely innovative programs, initiatives, systems, and ministries that activate trauma-informed holistic wellness within urban youth environments. Nathaniel is a certified clinical trauma professional and an established life coach, motivational speaker, and soon-to-be published author. Co-founder and pastor of

Harvest International Ministries, founding chief executive officer and president of 5A Elite Youth Empowerment, and chairman of Brown Family Legacy, Mr. Brown is a 40-year-old native of Pittsburgh.



**Elizabeth Miller, MD, PhD, FSAHM**

*Division Director of Adolescent and Young Adult Medicine, Department of Pediatrics  
Medical Director, Community and Population Health, UPMC Children's Hospital of Pittsburgh  
Edmund R. McCluskey Chair and Professor of Pediatrics, Public Health, and Clinical and Translational  
Science, University of Pittsburgh  
Co-Director, Community Engagement, Clinical and Translational Science Institute, University of Pittsburgh*

Trained in internal medicine, pediatrics, and medical anthropology, Dr. Miller has more than 15 years of practice and research experience in addressing gender-based violence among adolescents and young adults in clinical and community settings. Her research addresses interpersonal violence prevention and adolescent health promotion in clinical and community settings. She is involved in developing and testing primary

violence prevention programs, including one titled "Coaching Boys into Men," which involves training coaches to talk to their male athletes about stopping violence against women.

Dr. Miller is the co-director of planning for the Pittsburgh Study, a community-partnered intervention study seeking to understand and optimize child health and thriving through an ambitious multi-year research initiative. With involvement of community members from diverse backgrounds, the study will rigorously evaluate best practices at each developmental stage and follow children in Allegheny County from birth through high school. The overall goal is to work with children and families in their neighborhoods and schools to address health equity and to ensure they are healthy, thriving, and achieving their educational goals.



**Calvin O. Murphy, Sr.**

*Family and Community Support Advocate  
Center for Victims*

Calvin Murphy, or as most call him "Coach Cal," is currently a family and community support advocate with the Center for Victims. He has also worked with the Allegheny County Community Intensive Supervision Program (CISP) for juvenile offenders and as a juvenile case manager with the Vision Quest Day Evening Program. He is a prominent member of Pittsburgh Hilltop's "Voices Against Violence" and "Youth Project" Pittsburgh. For Coach Cal, giving young people new experiences and hope is a large part of changing their futures. "It's not just in a book, and that's one of the problems we're having right now: They're not connecting real life with the world. If you look at a wall every day, you start to believe that's your life. You

stop thinking there's anything outside of what you want immediately, and you start using a gun and risking your life for things."





**Keirston Parham (KP), CPMC-T, CPMC, CPSS**

*Recovery Services Coordinator  
UPMC Western Psychiatric*

Keirston Parham (KP) heads the recovery department and oversees recovery initiatives and peer services for UPMC Western Psychiatric. KP educates and trains hospital and ambulatory staff members on recovery values and principles, integration and utilization of peer specialists, stigma reduction, recovery planning, and the importance of self-care and wellness tools. He helps to recruit peer and recovery specialists to support positive, strength-based, individualized recovery throughout the UPMC system. He is one of the founding fathers of Peer Navigation and provides various recovery and peer trainings to UPMC, national conferences, and the community at large. He continues to evaluate recovery services at UPMC Western Psychiatric for opportunities for positive growth and change.



**Paula Marie Powe, MD**

*Medical Director, Matilda Theiss Early Childhood Center  
Assistant Professor of Psychiatry  
UPMC Western Psychiatric*

Paula Marie Powe, MD is a board-certified child and adolescent psychiatrist and the medical director of the Theiss Center for Trauma and Early Childhood Behavioral Health of UPMC. Dr. Powe has a passion for infant mental health, the healthy social and emotional development of children from the ages of zero to three, and the prevention of childhood adversity and toxic stress. She works to educate others about the effects that early traumatic experiences can have on a child's developing brain and the resilience and protective factors that buffer them.



**Tammy T. Thompson**

*Executive Director  
Catapult Greater Pittsburgh*

Tammy Thompson is a poverty expert and nationally sought-after speaker, telling the story of her journey out of poverty and its long-lasting psychological impact. Executive producer of "We Wear the Mask - Poverty," this 2017 documentary highlights the stigma associated with women in poverty. Tammy is the owner of T3 Consulting and T3 Media. In addition, she is the executive director of Catapult Greater Pittsburgh, a non-profit which focuses on anti-poverty initiatives and economic justice.

Tammy experienced poverty first-hand, when her family moved to Pittsburgh in 1979 with only \$65 and the promise of a job for her father. The job fell through, and the family ended up on the streets. Years later, knowing that there had to be more to life than poverty, low self-esteem, and depression, Tammy managed to attend college to become a paralegal. Today Tammy is the owner/operator of Thompson Real Estate Consulting and a certified paralegal, working in the real estate field for more than 15 years. For the past 10 years, she has developed and facilitated curriculum focused on the emotional impact that poverty has on families. She continues to offer credit counseling and financial education to families seeking self-sufficiency through wealth building.

**For additional information about speakers and/or presentations, please contact  
Doreen Barkowitz at [barkowitzdh@upmc.edu](mailto:barkowitzdh@upmc.edu)**

