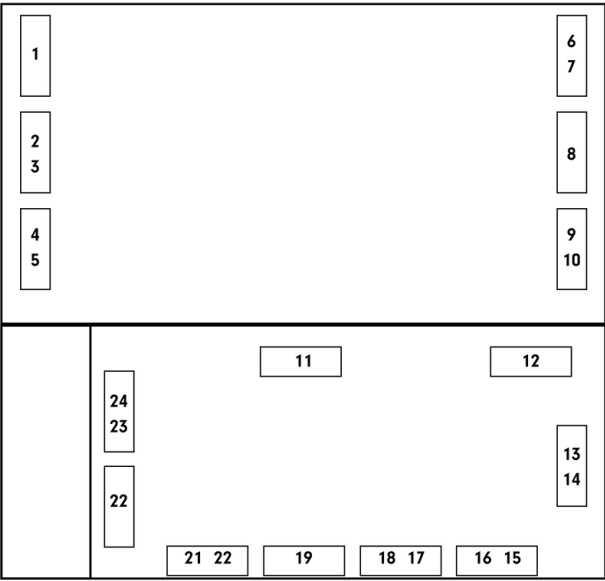


The Michigan Association of Health Plans Foundation, thanks to funding from the Michigan Health Endowment Fund, created the Michigan ACE Initiative. This initiative is focused on expanding efforts toward a statewide awareness of the Adverse Childhood Experiences and creating a statewide coalition to recommend development of appropriate interventions and state policy.

Interested in learning more about ACEs?
Visit www.miace.org





FARMS, FOOD & HEALTH

Cultivating Community Resilience

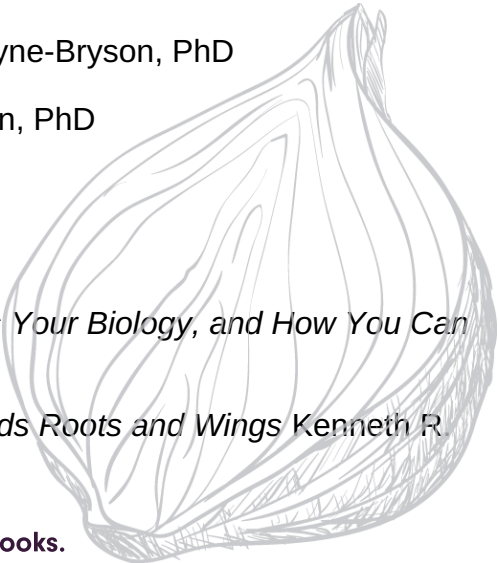
Addressing toxic stress by connecting farms, food & health



March 14, 2019
City Opera House | Traverse City, MI

RECOMMENDED READING

- The Body Keeps the Score* Bessel van der Kolk, MD
 - The Boy who was Raised as a Dog* Dr. Bruce D. Perry, MD, PhD and Maia Szalavitz
 - Born for Love* Dr. Bruce D. Perry, MD, PhD and Maia Szalavitz
 - * *The Deepest Well* Nadine Burke-Harris, MD
 - * *The Whole Brain Child* Daniel Siegel, MD, Tina Payne-Bryson, PhD
 - The Yes Brain* Daniel Siegel, MD, Tina Payne-Bryson, PhD
 - Help for Billy* Heather T. Forbes, Jim Sporleder
 - Teens Who Hurt* Kenneth Hardy, Kathy Lazloffy
 - Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* Donna Jackson Nakazawa
 - Building Resilience in Children and Teens: Giving Kids Roots and Wings* Kenneth R. Ginsburg, MD
- provided by stillnessandstrenghtyoga.com and Dr. Megan Stilwill
- * **Shop local! These and other titles available at Horizon Books.**



Resilience: The Biology of Stress & The Science of Hope

Reception with Community Resource Tables 4:30 PM
Screening 5:30 PM | Panel Discussion 7:00 PM

Some of the images and topics in tonight's presentation may create emotional triggers. There are licensed therapists from Lakeview Counseling outside in the lobby if you need a break or someone to talk to.







WELCOME Megan Stilwill DO, FAAP, Medical Consultant, Trauma Assessment Center of NW MI
Dr. Megan Stilwill is affiliated with Munson Medical Center and studied medicine at Michigan State University College of Osteopathic Medicine. She is an ACE interface master trainer, with a background in behavioral therapy. Dr. Stilwill has worked extensively with children with various developmental disabilities in classroom, home and medical settings.

PANELISTS Robert Sprunk MD, FAAP, Munson Medical Center
Dr. Robert Sprunk studied medicine at the University of Michigan, did both his medical internship and residency at C.S. Mott Children’s Hospital, and a fellowship at Wayne County General Hospital. Sprunk’s special medical interests include ADD/ADHD in children, adolescent/teen medicine, asthma, immunizations and neonatology.

Kristen Ryder School Psychologist, TBAISD, Trauma Informed Yoga Teacher
As a school psychologist, Kristen serves TBAISD’s New Campus center-based program, which provides educational services for students with severe emotional and behavioral disabilities. She has several yoga certifications, including one earned through the Street Yoga program, in Seattle, which assists homeless and traumatized youth.

Andrea Romeyn Co-owner, Providence Organic Farm
Andrea and her husband, Ryan, have operated an organic farm near Central Lake since 2006, where they grow vegetables and raise beef, pork and lamb. Andrea enjoys communicating with the members of their CSA business, and hosting school tours and community classes. In her writing and talks, she especially focuses on the joy of eating well to feel amazing.

Jesse Wolff Sr Advisor Healthy Communities, Grand Traverse Regional Community Foundation
Jesse Wolff has a diverse background in leadership roles both in the private and nonprofit sectors. He worked in Fortune 500 corporate finance as well as investment management for over 10 years before changing careers into nonprofit work. Jesse was formerly portfolio director of program related investments for the Colorado Health Foundation. Additionally, he performed as the CEO of three award-winning Colorado nonprofits, including Goodwill of Colorado.

MODERATOR Meghan McDermott Food & Farming Program Director, Groundwork Center
Meghan oversees all of Groundwork’s food & farming projects, including farm to school, food access, culinary medicine, and many other initiatives building the local food economy. She manages Groundwork’s largest program team and promotes community food security by finding ways to connect classrooms, cafeterias and communities with healthy, locally-grown food.

The Groundwork Center for Resilient Communities is pleased to welcome you to Cultivating Community Resilience, a community gathering addressing the intersection of Adverse Childhood Experiences (ACEs) and nutrition. Groundwork, along with Munson Medical Center, Traverse Bay Area Intermediate School District, Michigan State University Extension and others have been exploring the connection between healthcare, local food, and wellness since 2014. Today’s screening of *Resilience: the biology of stress and the science of hope* reveals how toxic stress can trigger hormones that negatively affect children’s health and puts them at greater risk for disease. The film also provides a glimpse into how trailblazers in pediatrics, education and social welfare are using this study to protect children. It is our hope that through this event you will learn more about the outstanding organizations and programs in our community working to address these issues and the ways we may connect farms, food & health to build community resilience.

COMMUNITY HEALTH RESOURCE TABLES

- 1

Northern Michigan Community Action Agency
nmcaad.net 231-947-3780
- 2

Northwest Food Coalition
northwestfoodcoalition.org 231-995-7723
- 3

Northwest Michigan Health Services
nmhsi.org 231-947-1112
- 4

Light of Day Organic Teas
lightofdayorganics.com 231-228-7234
- 5

Big Brothers Big Sisters of NW MI
bigsupnorth.com
- 6

Addiction Treatment Services
addictiontreatmentservices.org 231-346-5202
- 7

Freedom in Motion Therapy
freedominmotion.com 231-432-0755
- 8

Oryana Community Co-op
oryana.coop 231-947-0191
- 9

Child and Family Services of NW MI
cfsnwmi.org 231-946-8975
- 10

Third Level Crisis Center 800-442-7315
- 11

Groundwork Center
groundworkcenter.org 231-941-6584
- 12

Lakeview Counseling
lakeviewtc.com 231-929-0300
- 13

MI ACEs Initiative
miace.org
- 14

United Way of NM MI
unitedwaynwmi.org 231-947-3200
- 14

Generations Ahead
generationsahead.org 231-360-0053
- 15

Grand Traverse Regional Community Foundation
gtrcf.org 231-935-4066
- 16

Plant Based Lifestyle TC
pbltc.org
- 17

Planted Cuisine
plantedcuisine.com
- 18

Table Health
tablehealthtc.com 231-333-1331
- 18

Therapy Today Counseling & Consulting
therapytodaycc.com 231-943-1553
- 19

Fustini's Oils & Vinegars
fustinis.com 231-944-1145
- 20

Providence Organic Farm
csafarms.org/providencefarm
- 21

Food Rescue of NW MI
goodwillnmi.org/foodrescue 231-995-7723
- 22

Munson Community Health
munsonhealthcare.org 231-935-5000
- 23

Traverse Bay Area ISD
tbaisd.org 231-922-6375
- 24

TC Community Garden
tccommunitygarden.org