



Regulate, Relate, Respond: Trauma-Informed Practices for Youth Professionals

October 20

9am-11:30pm

Bristol Motor Speedway

This workshop helps youth professionals build self-regulation skills, relational tools, and response strategies needed to show up steady and effective, even in high-stress moments. Learn how your own nervous system shapes the way you connect with and respond to the children in your care and leave with practical tools to protect your wellbeing while doing this demanding work.

Drawing on SAMHSA's Six Pillars of Trauma-Informed Care, Kristin Neff's Self-Compassion model, and C.H.A.T.S. (Connecting Humans and Telling Stories), this session blends research-backed frameworks with real-world application.