

**PTSD: HEALING CONNECTIONS** is a FREE community event that offers empowerment, education and resources to people impacted by PTSD, Stress, and Anxiety.

- For families, friends, colleagues and individuals with PTSD.
- Vendor booths focused on education, empowerment, connection and community healing.
- Featuring a panel of speakers covering a broad spectrum of topics related to PTSD, including military service, domestic violence, healing from trauma, loss of a loved one, and more.

**WHAT IS PTSD?** Post-Traumatic Stress Disorder (PTSD) is a disorder that develops in some people after experiencing a dangerous, frightening, or shocking event. **EXAMPLES OF TRAUMA THAT MAY TRIGGER PTSD** are military deployment, combat, physical or sexual assault, natural disasters, sudden loss, abusive relationships, childhood trauma, automobile accidents or major surgery. The traumatic event is persistently re-experienced through flashbacks, nightmares, disassociation, or other symptoms. Situations, places or thoughts which may trigger these intrusive symptoms are avoided, and there is a negative impact on mood, behavior, or cognition. People with PTSD may be more easily startled, have difficulty sleeping or concentrating, among other symptoms.

**SYMPTOMS OF PTSD** include flashbacks, nightmares/sleeping disorders, intrusive thoughts/memories, avoidance of triggers and reminders, isolation and dissociation, memory loss, irritability and anger, concentration difficulties, hypervigilance and jumpiness, guilt, shame, self-blame, physical aches and pains, hypersensitivity, feeling alienated.

**ADDITIONAL DISORDERS** may develop including thoughts suicide: Anxiety Disorders, Obsessive Compulsive Disorder, Borderline Personality Disorder, Depression, and Substance Abuse.

When we hear the term PTSD, our thoughts often go immediately to military veterans, many who are indeed dealing with the aftermath of being in combat. PTSD also impacts far more people than just those who have been to war. From civil servants, such as police officers, EMTs or firefighters, to survivors of any type of abuse or assault, to those who have suddenly lost a loved one, have lived through natural disasters, car accidents, surgery, and more. **PTSD HAS MANY FACES!!**

# PTSD: HEALING CONNECTIONS

**WE ARE ALL IN THIS TOGETHER!**



**Saturday February 17, 2018**

**1 to 4 pm**

**Kenosha American Legion, Post 21**

**504 58<sup>th</sup> Street, Kenosha WI**

12:45 – 1:15	Music – Vendor booths - Refreshments
1:15 – 1:45	<b>Laura Cox</b> – Welcome and Introduction
1:45 – 2:15	<b>Dan Medlock</b> – “PTSD and The First Responder”
2:15 – 2:30	<b>Break:</b> Music – Vendor booths - Refreshments
2:30 – 3:30	<b>Dr. Eileen Abrams</b> – “Trauma Informed Care”
3:30 – 3:40	<b>Questions</b>
3:40 – 3:50	<b>Laura Cox</b> - Thank you & Acknowledgements
3:50 – 4:00	Participants pick up vendor ticket prize

## SPEAKERS

**Laura E. Cox, MSOM, L.Ac., LMT**

Laura the owner of Acupuncture & Wellness of Wisconsin. She is a Natural Functional Medicine practitioner, utilizing Traditional Chinese Medicine, acupuncture, nutrition, wellness and lifestyle coaching, strategic goal setting and structuring sessions, and more. She offers classes, workshops, and educational opportunities for individuals, businesses, and groups. Laura also is passionate about personal and professional development, and coaches leadership training and development programs through Landmark Worldwide. Laura received her Masters in Oriental Medicine, and

Bachelors in Nutrition from the Midwest College of Oriental Medicine. She completed her education for massage therapy at The Chicago School of Massage Therapy. She is an Acu-Detox Specialist, certified through National Acupuncture Detoxification Association. She is currently pursuing an advanced certification in Natural Functional Medicine. She created the event PTSD: Healing Connections because of her first-hand experience with post-traumatic stress disorder. The first event was held in 2017 to shift the conversation we have about PTSD to be inclusive of everyone who has experienced trauma, and to educate and empower the community in supporting friends, family, and colleagues who are dealing with stress, anxiety, and PTSD. Laura is committed to empowering people in pursuit of their health, wellness, and lifestyle goals.

**Dan Medlock MSN (RN/CNL), MA (LPC/CSAC), MBA**

Dan retired from the Navy after 26 years of active service, transitioned into the pharmaceutical industry where he worked as a neuroscience specialty representative until his interest was drawn back to his true passion in clinical psychology. He completed a master's degree in clinical psychology at Cardinal Stritch University, retired from pharma and became an LPC/CSAC working with the underserved on Milwaukee's Southside at Renew Counseling Service. Dan entered Rush University Medical Center's College of Nursing graduating in 2015 with an MSN (RN, CNL). He continued on at Rush where he is currently within a year of graduating with as doctor

of nursing practice (DNP) in Psychiatry. Dan is a trained EMDR and HeartMath therapist and a Reiki Master who works with a great deal of trauma related disorders as part of working in general psychotherapy with children, adolescents and adults. He also works as a part-time inpatient psychiatric nurse at Aurora Psychiatric Hospital in Milwaukee and at Northwestern Memorial Hospital in Chicago with the chronically mentally ill. In 2017 Dan began working with the local volunteer first responders in Kenosha County as part of his doctoral project. Dan completed his National Registry for Emergency Medical Technician-Basic (EMT-B) and he is pursuing a paramedic certification to better align himself with the needs of the local first responders. The study group Dan works with is developing a traumatic stress surveillance program using the SPRIINT PTSD assessment tool, a mental resilience training (MRT) program using HeartMath technologies and establishing a peer driven resource group of veterans' organization who has a well-established peer resource training program.

**Eileen Abrams, Psy.D.**

Dr. Abrams is currently the chief psychologist at the Milwaukee Secure Detention Facility, which is a medium security prison, and the three minimum facilities in Milwaukee. She has worked in the Department of Corrections for over 19 years at maximum, medium, and minimum and community levels of supervision. She supervises a staff of up to 22 which includes psychologists, interns, practicum students, and psychiatry fellows. Dr. Abrams also teaches in the correctional setting and program with NAMI of Milwaukee. Dr. Abrams has taught Correctional Officers and Supervisors, Milwaukee Police Officers, Kenosha Police Officers, the West Allis, Jefferson County, Waukesha, and Milwaukee and Kenosha Sheriff's department, probation and parole officers, and Milwaukee Public School teachers about mental health diagnoses, verbal de-escalation, trauma informed care, and the crisis process. Prior to working in Corrections, Dr. Abrams worked with children and families in the community who presented with severe behavior problems and numerous complex diagnoses. She is a lead autism provider for the state of Wisconsin, and has been trained at the Medical College of Wisconsin and the University of Chicago in the area of Pediatric Neuropsychology.


## BIG THANK YOU TO OUR VENDORS, DONORS & VOLUNTEERS!


**VENDORS:** Acupuncture & Wellness of Wisconsin LLC, American Legion Post 21, American Telepsychiatry, Bridges Community Center, Comfort Coach, Energi Center for Acupuncture and Traditional Medicine, Just Live Inc., Kenosha County Aging & Disability Resource Center (ADRC), Kenosha County Veterans Services, Kenosha Police Department, Kenosha Human Development Services (KHDS), Lemon Street Gallery, NAMI Kenosha County, Oakwood Clinical Associates, Oxford House, Peace Tree, Pepperspray Pati, Robin's Nest Cakery, Sarah Rodarte Therapeutic Massage & Bodywork, Shalom Center, Women and Children's Horizons, YouPhoria3.  
**DONORS:** Waterfront Warehouse, The Buzz, Festival Foods, Oliver's Bakery, Strobe's Flower Cart.  
**VOLUNTEERS:** Laura Klemm and her team from of Journey Church; Bradford High School Musicians.

## PLANNING COMMITTEE:

- Laura Cox - Owner of Acupuncture & Wellness of Wisconsin LLC
- Lisa Zanin - Co-President of NAMI Kenosha County
- Kris Coen and Adalia Shchurovsky –NAMI Kenosha County Board Members.

## SPONSORS:

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*The Well, Choose Well, Be Well*  


**NAMI Kenosha County National Alliance on Mental Illness**  
[www.namikenosha.org](http://www.namikenosha.org)  




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