

The Somerset County Department of Human Services
&
Human Services Advisory Council Present

The Human Mosaic:

A Celebration of Commonality and Uniqueness

June 5, 2019

Join your colleagues for a full-day conference to inform, reenergize,
and explore best practices in human services.

[CLICK HERE TO REGISTER!](#)

\$20 per Attendee

Fee waived for SC Department of
Human Services Staff

*Presentation of the Cornelia B. Thum
Award for Leadership & Vision in
Human Services*

Conference Presentations Include

Keynote Presentation

Restoring Civility in America

Ken Nwadike Jr.

Workshops

- ◆ Cultural Humility
- ◆ The Neuroscience of Optimal Well-Being
- ◆ Environmental Justice: A Social Work Perspective
- ◆ Thriving in the Midst of Challenges
- ◆ Case Management, Holistic Care & Recovery Supports
- ◆ How Mindfulness Practice Activates Innate Healing and Happiness

**5 Professional Development Hours will be
Awarded**

Registration can also be found at <https://bit.ly/2LIAU8Z>

Registration & Breakfast

8:15 - 8:45am

Welcome & Introduction by

Somerset County Freeholder

Shanel Robinson

8:45 - 9:00am

Conference

9:00am - 3:30pm

Raritan Valley Community College

Conference Center

118 Lamington Rd

Branchburg, NJ 08876



2019 Somerset County Board of Chosen Freeholders

Brian D. Levine, Director • Patricia L. Walsh, Deputy Director

Brian G. Gallagher • Shanel Y. Robinson • Sara Sooy

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Human Services Conference
June 5, 2019

Schedule of Events

8:15 - 8:45am	Registration & Buffet Breakfast
8:45 - 9:00am	Welcome Shanel Robinson, Somerset County Freeholder
9:00 - 10:00am	Keynote Presentation Ken Nwadike Jr., peace activist, video journalist and founder of the Free Hugs Project
10:00 - 10:15am	Break
10:15 - 12:15pm	Session 1 Workshops
12:15 - 1:00pm	Buffet Lunch & Presentation of the 2019 Cornelia B. Thum Award
1:00 - 1:15pm	Break
1:15 - 3:15pm	Session 2 Workshops
3:15 - 3:30pm	Closing Remarks Michael J. Frost, Somerset County HS Director



The Human Mosaic

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Conference Workshops

Session 1

A. Cultural Humility

Examine widely held stereotypes, reflect on the differences and intersections of race, culture, ethnicity and identity and explore strategies for helping diverse families as they navigate an ever-increasingly color conscious world.

Presented by: Stefani Moon

B. The Neuroscience of Optimal Well-Being

Focused on reducing stress, resolving trauma and recovering resilience. Learn to resource, rewire and regulate your body-brain (and those of your clients) for reduced stress, greater well-being and improved relationships.

Presented by: Lori Schlosser

C. Environmental Justice: A Social Work Perspective

Examine the organic relationship between social work and the physical environment and expand your fund of knowledge on eco-sensitive practices.

Presented by: Christine Morales & Mariann Bischoff

Session 2

D. How Mindfulness Practice Activates Innate Healing and Happiness

Update on the latest scientific findings as well as the opportunity to learn and practice a variety of mindfulness exercises.

Presented by: Lori Schlosser

E. Thriving in the Midst of Challenges

Emotional intelligence assessment and learn to recognize, understand and manage emotional responses, focus on the issue at hand and be more productive.

Presented by: Patrick Fennell

F. Case Management, Holistic Care & Recovery Supports

Develop a greater understanding of the importance of recovery supports and community connectedness in long-term sustainable outcomes.

Presented by: Alexandra Lopez

