

Thought Leaders Podcast
Weekly Discussion & Resource Guide

Background

The connective, inclusive nature of the Alliance is focused on removing barriers and establishing a strong cross-disciplinary network of relationships between scientists, experts, practitioners and professionals across multiple sectors within our Region - but we don't want to sing to the regular choir, we want to actively engage and include those who aren't usually singing with us. And that's where you and this podcast come in...

The Thought Leaders podcast features locally-based conversations that flowed out of world-leading expert conversations. We hope you are inspired to keep the conversation going - at your workplace, within your community, and with friends and family.

We'll provide a couple of conversation starters for each episode (a full series discussion guide will follow). Use these or come up with your own based on your knowledge and life experience:

Podcast Series Conversation Starters

- ◆ What are some of the biggest challenges that are facing the children in our community and their families today?
- ◆ Are there any that are specific/unique to the community you serve?
- ◆ How do these challenges/issues intersect with one another?
- ◆ How might conversations impact the work you do?
- ◆ Who is missing or would add value to your conversations?



Episode #3
“What Happened
to You?”
Available Now

Our third Thought Leaders podcast was inspired by the work of Dr. Bruce Perry. During the “Human Connections” Generator Event Dr. Perry and Dr. Clinton talked about how early experiences shape our lives providing powerful scientific and emotional insights into the behavioural patterns so many of us struggle to understand. His work is based on a groundbreaking shift from asking “what’s wrong with you” to asking “what happened to you?”. In this episode local thought leaders and activists Kimiko Shibata and Sheri Roberts bring personal and professional experiences and insights into how this shift can change the way we understand and address trauma in our children and ourselves.

Thought leaders:

- ◆ [Kimiko Shibata](#), MLL Resource teacher, WRDSB
- ◆ [Sheri Roberts](#), Community Resource Coordinator, Independent Living Centre of Waterloo Region

Host [Colleen James](#), the CEO & Principal Consultant of Divonify speaks to the impact of trauma in her work to create environments where everyone can thrive by changing the status quo of racial equity and social justice in the workplace.

[Suggested Discussion prompts:](#)

- ◆ What can we do upstream to help mitigate impacts of trauma?
What are real safety nets we can put in place here?
- ◆ Often helping children thrive is about providing support for the adults in their lives.
What do we need to do to help parents/caregivers?
- ◆ Is it time for leaders to adapt from “I know best” to listening to those affected more?
Who do we need to listen to? Who isn’t being heard? How can leadership change

and adapt and ask, “what do you need?”

- ♦ In this discussion the problems some people have with trauma/stress start with getting basic needs like housing, food security, and a living wage - what needs to happen first - is there any way to help make needs assessments happen faster?
- ♦ How are the most vulnerable people in our region doing? They have borne the brunt of the pandemic. What do we need to do to shore up their wellbeing - and that means the adults who are vulnerable AND trying to raise children...if parents aren't feeling safe and secure in their life, how can children flourish?
- ♦ Is the system itself traumatizing? What can we do to humanize it?
- ♦ In-person support has been difficult for newcomer families. What needs to happen to help them establish here?
- ♦ How do we make sure we connect with people who aren't making their need for support evident? How can we make sure all of us in the alliance and in our community know as much as we can about the services and agencies available?

Diving Deeper



Sheri Roberts

Community Resource Coordinator, Independent Living Waterloo Region

In her professional life, Sheri's day-to-day life revolves around helping people with disabilities connect with resources in the community. She works tirelessly to help people gain access to housing, jobs, any and all supports that open access to them - that help them thrive. And, she says, relationships are key to that - they were key to her life too. "I live with a spinal cord injury. I was injured in a car crash at the age of 18...I was a child at the time when I was injured, a young adult child, and having friends and family support was 100% key. That was the key component to my success and to the success of other people I saw around me. The other young people who sustained a life-altering injury and went on to do incredible things, those that did best were those that were surrounded by amazing, supportive parents, extended family, friends, things like that."

<https://www.ilcwr.org/>

<http://waterlooarchitecture.com/bridge/blog/2018/01/11/stopgap-ramps-in-cambridge/>

<https://www.youtube.com/watch?v=ue5d4pD69Gk>



Kimiko Shibata

MLL Resource Teacher, K-8, WRDSB

Kimiko is a multilingual resource teacher - another member of our community who works daily to help people find what they need to belong and succeed in Waterloo region. All newcomer students are assessed by Kimiko for math, reading, writing and speaking when they first arrive and she helps parents and families find the resources they need to get a foothold in their new country.

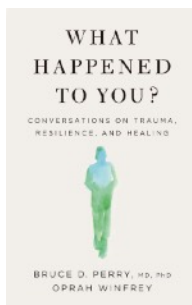
“I often say, ‘we teach kids first, we teach curriculum second.’ And we know that kids heal from adversity and trauma through that relational scaffolding and school is honestly a great place for so many kids to regularly access safe, caring, and consistent relationships with caring adults. And not just from teachers like myself, all caring adults in the building can form these kinds of important relationships with kids. And we can also be a safe harbour for parents and guardians, especially those who have arrived from areas of conflict as refugees, or those who might actually be healing from their own trauma related to schooling.

Kimiko was the winner of the 2021 Leading Women, Leading Girls - Building Communities Recognition Award for her work. Jeewan Chanicka, the director of education for WRDSB said in an article about Kimiko’s award that, “her willingness to build relationships so every member of the community experiences a strong sense of belonging and care is something worthy of recognition and admiration. It is predicated on knowing that without a sense of belonging student achievement and well-being cannot be attained especially for those most marginalized,” Chanicka said.

<https://communityedition.ca/kimiko-shibata-wins-recognition-award-for-work-with-multilingual-students-in-wrdsb/>

<https://www.wrdsb.ca/blog/2021/12/01/educator-recognized-for-dedication-to-advocacy-and-supporting-multilingual-students/>

On twitter: @ESL_fairy



Bruce D. Perry, M.D., Ph.D. is the Principal of the Neurosequential Network, Senior Fellow of The ChildTrauma Academy and a Professor (Adjunct) in the Departments of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University in Chicago and the School of Allied Health, College of Science, Health and Engineering, La Trobe University, Melbourne, Victoria Australia.

Over the last thirty years, Dr. Perry has been an active teacher, clinician

and researcher in children's mental health and the neurosciences holding a variety of academic positions. His work on the impact of abuse, neglect and trauma on the developing brain has impacted clinical practice, programs and policy across the world. Dr. Perry is the author, with Maia Szalavitz, of [The Boy Who Was Raised As A Dog](#), a bestselling book based on his work with maltreated children and [Born For Love: Why Empathy is Essential and Endangered](#). Dr. Perry's most recent book, [What Happened to You? Conversations on Trauma, Resilience, and Healing](#) (2021), co-authored with Oprah Winfrey, is a #1 New York Times Bestseller.

<https://www.bdperry.com/>
<https://www.childtrauma.org/>
<https://www.neurosequential.com/>



Dr. Jean Clinton of McMaster University is one of four renowned experts to advise the Ontario government on bold reforms to the province's publicly funded education system. The clinical professor of psychiatry and behavioural neurosciences of the Michael G. DeGroot School of Medicine is a specialist in child psychiatry. Her expertise is in the development of young minds and she is recognized internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. She has authored papers on early child development and poverty, infant neglect, children's mental health, resilience, and on adolescent brain development.

Dr Clinton holds a Bachelor of Music Degree in Education and a medical degree and Fellowship in Psychiatry from McMaster University. Jean's greatest accomplishment is being the mother of 5 great kids who range in age from 21-31 years.

<https://drjeanclinton.com>

'Love Builds Brains' by Dr. Jean Clinton

<https://tallpinepress.ca/products/love-builds-brains>