

# Proud to Announce the 2019 OAFCS Featured Speakers



**The ACE (Adverse Childhood Experiences) Study:  
Implications for Better Practice**  
Diane Karther, Ed.D, MS, Developmental Specialist and Educator  
Director of Early Childhood and Prevention, Mental Health &  
Recovery Board of Ashland County

Diane will provide findings from the original Adverse Childhood Experience (ACE) study and follow up studies will be examined to help all individuals understand the impact of trauma on life outcomes and will help professionals use a “trauma-informed” lens to improve practice methods and promote success. Diane has over thirty-five years of working for children and families in various positions ranging from university faculty in early childhood education and child and family development as well as work in parent education, university extension programming, and childcare and afterschool programs. Her current work involves coaching educators, other professionals and caregivers to understand the influences of trauma on brain processing and behavior and use resiliency-based approaches to support healthy child development.



**Wellness: It's more than diet and exercise!**  
**Family & Consumer Sciences and the Integrative Nature of Wellness**  
Deborah Sullivan, PhD, Wellness Director, Ashland University

An evolution of Wellness and the Wellness model implemented at Ashland University will be described. Benefits of applying an integrative approach to Wellness will be shared during this interactive session. Deborah has held positions at Ashland University since 1983, originally as Family & Consumer Sciences (FCS) faculty and chair. Upon restructuring of the FCS Department at Ashland, she was asked to fulfill the newly created position as Director of Campus Wellness, which she has held since 2016.



**Arm Chair Yoga “Together in Motion”**  
Kelly M. Schulze, M.Ed., 200RYT

Kelly taught Family & Consumer Sciences at Bexley City Schools. She is the Founder of Village Yoga and Lead Teacher of Together in Motion. After 15 years in the high school classroom, Kelly has found a way to connect her two passions, fitness and teaching to help others find their balance physically and mentally in life. Kelly loves exploring the physical, emotional, and mental body, discovering its unbridled strength and hidden (or not so hidden) challenges. Yoga is an ideal instrument, to explore these components and discover the interconnectedness of each layer of our True Self. Kelly is a certified iRest Yoga Nidra, Pranayama and Y12SR instructor.



**Question. Persuade. Refer. Certification**  
**Three steps anyone can learn to help prevent suicide.**  
David C. Ross, MA, LPCC-S, Associate Director Mental Health & Recovery  
Board of Ashland County



He is an independently licensed clinical counselor in Ohio with over 25 years of direct care and managerial/organizational experience. The QPR Institute certifies Mr. Ross as a “Gatekeeper Instructor.” In his role with Board, Mr. Ross promotes attitudes about and services for emotional/mental suffering and addiction recovery that embrace the values and principles consistent with Trauma-Informed Care, Resiliency & Recovery and Medication Optimization. **All participants will receive their personal QPR Certification after attending David Ross’s class at the conclusion of his program.**