



## 2024 Pre-Conference Agenda

### Tuesday, May 7

10:00 a.m. – 12:00 p.m.

#### **I AM A WELL for Wellness: Self-Care as the Innate Prescription for Resilience and Transformative Power of Pause, Part I**

**Dr. LaDrea Ingram**, Founder, LaDream Institute, LLC

Associate Research Scientist of Public Health, Yale University School of Public Health, Department of Social Behavioral Sciences

The I AM A WELL for Wellness: Self-Care as the Innate Prescription for Resilience and Transformative Power of Pause session has been thoughtfully designed to guide participants on a personalized journey towards wellness and resilience. The intent is to recognize that self-care is not a one-size-fits-all prescription but an intentional, self-discovery process unique to each individual.

This isn't just a talk but a care-driven conversation, including an immersive experience that redefines self-care as more than a buzzword—it becomes an intentional, personalized practice. The session will empathize with the unique challenges faced by those who support trauma survivors and aim to equip them with practical strategies for maintaining their own well-being.

12:00 p.m. – 1:30 p.m.

**Lunch** (on your own)

1:30 p.m. – 4:00 p.m.

#### **I AM A WELL for Wellness: Self-Care as the Innate Prescription for Resilience and Transformative Power of Pause, Part II**

**Dr. LaDrea Ingram**, Founder, LaDream Institute, LLC

Associate Research Scientist of Public Health, Yale University School of Public Health, Department of Social Behavioral Sciences

In this session, participants will engage in care-driven conversations that can lead to building courage, creativity, and clarity and ultimately foster resilience. The session will delve into the physical, emotional, and mental aspects of self-care, emphasizing the importance of maintaining a balanced approach across all domains. Participants will gain insights into recognizing the signs of secondary and vicarious trauma and understanding its potential impact on their well-being. Additionally, participants will uncover effective self-care strategies to mitigate these effects.

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## Speaker Bio



**Dr. LaDrea Ingram**  
Founder  
LaDream Institute, LLC

Dr. LaDrea Ingram is a distinguished scholar and transformational leader whose work is centered on fostering community resilience, collective healing, and the pursuit of justice. Currently serving as Research Faculty at the Yale School of Public Health, Dr. Ingram brings her extensive expertise as a behavioral scientist to bear on pressing public health issues. Her dual licensure in mental health counseling and addiction further equips her to address the complex challenges of intergenerational trauma through culturally responsive behavioral health interventions.

In addition to her impactful academic and scholarly work, Dr. Ingram is the founder of ProjectiGive, a non-profit organization committed to community building. This initiative, alongside her research, exemplifies Dr. Ingram's dedication to creating environments that inspire and empower both individuals and communities.

As a dually licensed clinician, Dr. Ingram's work extends beyond the theoretical, providing practical healing and support for those wrestling with mental health and addiction. Her contributions to her field are marked by a unique blend of social behavioral science and community leadership development, bridging the gap between academia and practical application.

