

The Courage to Understand: Nurturing a Trauma-Informed Community

In conversation with
Dr. James Garbarino and Preston C. Tisdale, Esq.



Dr. James Garbarino
Psychologist
Expert on Violence and
Children



Preston C. Tisdale, Esq.
Partner, Koskoff Koskoff & Bieder
Civil Justice Advocate



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Welcome!

It is my pleasure to welcome you to our annual Symposium, where we come together with a shared commitment to better understand and address the root causes of violence in children—its deep connections to trauma—and explore how our communities can prevent harm and foster healing.



Addressing acts of violence is a complex issue that requires comprehensive solutions. Schools play a critical role in this effort and must adopt targeted strategies to ensure both physical and psychological safety for all students. LifeBridge has partnered with three high schools in Bridgeport to support school personnel, students, and families. Through trauma-informed practices, social-emotional learning (SEL) programs, and enhanced access to mental health services, we are working to create safer, more supportive environments where young people can learn, grow, and thrive.

We recognize this work does not occur in isolation. The mental health and wellness challenges facing youth, adults, and families across Greater Bridgeport are multifaceted and increasingly urgent. Our commitment remains strong in the face of shifting revenue streams and a constantly evolving service landscape. At LifeBridge, we continue to provide trauma-informed services, encourage collaboration, and promote shared learning across systems to ensure no one is left behind. Our Trauma-Informed Community of Practice (TI-CoP) has engaged 470 individuals across 212 organizations statewide this past year and is still growing.

Thank you for being part of this important moment. Your presence highlights the strength of our collective will and the incredible potential of our shared action. Together, we can build a future grounded in empathy, equity, and resilience.

With gratitude and resolve,

Edith Boyle, LCSW

President & CEO

PROGRAM

5:50 PM

WELCOME

Edith Boyle, LCSW
President and Chief Executive Officer,
LifeBridge Community Services

6:00 PM

FIRESIDE CHAT AND Q&A

In conversation with Dr. James Garbarino and Attorney
Preston C. Tisdale

7:00 PM

PARTNER VIDEO

Featuring: Child and Family Guidance Center, Bassick High
School, StreetSafe Bridgeport/Catalyst CT, and Wakeman Boys
and Girls Club

7:10 PM

PRESENTING SPONSOR

YALE NEW HAVEN HEALTH

Joubin Bavarian, MHA, BNS, RN, NEA-BC, FACHE
Vice President of Operations and Nursing
Bridgeport Hospital

7:15 PM

PANEL DISCUSSION AND Q&A

Moderator: Edith Boyle, LCSW
LifeBridge Community Services

8:15 PM

NETWORKING AND ADJOURN

**With heartfelt thanks
to our sponsors and donors**

Your generous support makes it possible for us to offer this annual event free of charge, ensuring it remains accessible to all in our community. The event also serves as LifeBridge's signature fundraiser, helping us continue our mission throughout the year.



Dr. James Garbarino

Renowned Psychologist and
Expert on Violence and Children



Dr. Garbarino's groundbreaking work has earned him multiple national awards, including recognition by the American Psychological Association as one of the most "Influential Psychologists" for his contributions to the field of trauma.

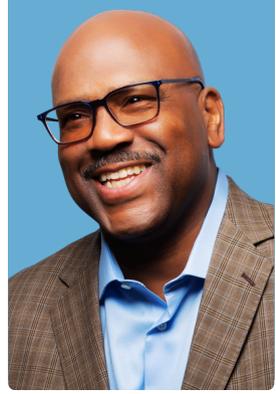
Dr. Garbarino is an Emeritus Professor of Psychology at Cornell University and Loyola University Chicago. From 2006 to 2020, he served as the Maude C. Clarke Chair in Humanistic Psychology and was the founding Director of the Center for the Human Rights of Children at Loyola University Chicago. Prior to that, from 1995 to 2006, he was the Elizabeth Lee Vincent Professor of Human Development and Co-Director of the Family Life Development Center at Cornell University. He is also a Fellow of the American Psychological Association.

Dr. Garbarino has authored numerous influential books, including *Lost Boys* and *Miller's Children*. Throughout his career, Dr. Garbarino has consulted and advised numerous organizations, including the National Committee to Prevent Child Abuse, the National Institute of Mental Health, the American Medical Association, the National Black Child Development Institute, the National Science Foundation, the U.S. Advisory Board on Child Abuse and Neglect, and the FBI.



Preston Tisdale, Esq.

Preston Tisdale is a partner at Koskoff Koskoff & Bieder in Bridgeport and a dedicated advocate for civil justice. Previously, he served as the Director of Special Public Defenders for Connecticut, managing operations within the Public Defender Services.



The Immediate Past President of the Public Justice Foundation, he has also been a member of the Board of Governors for both the Connecticut Trial Lawyers Association and the American Association for Justice. Committed to community service, he remains actively involved with various local boards, including Fairfield County's Community Foundation and the Bridgeport Public Education Fund.



PANELISTS



MANISHA JUTHANI, MD
Commissioner, Connecticut,
Department of Public Health



EARL BLOODWORTH
Executive Director,
Connecticut Against Gun Violence
[Bridgeport Blueprint](#)



MEREDITH McNAMARA, MD, MS, FAAP
Assistant Professor of Pediatrics,
Yale School of Medicine



SHERYL VELIZ, MD
Child and Adolescent Psychiatry,
Hartford HealthCare, St. Vincent's
Behavioral Health



JACQUELYN SANTIAGO NAZARIO
CEO,
COMPASS Youth Collaborative



MODERATOR

EDITH BOYLE, LCSW
Chief Executive Officer,
LifeBridge Community Services

**[CLICK HERE TO VIEW PANELISTS
AND MODERATOR BIOS.](#)**

Community Violence Interventions

Connecticut's Commission on Community Gun Violence, led by Dr. Manisha Juthani, works to reduce gun violence through community-based prevention and support. Connecticut Children's Injury Prevention Center helps lead this effort by managing grants, offering technical support, and promoting public health strategies in partnership with state and local organizations, with a focus on protecting youth and high-risk communities.

Grantees

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Community Training

Community Resiliency Model (CRM)

Stressful or traumatic events can impact our minds and bodies. CRM is an evidence-based training that helps individuals understand their nervous systems and how to calm their stress response system to return to a state of well-being through simple wellness techniques. Learning how our brains respond to stress shows that our reactions stem from biology, not mental weakness.

CRM training benefits employees, service providers, parents, children, and the general public. We provide this training free of charge. [Request a training.](#)

Trauma-Informed Community of Practice (TI-CoP)

LifeBridge launched Connecticut's first Trauma-Informed Community of Practice (TI-CoP) to promote trauma-informed evidence-based practice and shared learning at our inaugural Symposium last year. The TI-CoP meets monthly, uniting service providers across sectors to learn from experts, share experiences, and apply trauma-informed best practices. All are welcome and updates are shared on our website.

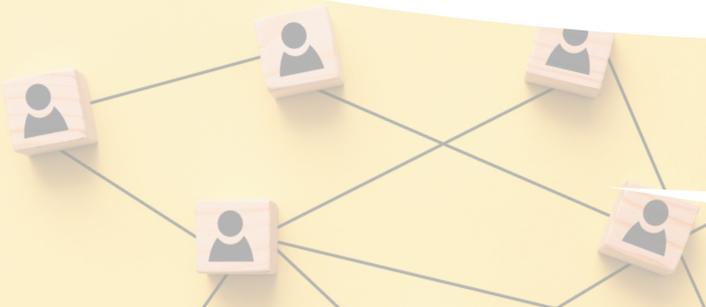
Impact & Engagement

- 93% of Participants report the TI-CoP has expanded their knowledge and understanding of trauma
- The TI-CoP has engaged 470 individuals across 212 organizations statewide and is still growing
- 60-80 Monthly Participants
- Sector Representation
 - Healthcare 32%
 - Child Welfare 5%
 - Education 10%
 - Law/Courts 7%
 - Human Services 27%
 - Other 19%

*Register to join
us virtually
next month!*



Click or Scan



About LifeBridge

We are committed to addressing the complex challenges faced by youth, adults, and families in the Greater Bridgeport community in the realm of mental health and wellness. Our services, policies, and workplace culture are shaped through a trauma-informed lens, which ensures all are developed with the goal of helping our staff and clients feel physically and psychologically safe.

Please Donate

The Symposium also serves as LifeBridge's signature fundraiser. If able, please scan or click the QR code to support. Every donation counts.



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Where every doctor, nurse and caregiver provides the greatest of care

Bridgeport Hospital, ranked by U.S. News & World Report as the Best Hospital in the Bridgeport metro area, is a not-for-profit acute care hospital primarily serving patients from Fairfield and New Haven counties. Bridgeport Hospital has 501 beds on two campuses, including Bridgeport and Milford, plus 42 beds licensed to Yale New Haven Children's Hospital. All medical specialties are represented, with comprehensive and advanced services in orthopedics, neurology, neurosurgery, geriatrics, cancer, and heart and vascular conditions.

About Our Programs

- Recognized by the American College of Surgeons and State of Connecticut as a Level II Trauma Center; southern Connecticut's only state-designated regional center for emergency preparedness and disaster response.
- Connecticut's only Burn Center, with Hyperbaric Wound Healing Centers in Bridgeport and Milford.
- Designated as a Primary Stroke Center by the Joint Commission and State of Connecticut.
- A regional leader in advanced heart and vascular procedures, with state-of-the-art diagnostic and surgical technologies.
- Dedicated REACH Program, an intensive outpatient program (IOP) for youth, adults and older adults.

Outpatient Services:

- Park Avenue Medical Center in Trumbull offers the Same-Day Surgery Center, Yale New Haven Children's Hospital Pediatric Specialty Center; Smilow Cancer Hospital Antenatal Testing Center; and specialty physician offices.
- Expanded orthopedic services and Urgent Care Centers in Fairfield and Milford



**Bridgeport Hospital 267
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YaleNewHavenHealth
Bridgeport Hospital



Community Mural Club

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Bridgeport

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Please share your experience.

Thank you again for attending the Symposium.

-The LifeBridge Team



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