

Good Morning!

Champion of Change: A Journey of Healing & Resilience

Keynote Address

May 2021

William Kellibrew IV

*Global Advocate for human, civil,
children, and victims' rights*

Objectives

Participants will be able to:

- **Describe the impact and trajectory of a childhood witness and victim of complex trauma**
- **Discuss how values play a role in healing**
- **Discuss practical tools for professionals and systems that support individuals and families on their healing journey**

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Impact

William Kellibrew Video

William's Personal Journey



William



July 2nd, 1984

3 Killed in Capitol Heights Shooting

By Eugene L. Meyer Washington Post Staff Writer

The Washington Post (1974-Current file); Jul 3, 1984; ProQuest Historical Newspapers The Washington Post (1877 - 1989)
pg. A1

Parolee Turns Gun on Woman, Boy, Self

3 Killed in Capitol Heights Shooting

By Eugene L. Meyer
Washington Post Staff Writer

A 43-year-old Alexandria man, paroled last November from a Virginia prison where he had been serving a sentence for murder, fatally shot his girlfriend and her son yesterday at their Capitol Heights home and then killed himself, according to Prince George's County police.

Friends and neighbors of Jacqueline Kellibrew, 30, who was killed along with her 13-year-old son, Anthony Cephas, described her relationship with Marshall Brent Williams as violent and stormy. They said he had repeatedly assaulted her and that police had been called to the house on several occasions.

Carrie West, a neighbor with whom Kellibrew spent her final hours, said that at about 9:30 a.m., a few minutes after Kellibrew left

the West home, Williams dragged Kellibrew from a car, with Kellibrew calling for help.

"All I heard was her hollering. 'Call the police, please,'" said West. West said Williams dragged Kellibrew to Kellibrew's house. West said she called police twice and then heard shots fired in the house.

Police also reported receiving a call from Kellibrew's 10-year-old son, William, who they said witnessed the shootings but was unhurt.

Police arrived on the scene shortly after 10 a.m., but waited two hours before trying to enter the house, believing they were facing "a barricade situation." They sealed off the area around the house at 5018 Gunther St. and evacuated nearby neighbors.

Shortly before noon, after unsuccessfully attempting to establish contact by phone and megaphone with those inside the house, police

See SHOOT, A23, Col. 1

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By Bill Sneed—The Washington Post
Two Capitol Heights children console each other after learning of shootings yesterday.

3 Killed in Capitol Heights Shooting

SHOOT, From A1

lobbed tear gas canisters inside and entered the two-story, four-bedroom subdivision home. They found three bodies on the ground floor, all apparently dead of gunshot wounds, and recovered a handgun, according to police spokesman Bruce Gentile.

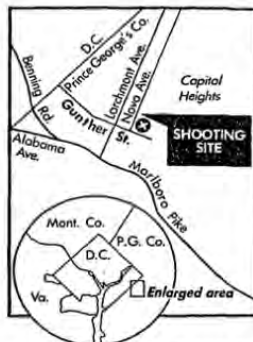
Josephine Jackson, 32, who said she was a neighbor and close friend of Kellibrew, said the victim had spent several hours at her home Sunday night playing cards. "She was acting just happy-go-lucky, but her eyes weren't right," Jackson said.

As the hour got later, Jackson said, she and her husband invited Kellibrew to stay over. Instead, Kellibrew decided to go home at about 2 a.m.

But as Kellibrew headed home, West said, Williams, who was out on the street, grabbed a pole from a trash bin, and a frightened Kellibrew ran to West's house. "She was scared of him," said West.

Kellibrew "called me from there to say she was all right," Jackson said. She said Williams knocked on her door at 3 a.m. demanding to see Kellibrew. Jackson said he refused to believe that she had gone.

West said Kellibrew "showed me some of her bruises behind her ear and on her head," which she said Williams had inflicted. "She was so



By Alice Kresse—The Washington Post

nervous and tense. She didn't seem like herself," West said.

West, 30, said that Kellibrew left her house in the morning with a woman friend who intended to drive her to her father's house. But Williams appeared again, pointed a handgun at the friend's head, then dragged Kellibrew from the car, West said.

Minutes later, West and other neighbors heard shots, they said.

Yesterday afternoon a yellow ribbon marking the crime scene encircled the house as William Kellibrew

Sr., stepfather of the dead boy, arrived. He had been called to the house from his construction job. He said Jacqueline Kellibrew had five children, aged 6 to 15.

An 8-year-old daughter was at a friend's house at the time of the shooting, and two other children were with their grandmother, friends said.

Wes Broddie, the dead boy's basketball coach at nearby Oakcrest Community Center, said of Anthony Cephas, "He was one of the nicer kids in the neighborhood. He never mentioned anything about family problems."

Jackson said Kellibrew and her children had lived in the house for about a year. She said Kellibrew and Williams had been seeing each other for three or four months. "We've been telling her something's wrong with him," she said.

Police said they were checking reports that the house had also been the scene of a shooting before Kellibrew moved in.

They were also seeking more information about Williams. A control center officer at the Petersburg, Va., federal penitentiary, said, "Detectives have been calling, but we don't have him in our computer anymore. If he maxed out, did all his time, he would have been wiped out of the computer."



By Bill Sneed—The Washington Post
Officials carry body of victim from the Capitol Heights house where shootings took place yesterday morning.

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July 3rd, 1984

Slain Woman's Father Accused of Shooting Neighbor

By Eugene L. Meyer Washington Post Staff Writer

The Washington Post (1974-Current file); Jul 4, 1984; ProQuest Historical Newspapers The Washington Post (1877 - 1989)
pg. B12

Slain Woman's Father Accused of Shooting Neighbor

By Eugene L. Meyer
Washington Post Staff Writer

The father of a Capitol Heights woman slain Monday morning in a double murder and suicide was charged with assault with a deadly weapon yesterday after he allegedly shot a neighbor in a dispute over a parking spot for the undertaker who had come to discuss funeral arrangements.

Police allege that Jack Mitchell, 58, of 1332 Levis St. NE, shot Leland Thomas, 49, who lives in a basement apartment at the same address, after Thomas refused Monday evening to relinquish a parking space for the hearse that the undertaker was driving.

The hearse drove off before the shooting, police said, adding that during the course of the argument, Mitchell went to get a gun and a scuffle ensued. A first shot, fired accidentally, according to police, hit Mitchell, who received a flesh wound and powder burns. Thomas was struck in the leg and stomach by a second shot. Both were taken to D.C. General Hospital, where Mitchell was treated and released. Thomas was reported in stable condition yesterday.

The incident added a bizarre twist to events in the aftermath of the shootings. According to friends, the slain woman, Jacqueline Kellibrew, stayed away from her home Sunday night to avoid her estranged boyfriend, Marshall Brent Williams, 43.

Monday morning, according to police, Williams dragged Kellibrew from a friend's car to her nearby home where he killed her, her 13-year-old son Anthony Cepas, and then turned the gun on himself.

Williams, who had been convicted of murder in 1971, was described yesterday as a "good prisoner," by warden Robert Verdeyen at the federal penitentiary in Petersburg, Va., from which Williams was released on Dec. 8, 1982.

Verdeyen said Williams was a "very congenial individual who abided by our rules and regulations. He did everything expected of him. His adjustment was good."

Verdeyen said Williams was committed to the federal prison system in November 1971 and served 11½ years in institutions at Talladega, Ala., and Petersburg for a second degree murder committed on the Quantico Marine Base in Virginia.

An FBI spokesman said the agency's records show Williams had also been charged with desertion from the military in 1971.

"Just prior to his release, we moved him into minimum security housing," Verdeyen said. His last detail in prison, the warden said, was with the industrial operations unit, where prisoners construct electronic cables for the U.S. Department of Defense.

Following his prison term, Verdeyen said, Williams spent several months at a halfway house on Park Road NW in Washington.

"Obviously, he completed the transition fairly well," said Verdeyen, asserting that Williams would otherwise have been returned to prison.

Carrie West, a friend and neighbor with whom Kellibrew spent her final hours, said Williams was a vegetarian who repeatedly castigated the two for drinking beer and smoking cigarettes. "He just kept telling us it wasn't good for us," said West. But she said she also knew that Williams had a darker side.

"He would beat her [Kellibrew] for little or nothing," West said. "She would come here and hide out, just like she did yesterday, or call her parents or her brother. She told him a couple of weeks ago she'd prefer him leaving so she could just be with her kids," West said. "He just didn't act normal."

West said Kellibrew met Williams earlier this year while going for a walk on Larchmont Avenue, a nearby road. She said Williams, of Alexandria, was unemployed, and would frequently visit a friend in the neighborhood.

Kellibrew, 30, a welfare recipient with five children who was separated from her construction-worker husband, had lived in the two-story, four-bedroom house at 5018 Gun-

ther St. since last November, according to Archibald Alexander, acting director of the Prince George's Housing Authority.

"She was very congenial; everybody really liked her," Alexander said. "She was always very proud of her family." Alexander said she was especially proud of her 10-year-old son William Kellibrew, who police said witnessed the shooting but was unhurt. "The little boy got As and Bs. She used to show the report card to the caseworker," Alexander said.

"Most of my [rent subsidy caseworkers] staff are ladies," he said. "They could theoretically walk into a situation like that. They're a little bit apprehensive today, saying, 'It could be me.' They're a little queasy," he added.

Carrie West was no less upset yesterday. After helping Kellibrew's mother remove some of her things from the house where the shootings occurred, she said, "I just wish it would get over. It's over now. It's just getting me upset. I'm trying to live it down."

Kellibrew's father, she said, "probably just wasn't in his right frame of mind" when he allegedly shot Thomas in the parking space dispute. She said Kellibrew's mother, with whom her daughter's children are staying, was "trying to stay strong, for the kids' sake."

Washington Post staff writers Lyle Harris and Al Lewis also contributed to this report.

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Healing happens in relationships



TOY AISLE



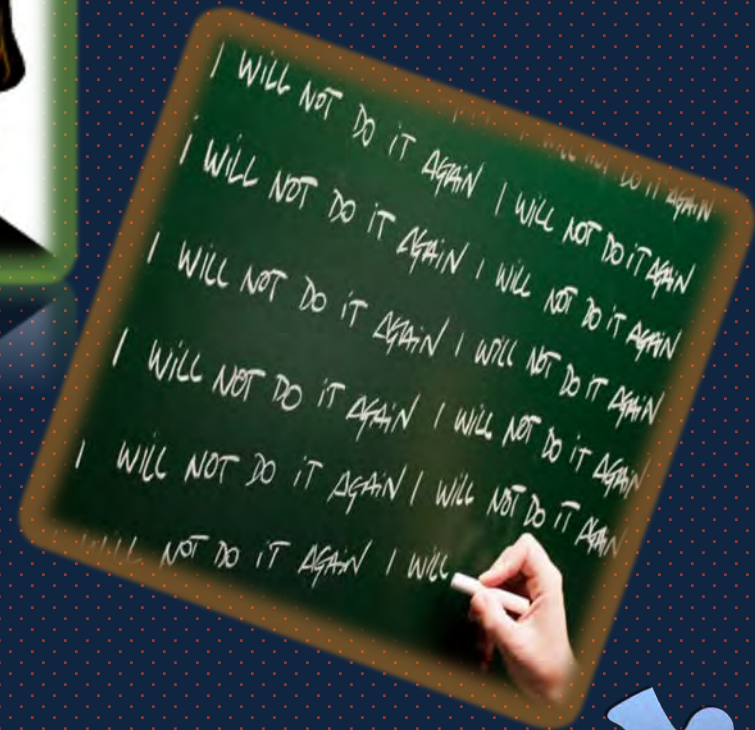
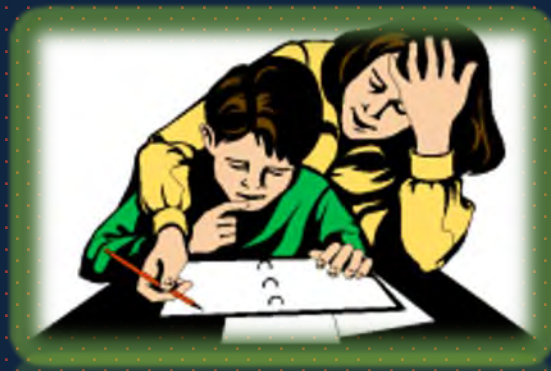
GRANDMA



Picking up the Pieces



Returning to school (5th Grade)





Picking up the Pieces



Returning to school (6th Grade)



lo·qua·cious





Picking up the Pieces



Returning to school (7th Grade)



Pathway to Healing...

About Christine



Pathway to Healing...

About Christine



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The Role of Values in Healing

The Role of Values in Healing

**“Our values and beliefs drive
our decision making, actions
and behavior.”**

-Richard Barrett

Values in Systems

- **Values and Healing in Systems**
- **Commonwealth Center for Children and Adolescents (CCCA) - Staunton, Virginia**

Values in Systems

- **About the Commonwealth Center for Children and Adolescents (CCCA) - Staunton, Virginia**
- **Review of the Personal Safety Assessment Tool**

About CCCA

- Acute care and mental health facility for children under the age of 18 years old
- Operated by Virginia Department of Behavioral Health and Developmental Services
- Admissions are based on referrals from community mental health agencies or juvenile courts
- Approximately 46 beds

Personal Safety Assessment Tool

- **About Personal Safety Assessment (PSA) Tool**
- **Partnership with the Substance Abuse and Mental Health Services Administrations' National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint: Virtual Learning Network**

SAFETY ASSESSMENT

For Safety Plan

Date and Time completed: _____

Person(s) providing information for this assessment: ☐ Youth ☐ Parent/Legal guardian ☐ Staff ☐ Other:

PART A (to be completed immediately upon admission or as soon thereafter as possible)

Section 1 VALUES - What is important to you?

1.	2.	3.
----	----	----

Section 2 COPING TOOLS - What makes you feel safe, secure, and calm?

Write	Fidget toys	Games	Toys or blocks
Play equipment	Go for walk	Therapy ball	Time alone
Count to ten	Remind me of my goals	Really listen to me	Quiet place
Chew ice	Snack	Stuffed animal	Talk on telephone
Read	Watch TV	Look at pictures	Darkness
Rocking chair	Swing	Dance	Play dough/clay
Be read to	Weighted blanket	Bean bag chair	Play musical instrument
<input type="checkbox"/> Special blanket <input type="checkbox"/> Special cloth <input type="checkbox"/> Special item What item: _____	Listen to music <input type="checkbox"/> Loud <input type="checkbox"/> Soft What type? _____	<input type="checkbox"/> Watch sports <input type="checkbox"/> Play sports What sports: _____	<input type="checkbox"/> Talk with staff <input type="checkbox"/> Talk with peer
<input type="checkbox"/> Ice Pack <input type="checkbox"/> Hot cloth <input type="checkbox"/> Cold cloth	<input type="checkbox"/> Draw <input type="checkbox"/> Color <input type="checkbox"/> Paint	<input type="checkbox"/> Hot drink <input type="checkbox"/> Cold drink	<input type="checkbox"/> Sing <input type="checkbox"/> Hum
Stress ball	Call someone Who: _____	Exercise What type: _____	<input type="checkbox"/> Bath <input type="checkbox"/> Shower
What activities help you feel better? Specify: _____	What smells help you feel better? Specify: _____	What tastes help you feel better? Specify: _____	What time is important or helpful for you to eat? Specify: _____
Write	Fidget toys	Games	Toys or blocks

Write additional information in appropriate section at the end of this document

SAFETY ASSESSMENT

For Safety Plan

PART B (to be completed within 24 hours of admission)**Section 3****WARNING SIGNS - What happens to your body when you are angry, scared or upset?**

Cry	Clench teeth	Clench fists	Red/hot face
Laugh/giggle	Swear	Heart races	Breathe hard
Mean or rude	Break something	Upset stomach	Shake or tap hands or feet
Yell	Punch something	<input type="checkbox"/> Run <input type="checkbox"/> Pace	Hyper
Body changes What changes:	Rock	Shake my leg	Withdraw
<input type="checkbox"/> Grab self <input type="checkbox"/> Grab others	<input type="checkbox"/> Pinch self <input type="checkbox"/> Pinch others	<input type="checkbox"/> Bite self <input type="checkbox"/> Bite others	Fight

Section 4**TRIGGERS - What makes you angry, scared, or upset?**

Being touched	Too many people	Darkness	Bright light
Loud noises	Yelling	Missing someone	Being left alone
Being surprised	Being tired	Someone being mean or bullying	Having a fight with a friend
Not having visitors	Being hungry	Being sick	Certain time of year
Getting ready for bed	Bedtime	Waking up	Thunderstorm
Having my bedroom door closed	Having my bedroom door open	Being <u>told what to do</u> rather than <u>being asked</u>	Being <u>told no</u> rather than <u>being given choices</u>

Write additional information in appropriate section at the end of this document

SAFETY & VALUES ASSESSMENT

For Safety & Values Plan

ADDITIONAL INFORMATION		
<u>COPING TOOLS</u>	<u>TRIGGERS</u>	<u>WARNING SIGNS</u>

Child or Adolescent SIGNATURE: _____ Date Signed: _____

Staff SIGNATURE: _____ Date Signed: _____

VALUES ASSESSMENT TOOL
for Safety Plan

What three values are most important to you?

Acceptance	Emotional well-being	Honesty	Recognition
Accomplishment	Encouragement	Independence	Relationships
Adventure	Energy	Inspiration	Relaxation
Assistance	Empowerment	Intelligence	Religion/Spirituality
Charity	Environment	Kindness	Respect
Community	Equality/Fairness	Laughter	Self-improvement
Compassion	Exercise	Learning	Sincerity
Connection with others	Explanation	Love	Safety
Consideration	Freedom	Loyalty	Structure
Cooperation	Friendship	Organization	Self-worth
Courage	Generosity	Originality	Stability
Dependability/ Reliability	Happiness	Peace	Support
Dignity	Honor	Play/Pleasure/Fun	Trust
Directness	Hope	Positive attitude	Understanding

Write additional information in appropriate section of Safety Assessment

ASSESSMENT for STRENGTHS and SAFETY

For Personal Safety Assessment

I.COPING TOOLS - What makes you feel safe, secure, and calm?



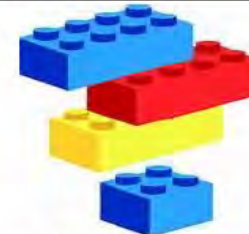
Write



Fidget toys



Games



Toys or blocks



Bath or shower



Stress ball



Special blanket or cloth



Play dough or clay



Ice Pack / Hot or cold cloth
Specify: _____



Snack



Hug a stuffed animal



Draw, color, paint



Read



Watch TV



Look at pictures

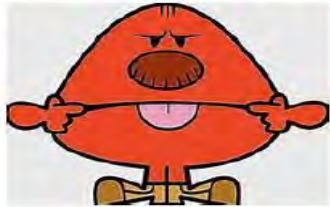


Darkness

ASSESSMENT for STRENGTHS and SAFETY

For Personal Safety Assessment

II. WARNING SIGNS - What happens to my body when I am angry, scared or upset?



Mean or rude



Break something



Upset stomach



Shake or tap hands or feet



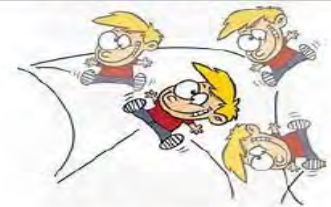
Yell



Punch something



Run or pace



Hyper



Jump up and down or stamp feet



Rock



Shake my leg



Withdrawing



Grab Self? Others?



Pinch Self? Others?



Bite Self? Others?



Fight

ASSESSMENT for STRENGTHS and SAFETY

For Personal Safety Assessment

III. TRIGGERS - What makes you angry, scared, or upset?



Being touched



Too many people



Darkness



Bright light



Loud noises



Yelling



Missing someone



Being left alone



Being surprised



Being tired



Someone being mean or bullying



Having a fight with a friend



Not having visitors



Being hungry



Being sick



Certain time of year

Virtual Learning Network

- Built awareness system wide of the importance of a values-based approach in partnership with a trauma-informed approach and cultural shift
- Addressed language throughout policies and procedures
- Facilitated group discussions and core values self assessment

The Role that Values Play

- **A story about Sarah**

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Practical Tools

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We build on strengths

THE DIFFERENCE IN.....



Strengths-Based
Approach



Deficits-Based
Approach

END RESULT

Client Change

VS.

Client Compliance

Strength-Based

VS

Deficit-Based



Collaborative Partnership

Uses Ability

Enhances Motivation

Starts Something

Provides Assistance

Focuses on Ability

Understands Resistance
from Person's Perspective

Change

Facing Authority

Confronting Inability

Confronts Resistance

Tries to stop something

Mandates Activity

Presumes Inability

Judges resistance from a
list of logical points

Compliance

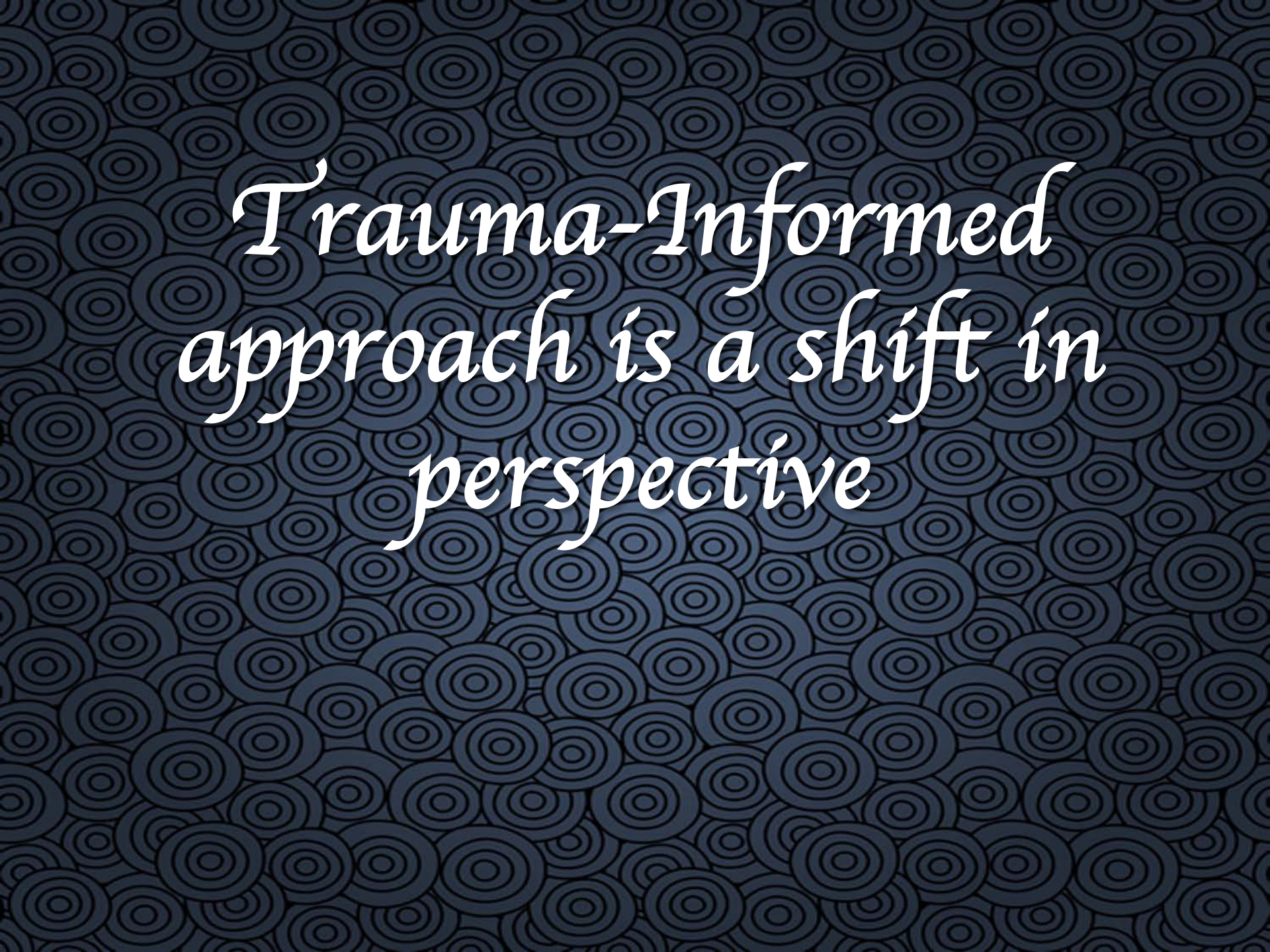
Iowa-Targeted Case Management

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*Sharing our stories creates
space for others to share
their stories*

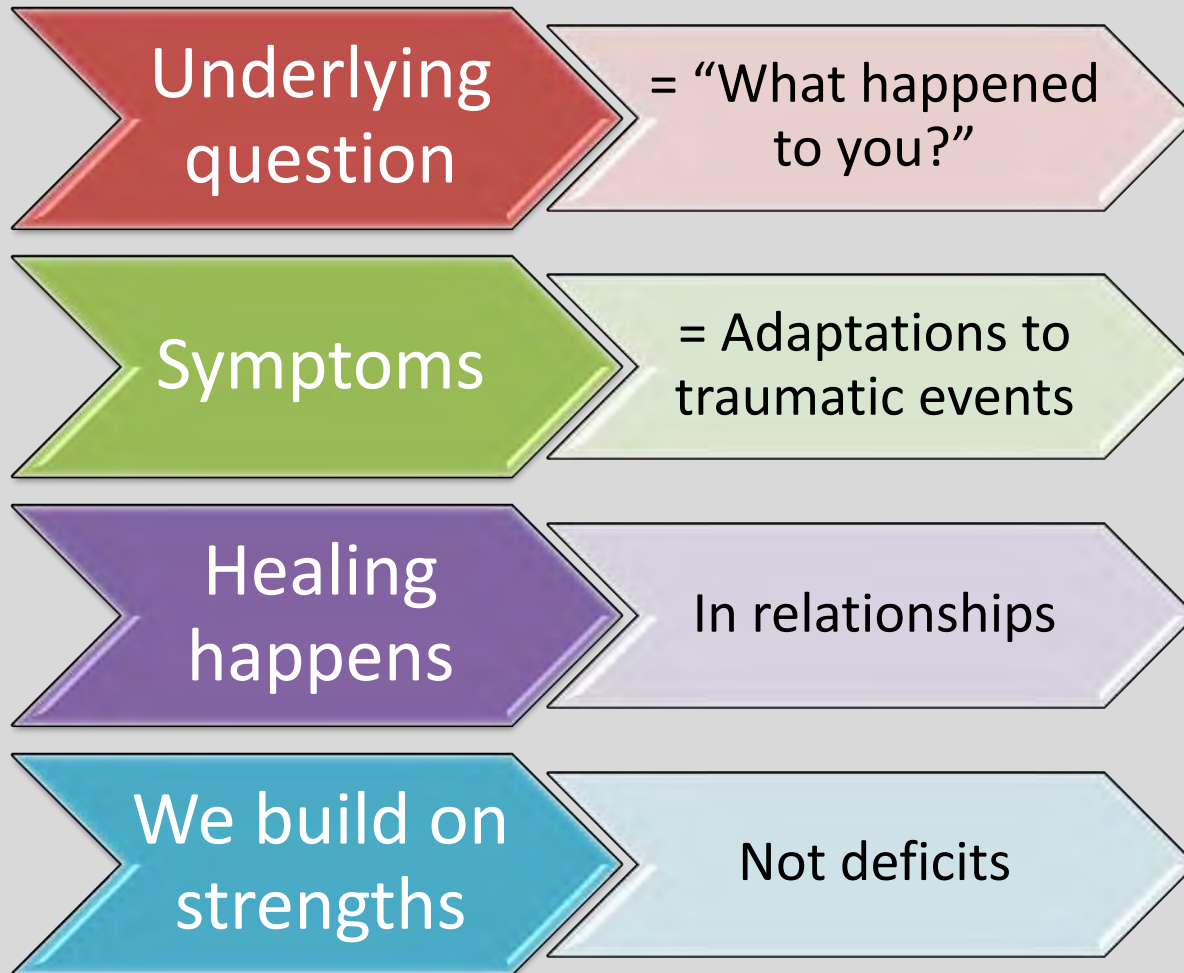
Family Resiliency



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*Trauma-Informed
approach is a shift in
perspective*

Trauma-Informed Approach: A Shift in Perspective



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*Self-care is core to our
overall health and
wellness*

Self Care

Whose mask will you
put on first?

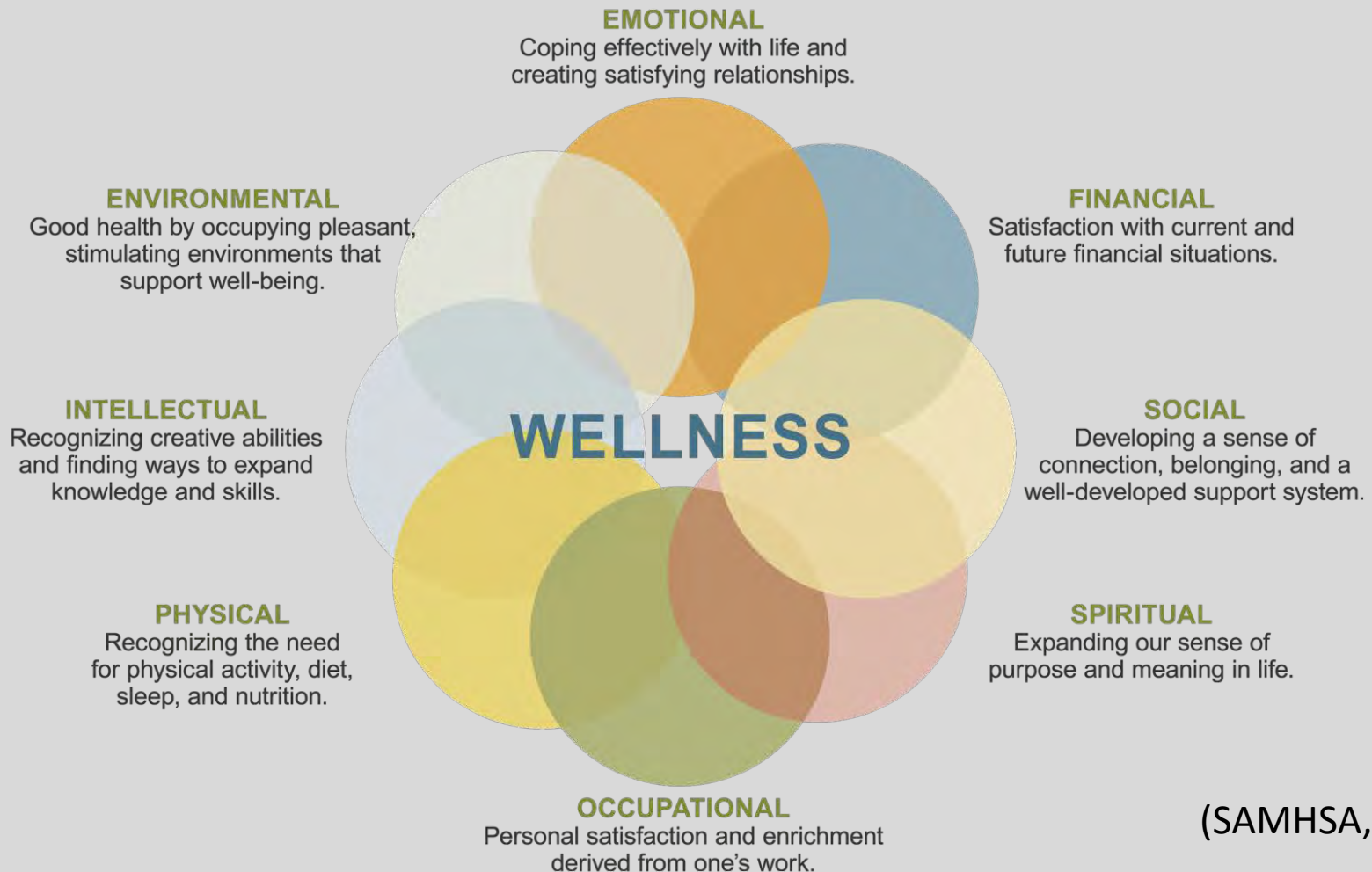


SAMHSA's Wellness Initiative

- We envision a future in which people with mental and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.
- We pledge to promote wellness and take action to improve quality of life and increase longevity for people with mental and substance use disorders.

(SAMHSA, n.d.)

The Eight Dimensions of Wellness



(SAMHSA, n.d.)

Am I The Barrier or Pathway

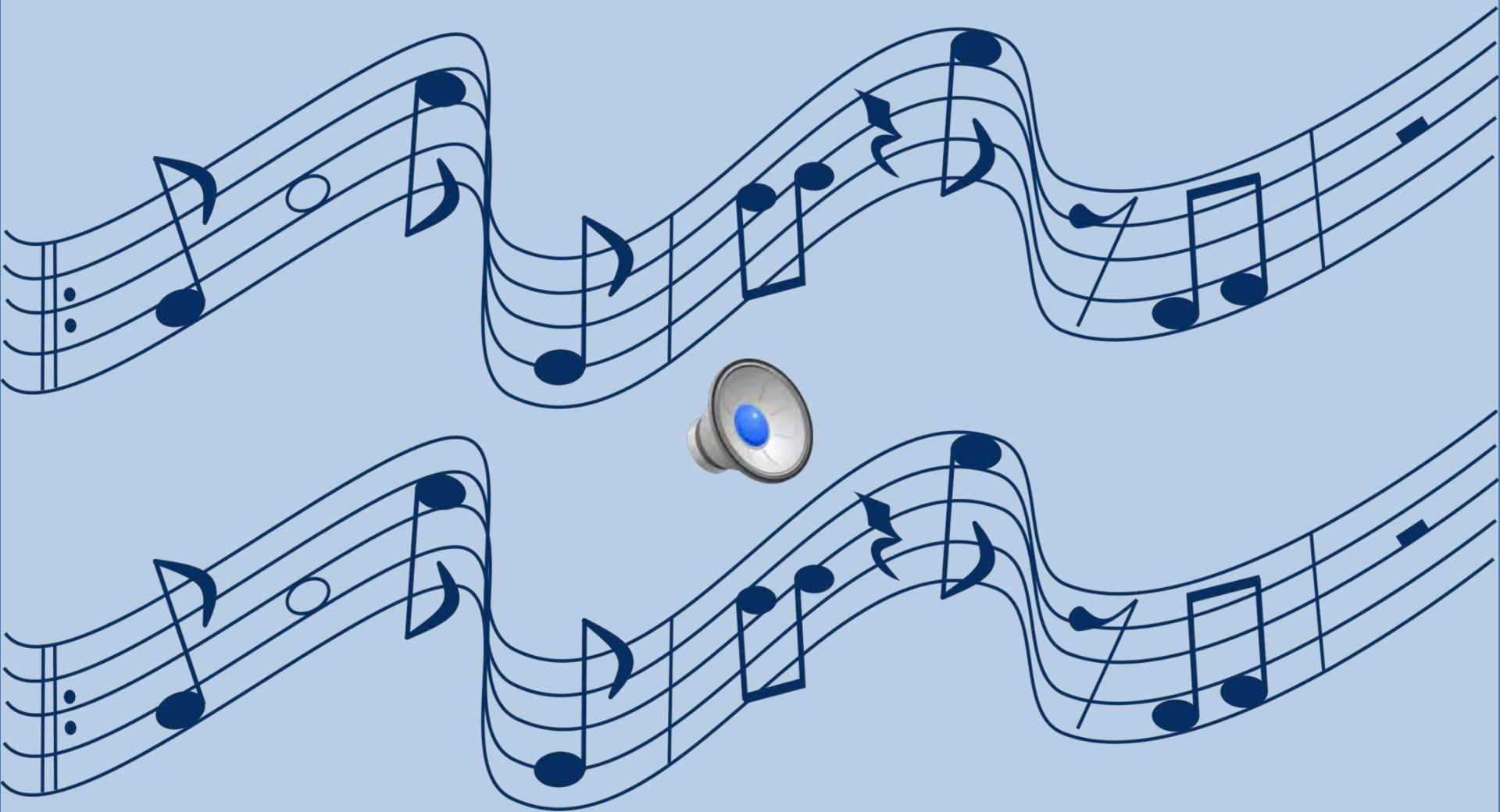


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Thank You!

“To the world we may be one person, but to one person we may be the world.”

— Anonymous



William's Contact Information

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