• Welcome and Introductions
• Learning Objectives
• Presentations
  • Meagan Corrado, DSW: What is Trauma-Informed Practice?
  • Marsha Morgan, MPA: What does Trauma-Informed Practice look like in practice?
• Thank You and Closing
Learning Objectives

By the end of this webinar, participants will be able to:

• Describe why trauma-informed practice is a critical element of effectiveness
• Identify core elements of trauma-informed practice
• Plan strategies for applying a trauma-informed lens
## Investing in Community Resilience Design Team

### Trauma-Informed Practice Webinar Series Design Team

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What is trauma-informed practice?

Meagan Corrado, DSW
THE TRUTH ABOUT
TRAUMA- INFORMED CARE

DR. MEAGAN CORRADO
INTRODUCTION
DEFINING TRAUMA

“Trauma is an experience that causes a person to feel afraid, overwhelmed, out of control, and broken. Trauma affects how people view themselves, others, and the world around them” (Corrado, 2019).
THE IMPACT OF TRAUMA
A study of almost 1,700 urban children and teenagers showed that HALF of them had experienced violence, HALF of them had a family member that had experienced violence, and HALF had experienced an unexpected death of someone they were close to (Breslau, 2004).

A study of 1,029 adults between the ages of 18 and 65 was conducted in Atlanta. 87.8% of the participants had experienced a trauma. The majority of the study participants identified as African American (Gillespie et al., 2009).

A study of 5,653 participants found that 41.1% of the adults in the study had experienced at least one trauma. The majority of the study participants identified as Caucasian (Forman-Hoffman et al., 2016).
80% OF US CITIZENS HAVE EXPERIENCED TRAUMA (COURTOIS, 2014).
HOW DOES TRAUMA CHANGE PEOPLE?

- You feel broken. You don’t know who you are anymore
- Your thoughts, feelings, and memories are all over the place
- You are not living up to your potential
- You have trouble in relationships
- You think and act differently
PRINCIPLES OF TRAUMA-INFORMED CARE
(SAMHSA, 2014)

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice, and choice
- Understanding of culture, history, and gender
THE TRUTH ABOUT
TRAUMA- INFORMED CARE
There is no formula for trauma-informed care.

Trauma informed care requires that we renounce an “us versus them” approach and acknowledge that we are all in this together.

Going to one trauma training does not make an individual or an organization trauma-informed.

Trauma informed care is just as much about the staff as it is about the clients.

Being trauma informed does not necessarily mean that you have to directly talk to clients about the traumas they have been through.

Being trauma informed does not mean that we have to be perfect.
THERE IS NO FORMULA FOR TRAUMA-INFORMED CARE.
REFLECTIVE QUESTIONS

What is the mission and vision of your organization?
What traumas have clients and staff experienced?
What strengths do clients and staff have?
How can you honor the thoughts and feelings of clients and staff as you co-create a trauma informed environment?
How can trauma-informed principles be uniquely applied to your work setting?
TRAUMA INFORMED CARE REQUIRES THAT WE RENOUNCE AN “US VERSUS THEM” APPROACH AND ACKNOWLEDGE THAT WE ARE ALL IN THIS TOGETHER.
REFLECTIVE QUESTIONS

What steps would you need to take in order to move from an “us versus them” mentality to a “we are all in this together” approach?

To what extent are you collaborating with the trauma survivors you are working with?

How are power dynamics impacting your ability to provide trauma informed care?
GOING TO ONE TRAUMA TRAINING DOES NOT MAKE AN INDIVIDUAL OR AN ORGANIZATION TRAUMA-INFORMED.
REFLECTIVE QUESTIONS

How does the theoretical information you learned apply to the clients you work with?

How can you use the knowledge you have in your actual work with clients?

Are there any gaps in your ability to apply theoretical information to your daily interactions with clients?

What do you need to learn more about?
TRAUMA INFORMED CARE IS JUST AS MUCH ABOUT THE STAFF AS IT IS ABOUT THE CLIENTS.
REFLECTIVE QUESTIONS

How does trauma affect staff members at your organization?

How have you been impacted by the traumas you have been exposed to in the workplace?

What can you and your coworkers do to create trauma-informed conditions for staff?

What self-care strategies can you implement as you navigate stressful work conditions?
Being trauma informed does not necessarily mean that you have to directly talk to clients about the traumas they have been through.
REFLECTIVE QUESTIONS

How do your clients process their pain?

How can you support your clients without pressuring them to tell their trauma story?

What strategies can you use with clients who are not willing or able to tell their story?
BEING TRAUMA INFORMED DOES NOT MEAN THAT WE HAVE TO BE PERFECT.
REFLECTIVE QUESTIONS

What messages do you tell yourself when you don’t perfectly implement principles of trauma-informed care?

How can you give yourself the same opportunities for repair that you give to your clients?

What realistic expectations can you set for yourself in your journey to becoming trauma-informed?
• Website: www.storiezguide.com
• IG: storiezguide
• Facebook: Storiez Guide
• Youtube: Storiez Guide
What does trauma-informed practice look like in practice?

Marsha Morgan, MPA
RESILIENCE BUILDERS™

TRAUMA INFORMED PRACTICES IN ORGANIZATIONS AND COMMUNITIES
An Approach: The Missouri Continuum

Awareness  Sensitive  Responsive  Informed
1. Trauma Defined
2. Prevalence Rates
3. Impact
   Individual
   Organization
4. Principles
   Safety, Trustworthiness, Choice, Collaboration, Empowerment

Trauma Informed Practices for Organizations
Awareness
1. Explore impact of adopting trauma informed principles for leadership, policies and procedures
2. Leader commissions a committee to lead the work
3. Develop and implement a trauma informed training for all staff
Trauma Informed Practices for Organizations

Responsive
1. Reflection and Evaluation
2. Share Learnings
3. Advocate for Policy Change
4. Lead the Community

Trauma Informed Practices for Organizations

Informed
1. Offer free awareness trainings
   Balance trauma and resilience

2. Step Forward
   Recruit Community Champions

3. Research local needs

Trauma Informed Practices for Communities
Awareness
1. Form a community collective
2. Develop a structure
3. Plan for funding
4. Approach to reach everyone
5. Targeted community response

Trauma Informed Practices for Communities Sensitive
1. Conduct regular meetings
2. Host events for the community
3. Reach out to meet targeted area’s needs
4. Measure Impact
1. Measure community impact
2. Promote positive practices
3. Support organizations
4. ADVOCATE

Trauma Informed Practices for Communities Informed
• Center for Healthcare Strategies

• National Council for Behavioral Healthcare

• Missouri Model: A Developmental Framework for Trauma Informed

• Substance Abuse and Mental Health Administration, TIP 57

Resources
RESILIENCE BUILDERS™

QUESTIONS?
Please take a moment to take our short post-test.

This will help us understand the impact of this webinar and to plan for the future of the series.
Save the Date

Part I LEARNING CIRCLE:

The Science of Adverse Childhood Experiences (ACEs), Trauma, and Trauma-Informed Practice

DATE: Wednesday, May 13th

TIME: 3-4pm ET
  • 12noon-1pm PT, 1-2pm MT, 2-3pm CT

More information to come
Thank You

If you have any questions, please contact:

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