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## **Trauma and Resilience Basics Training (4 hours)**

### *Trauma and Resilience Basics Course Description*

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives, 223.4 million people. Adverse Childhood Studies show that many of these traumas occur before age 18 and result in disrupted brain development, adoption of at risk health behaviors, and increases the risk for disease, disability and social problems in children and adults, including developing physical and mental illness. The Center of Disease Control recognizes this epidemic requires a public health response at a national level, state and local level. Evidence has shown that by implementing trauma informed practices within all human service systems impacting youth, adults and their families, individuals are empowered to build their resilience and enhance their overall health and well being.

Trauma informed care asks all human service professionals to realize the widespread impact of trauma, recognize the signs and symptoms of trauma, and respond by integrating trauma informed knowledge into all policies, procedures and practices while actively resist re-traumatizing the youth, families and adults we serve.

In response to this national public health issue, your community is working towards building a trauma informed youth, family and adult service systems.

“A trauma informed [human service] system is one in which all parties involved recognize and respond to the varying impact of traumatic stress on children, adults, their caregivers, providers of service and others who have contact with the system. Programs and organizations within the system infuse this knowledge awareness and skills into their organizational cultures, policies and practices.

They act in collaboration, using the best available science to facilitate and support resiliency and recovery.”

(adapted from Hendricks, Conradi, & Wilson, 2011, p.189)

One of the first steps in building trauma and resiliency informed communities, is assuring a trauma and resiliency informed educational foundation for all our human service leaders, professionals, community partners, parents, caregivers, and youth. In a trauma and resilience informed 360 approach, anyone invested in improving the well-being of our communities needs to understand the basic principles of the impact of trauma and the responsibility we all hold in building individual and community resilience.

The Trauma and Resilience Basics Course Provides participants with an understanding and skill base in the five (5) following areas:

1. **Understanding Trauma – The Most Basic Public Health Issue**: Adverse Childhood Experiences and their impact on youth and adults' overall wellbeing
2. **Trauma's Impact on the Brain**: Upstairs/Downstairs brain model, Basic Skills anyone can use to connect and redirect someone in a heightened states of stress
3. **Trauma's Impact on At-Risk Health Behaviors**: Responding to the person's NEED, not reacting to their BEHAVIOR
4. **Building Individual Resilience with Every Day Action**: Promoting Self-Regulation, Positive Self-Identity, and Co-Regulation Skills in others lives and our own
5. **Building Community Resilience**: Understanding the Virtuous Cycle, Building and Engaging in Trauma Informed Community Networks, the power of Collective Impact Models of Resilience and how they improve our communities health outcomes

For more information about this Workshop Offering please contact us at 804-205-4461 or [rlesine@integrationsolutions.org](mailto:rlesine@integrationsolutions.org)