



Community Action Partnership

RMO for Returning Citizens

Trauma-Informed Communities: The Power and Potential of Cross-Sector Collaboration

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Author, Grace Goes to Prison
TEDx: Breaking Out of Prison Thinking
#PrisonAsALastResort







What we'll look at today:

- What are trauma-informed organizations? Trauma-informed communities?
- What are the benefits of cross-sector, community-wide collaboration to address trauma and foster resilience?
- What are the potential barriers and pitfalls in trauma-informed community initiatives?
- What can we learn from other trauma-informed communities?
- Where might Lancaster County go from here to become a trauma-informed community?

Trauma-Informed Organizations

- **Recognize widespread impact of traumatic experiences**
- Pay attention to **potential signs and symptoms** of trauma
- Respond in ways that **promote healing and resilience**
- **Avoid re-traumatizing**

But first . . .



Traumatic Events





Experienced as:

Threatening

Terrifying

Overwhelming



Pervasive Effect

Event

Experience

Effect



What is Trauma?

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional or spiritual well-being.”

– SAMHSA GAINS Center

The Effects of Trauma



Trauma impairs: memory, concentration, new learning and focus.



Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.



Trauma impacts an individual's ability to: trust, cope, form healthy relationships.



Trauma disrupts: emotion identification; ability to self-soothe or control expression of emotions; one's ability to distinguish between what's safe and unsafe.



Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.

Image courtesy of Buffalo Center for Social Research – The Institute on Trauma and Trauma-Informed Care.

<https://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/about-us/trauma-informed-care-infographic.html>

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



The GOOD news: RESILIENCE trumps TRAUMA

- Trauma is NOT DESTINY
- Resilience is “the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of threat.” (American Psychological Association)
- EVERYONE can learn to be more resilient and we can re-wire our brains for resilience (neuro-plasticity)
- Resilience/protective factors:
 - Relationships
 - Internal beliefs
 - Initiative
 - Self-control

Why address trauma and resilience?

- Trauma is common and pervasive
- Trauma's impacts are broad, deep and life-shaping, for individuals, families and whole communities
- Trauma affects vulnerable people in different ways
- Trauma affects how people approach services
- Systems and agencies that serve individuals and families may inadvertently / unknowingly trigger or re-traumatize people

But most importantly . . .

Why address trauma and resilience?

*Systems and agencies also have the
power and potential
to help people **FOSTER AND BUILD RESILIENCE**,
thereby promoting health and wholeness
for individuals, families and whole communities*

Beyond Trauma-Informed Organizations to a Trauma-Informed Community

“ . . . a commitment to **engage people from all sectors**—education, justice system, faith, housing, health care and business—in **common goals**.

The first is to **understand how personal adversity affects the community's well being**.

The second is to **institute resilience-building practices so that people, organizations and systems no longer traumatize** already traumatized people and instead **contribute to building a healthy community**.”

~ Tarpon Springs, Florida

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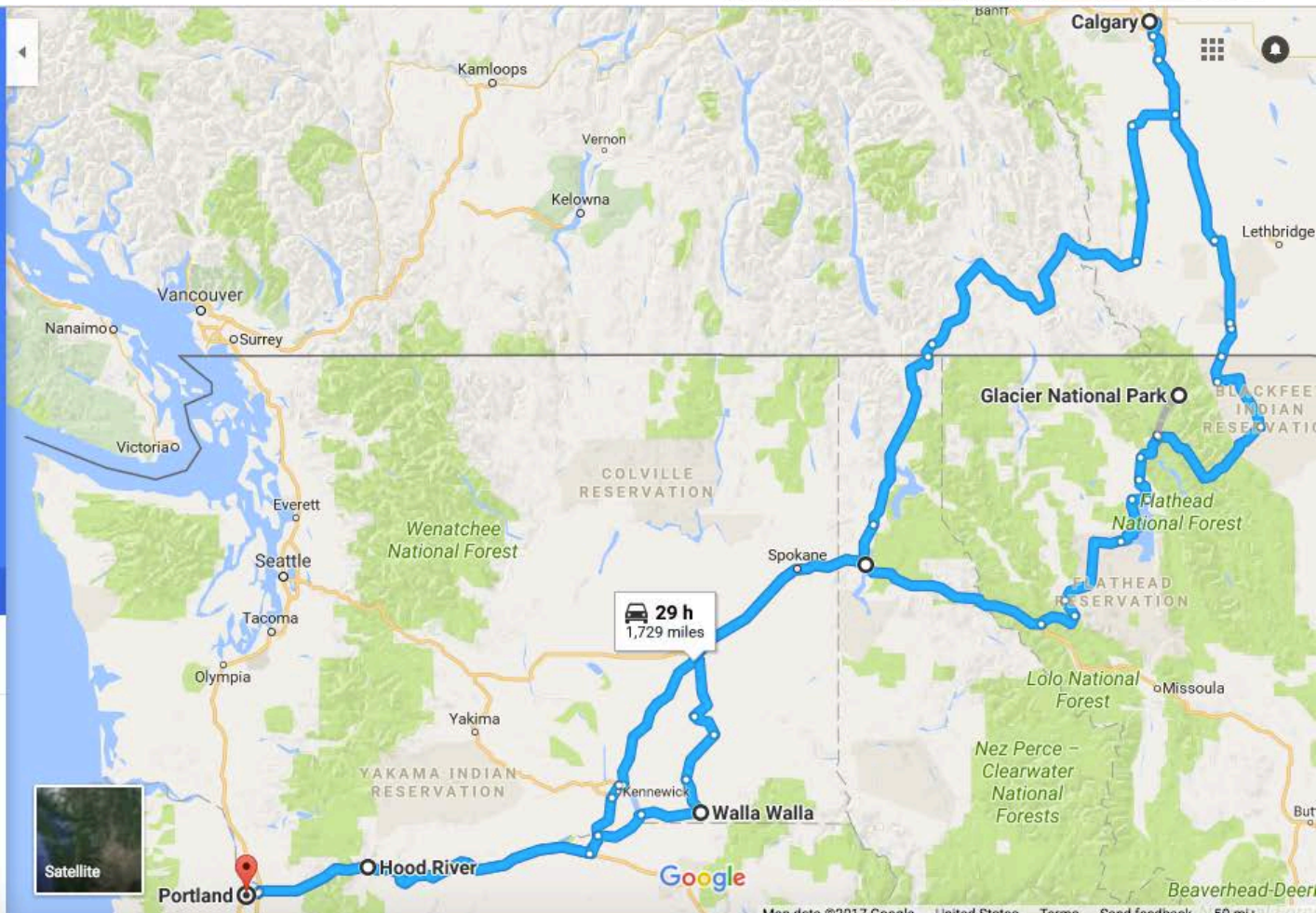
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Send directions to your phone

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DETAILS



What can we learn from other Trauma-Informed Communities?

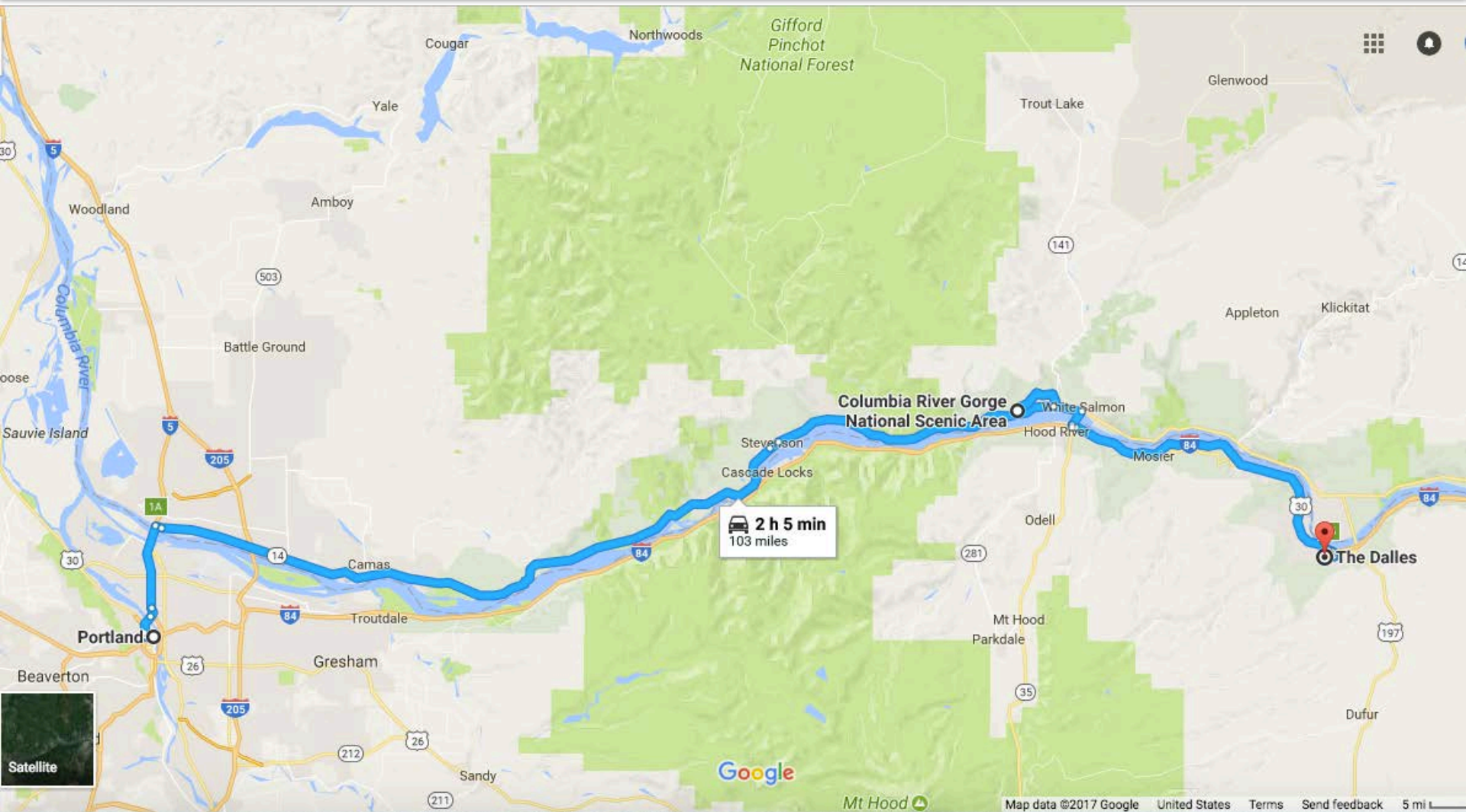
Oregon

Calgary, Alberta, Canada

Coeur d'Alene, Idaho

Walla Walla, WA

Oregon



Oregon



Trauma-Informed Communities Oregon

The Dalles (2008)

- Population: 13,000
- Started with 5-year SAMHSA Safe Schools/Healthy Students grant
- First in the nation to seek Sanctuary Model certification (Bloom, Drexel)

Trauma-Informed Communities Oregon

Columbia River Gorge

- Multnomah County Department of Community Justice incorporating trauma-informed approach into juvenile & adult criminal justice and reentry systems

Trauma-Informed Communities Oregon

Trauma-Informed Oregon (2014): Statewide initiative

- Promote / sustain trauma-informed care in child- & family-serving systems
- Portland State University:
 - centralized source of information and resources
 - coordinates and provides training
 - advocacy for trauma-informed policies and practices



Lessons from Oregon

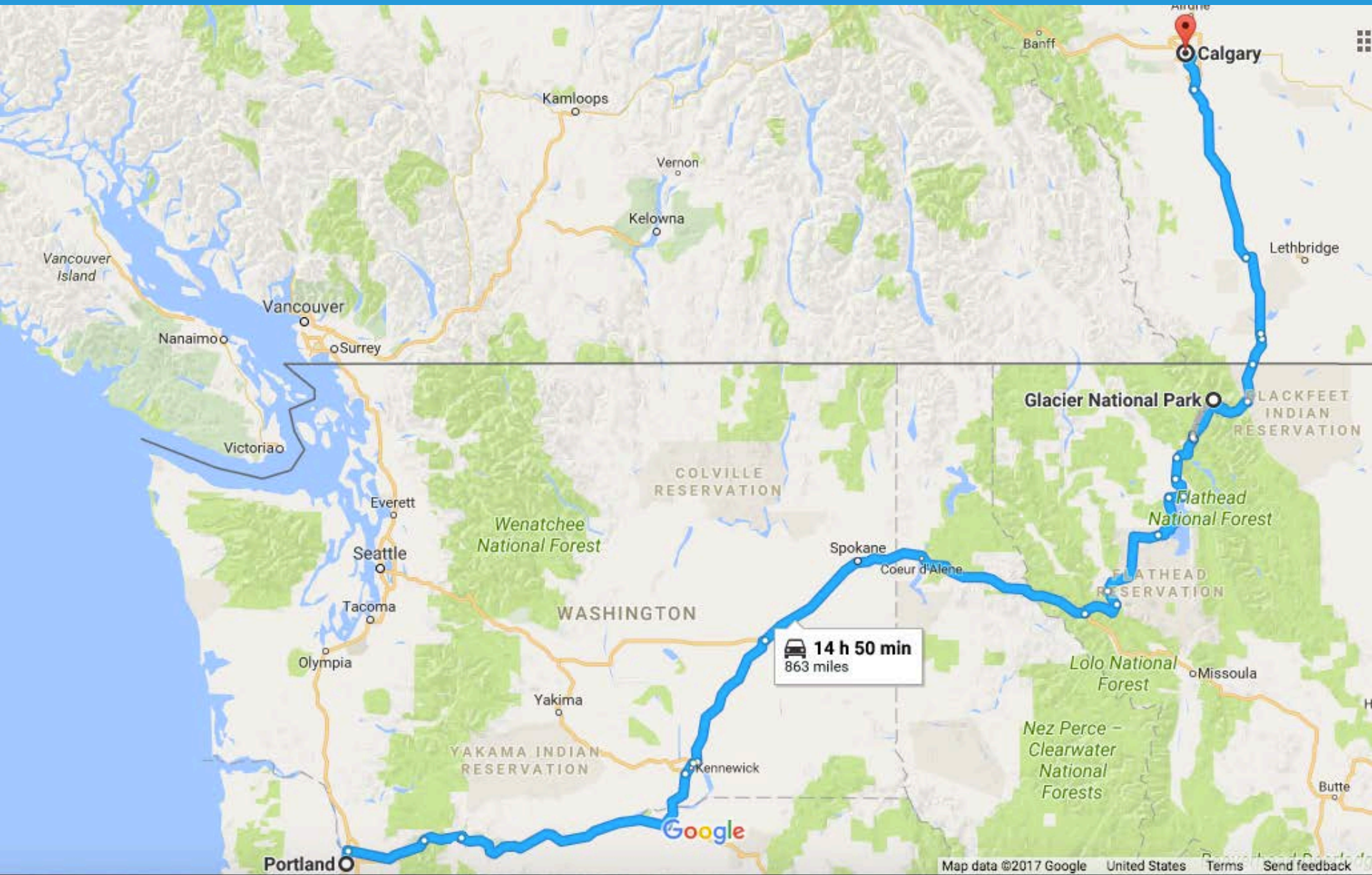
Possible resistance:

- It will take too much time
- It will cost too much money
- It requires talking about difficult/painful subjects
 - Brene Brown: shame: secrecy, silence & judgment
 - Nadine Burke-Harris TED – it IS about us

Lessons from Oregon

- Form a Trauma-Informed Community task force
- Have an MOU for all partnering organizations to sign
- Community Proclamation (symbolic)
- Membership/annual dues to help fund the work
- Training, training, training
- Info sharing across organizations and sectors
- Paid coordinator/leader for the initiative
- Reduce competition and redundancies
- Share resources across organizations

Calgary, Alberta, Canada



Calgary, Alberta, Canada



Trauma-Informed Communities Alberta

Alberta (2007): Trauma-informed Province

- 3-year series of educational 5-day symposia
- Nationally & internationally recognized experts
- 100 invitees for each
- Initial focus: research, policy & practice

Lessons:

- Attendee commitments: take learnings back, put into practice, report on results
- Focus on the science of brain research
- Create & share resources, make them accessible

Lessons from Calgary

Calgary Urban Project Society (CUPS)

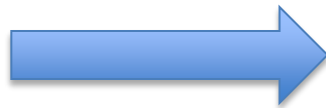
- Trauma-Informed Care incorp. into agency strategic plans
- Trauma training for all agency staff
- Trauma-Informed Care teams within agencies:
 - Reps from every agency department
 - Multiple clients with varied perspectives on TIC team
- “Resiliency Matrix” assessments @ client intake:
 - Four domains of resilience: economic, social-emotional, health and developmental

Lessons from Calgary

Big Brothers Big Sisters

- “Trauma-informed” vs. “trauma-specific”
- Board, staff, volunteers: on-board and trained
- Education for consumers/clients: trauma AND resilience
- May require re-examining mission, programs, services

*“every child who
wants a mentor
gets a mentor”*

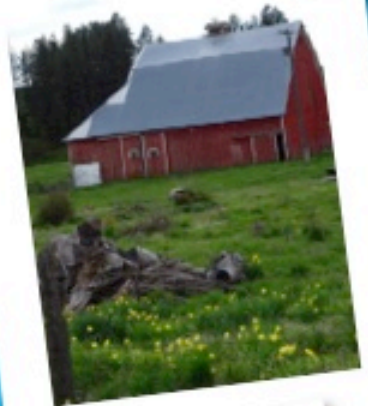
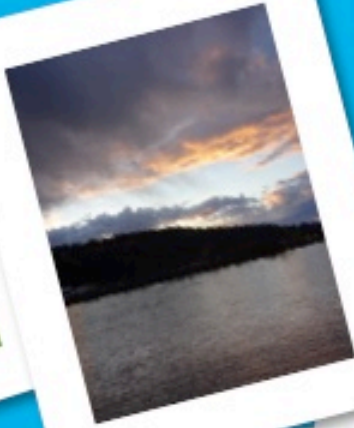


*“we serve
children & youth
facing adversity”*

Idaho



Coeur d'Alene, Idaho



Trauma-Informed Communities

Coeur d'Alene, Idaho

Coeur d'Alene, Idaho (2014)

- Started with statewide school counselors conference – Jim Sporleder from Walla Walla was the keynote

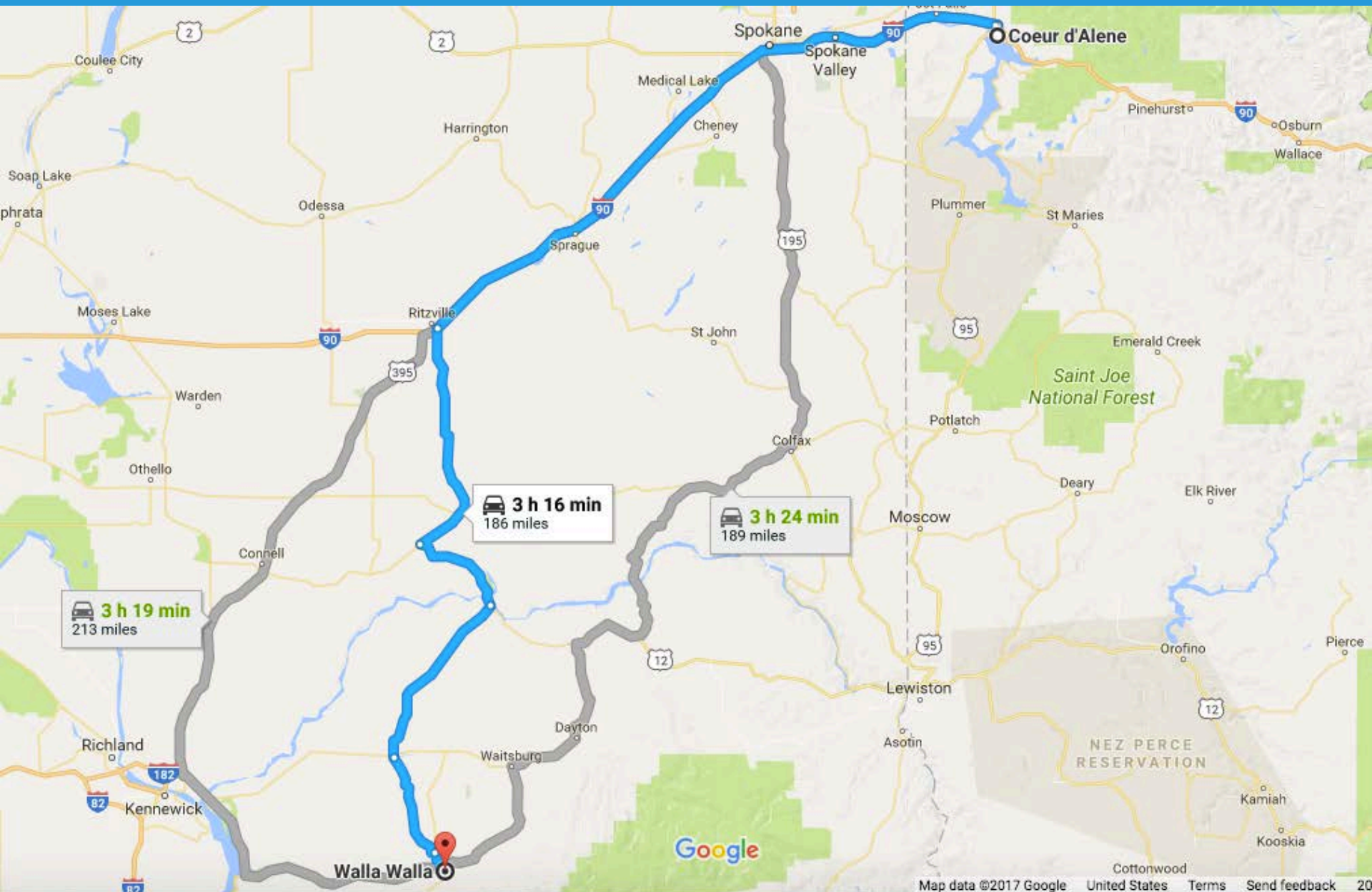
Lessons from Coeur d'Alene

- Grassroots, boot-strap efforts with a few local champions working informally can get things going
- Language matters: “Children from Hard Places”
- Multiple events, large & small: day-long forums, film screenings, monthly “Lunch & Learn” sessions
- Leveraging technology & social media:
 - Facebook page for sharing articles & info
 - EventBrite for events to build contact list
 - Monthly newsletter

Lessons from Coeur d'Alene

- Adopted common model: Trust Based Relational Intervention (Dr. Karen Purvis, Dr. David Cross, TX)
- Secured agreements from agencies committing to be trained in TBRI
- Developing standards and guidelines for all agencies planning to implement TBRI

Washington



Walla Walla, WA





Trauma-Informed Communities

Walla Walla, WA

Walla Walla, WA (2008)

- Population: 32,000
- 3 colleges
- 1 in 4 Walla Walla children live in poverty
- 65% of residents have not attended college
- Gangs and drugs are common
- "Paper Tigers" and "Resilience" documentaries
“put them on the map”

Lessons from Walla Walla

- Started with one person – Teri Barila – who had an “ah-ha” moment, then pulled in other people
- Met 1:1 with stakeholders, potential partners
- Formed inclusive, cross-sector team

Lessons from Walla Walla

2 Central Goals:

- Create a community conversant in ACEs, brain science, and resilience
- INTEGRATE knowledge & research into **changing practices**

Lessons from Walla Walla

- Craft a charter plan: vision, purpose, goals
- Secure organizational commitments from partners
- Secure high-level government & institutional support

Lessons from Walla Walla

- Train as many people as possible across as many sectors as possible
- Meet regularly
- Focus on INTEGRATION
 - "What have you done since the last meeting to help integrate the knowledge about trauma and resilience into your daily work and into the work of your staff?"*

Lessons from Walla Walla

- Multiple exposures
- Informal approaches
- Measurement
- Adjust when needed
- Build adult capabilities
- Sustainability

Changing the Question

Instead of asking:

“What’s wrong with you?”

Ask:

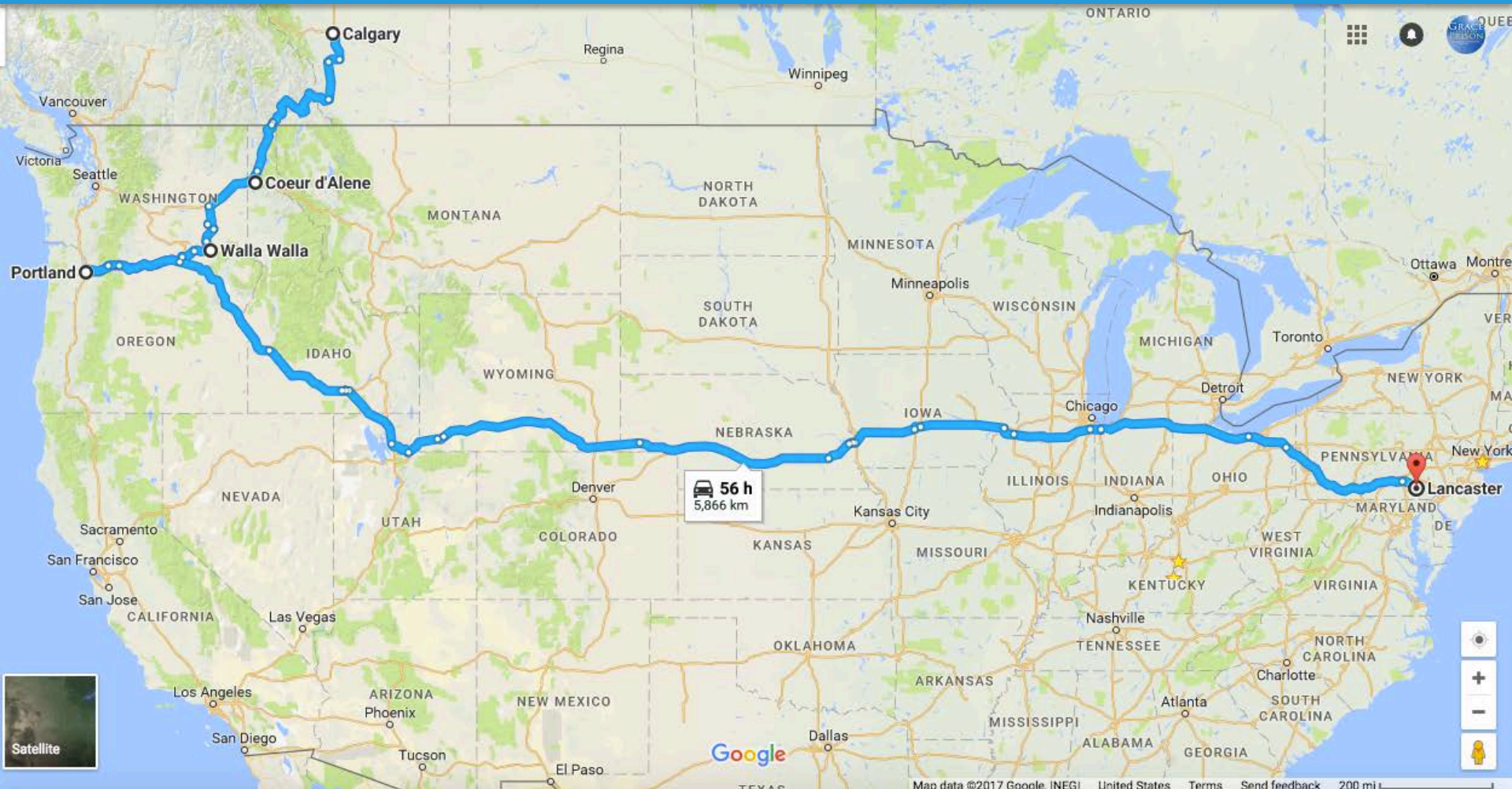
“What has happened to you?

What do you need?

How can we help?”



So, what about Lancaster?



Where to from here?

**Potential next steps toward a
Trauma-Informed
Lancaster County . . .**



Some Initial Steps:

- ❑ Info-sharing: who is already doing what?
What is going well? Where are the gaps?
- ❑ Inviting others to the table
- ❑ Awareness-raising
- ❑ Momentum-building



2018 cross-sector, community-wide forum?

❑ **ENVISIONING the Future:** When we envision a resilient Lancaster County, what do we see? How would it be different from what currently exists? How will we get from here to there? What might we be able to do together that we haven't been able to do alone?

❑ **ASSESSING the Present:** What kinds of data and research would help us understand the impact of ACEs and trauma in Lancaster County? Does any such data already exist? If not, how could we gather it?



**Meanwhile,
some near-term opportunities . . .**



MILWAUKEE 53206 FILM SCREENING AND DISCUSSION

This documentary chronicles the lives of those affected by incarceration in America's most incarcerated zip code. Through intimate stories of three residents, we witness the high toll of mass incarceration on individuals and families. Please register at <http://www.brownpapertickets.com/event/3080399>

Friday Sept 28, 2017 • 7:00PM • Lancaster Theological Seminary - Hafer Center • 555 West James St, Lancaster

HEALING NEEN FILM & PANEL DISCUSSION

After surviving a childhood of abuse and neglect, Tonier "Neen" Cain lived on the streets for two nightmarish decades, where she endured unrelenting violence, hunger and despair while racking up 66 criminal convictions related to her addiction. Her story illustrates the consequences that untreated trauma has on individuals and society at-large. - LIMITED SEATING • COST: BY DONATION (cash or check)

SCREENINGS:

Friday October 20, 2017 • 11:00am • Holy Trinity Lutheran Church- Fondersmith Auditorium • 31 South Duke St, Lancaster, PA

Please register at <http://www.brownpapertickets.com/event/3080448>

Friday October 20, 2017 • 7:00pm • Lancaster Theological Seminary

Please register at <http://www.brownpapertickets.com/event/3080435>

EXTRAGIVE - NOVEMBER 17, 2017

The RMO is participating in the 2017 ExtraGive under our new parent organization Community Action Partnership. To donate to the RMO, visit CAP's ExtraGive donations page and please be sure to enter "RMO" on the donation form in the field titled "Notes and/or gifts made in memorial/honor."

"VOICES OF HOPE & RESILIENCE" 2018 CALENDAR

Our "Voices of Hope & Resilience" 2018 calendar is now available. Make a donation to the RMO for Returning Citizens of \$15 or more and get a FREE calendar PLUS you'll be providing an additional calendar to a returning citizen to help them keep track of their meetings and appointments. All artwork, quotes and graphic design for this calendar were created by our Returning Citizens.

TRAUMA 101 TRAININGS

Trauma 101: Understanding Trauma, Resilience and Trauma-Informed Care for anyone in the community who interacts with individuals and families who may have experienced trauma, including human services professionals, educators, the faith community, government agencies, and others. - \$30 per participant

Wed Dec 6, 2017, 9am - Noon | Thu Dec 7, 2017, 9am - Noon | Fri Dec 8, 2017, 9am - Noon

Wed Dec 6, 2017, 1pm - 5pm | Thu Dec 7, 2017, 1pm - 5pm | Fri Dec 8, 2017, 1pm - 5pm

Please register at <http://www.brownpapertickets.com/event/3080742>

Upcoming Training: Trauma 101: Understanding Trauma, Resilience and Trauma-Informed Care

Offered by: CAP & RMO for Returning Citizens

Intended Audience: Foundational overview & awareness of trauma, resilience, trauma-informed care for anyone who interacts with individuals & families who may have experienced trauma, including human services professionals, educators, faith community, employers, govt agencies, others

- Will include curriculum materials from SAMHSA, ACEs research, neuroscience of resilience and neuroplasticity, plus RESOURCES from Alberta, Oregon & Washington
- 4-hour training
- Two sessions per day on December 6th, 7th & 8th, 2017
- \$30 per person
- Register at: <http://www.brownpapertickets.com/event/3080742>



you're →
BRAVE

& **BRILLIANT**

and OH SO:

Resilient

Contact Info

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Director, RMO for Returning Citizens

Author, ***Grace Goes to Prison: An Inspiring Story of Hope & Humanity***

TEDx Talk: “Breaking Out of Prison Thinking” #PrisonAsALastResort

<http://tedxtalks.ted.com/video/Breaking-out-of-prison-thinking>

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RMO website: <http://lancastercountyreentry.org/>



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