



Transformation through Trauma Informed Practices

"... Exposure to Adverse Childhood Experiences is the greatest unaddressed public health threat of our time."

—Dr. Robert Block, Former President American Academy of Pediatrics



Thanks to funding provided by United Way, we provide **FREE Trauma Informed Training and Support** to service organizations of Indian River County.

ORGANIZATIONAL SUPPORT AND COACHING



Additionally, we are equipped to conduct organizational assessments and work with teams in creating a data-driven plans to strengthen trauma informed practices in your organization, all free of charge.

For more information, contact:
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OR SCAN THE QR CODE



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Training Topics

Trauma Informed Care 101:

This session provides an overview of Trauma Informed Care and the impact that trauma has on the brain. Topics include adverse childhood experiences and principles of trauma informed environments and includes strategies for creating a culture that focuses on a healing centered approach.

Trauma Informed Care and Positive Behavior Supports:

Part two to the Trauma Informed Care 101. This session takes a deeper dive into practices and strategies that align with the Six Principles of Trauma Informed Care. Many of these strategies focus on being proactive and continuing to build on the healing centered approach from Trauma Informed Care 101.

Community Circles and the Six Principles of Trauma Informed Care:

Participants will learn how Community Circles can be facilitated following a best-practices framework that incorporates the Six Principles of Trauma Informed Care. Participants will practice a community circle and receive a handbook with resources for facilitating their own Community Circles with the youth they support.

Calming Spaces and Emotions:

This training will help participants learn how to effectively create and manage calming spaces for youth. The training can be adapted for different age groups, including adolescence. We will cover important factors related to emotional regulation, how to structure a calming space, and what tools to have available in a calming space.

Motivational interviewing:

Individuals who have experienced trauma often find it difficult to regulate or follow hidden rules of society. Motivational interviewing is an evidence-based communication skill used to help adults evoke cooperation and elicit development of relationships. This type of communication empowers all and helps build trusting relationships between youth and adults.

Mindfulness:

Individuals who have experienced long-term trauma often have a diminished capacity to problem-solve, which can negatively impact many aspects of their lives. In this session participants learn to mediate the limbic system (flight/fight response center of the brain) and build an awareness of mindfulness practices that can help create a more regulated brain functioning

Reflective Practices:

This well-respected framework for communication accepts that we have the capacity to learn from each other and develop a higher level of empathy and compassion. This equality-based approach fosters positive relationships between adults and youth by increasing curiosity, exploring the awareness of judgmental thoughts and understanding one another's perspectives

***Compassion Fatigue and Resiliency:**

We know that individuals in helping or healing professions often get burned out and/or experience fatigue. Using the professional quality of life scale as a personal evaluation, this training provides definitions of compassion fatigue, burnout and secondary trauma. Content focuses on self-care and building resiliency in adults who work with youth so that they remain available and are able to navigate difficult situations using a healing centered approach.

*We can also offer a Micro-Session series on resiliency and self-care for those in the healing profession.

Case Studies:

This presentation allows participants the opportunity to utilize and synthesize skills learned in the Trauma Informed Care series. Participants examine specific cases brought forth by participants and brainstorm strategies for success through a collective trauma informed lens.

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