History of the Working Group
Many of the challenges you might find in your community are symptoms of the same big issue. This issue, in turn, is the result of several root causes. Use this tree diagram to piece together your issue with its symptoms and root causes.

Your best shot at effectively tackling an issue is to go after one of its root causes. Think about not only what causes the issue to exist, but also what things make it worse. Those can be considered root causes as well.
What is Trauma – SAMSHA’s definition

**Event(s)**
- Exposure to violence, victimization including sexual, physical abuse, severe neglect, loss, domestic violence, witnessing of violence, disasters

**Experience (s)**
- Intense fear of/ threat to physical or psychological safety and integrity, helplessness; intense emotional pain and distress

**Effect (s)**
- Stress that overwhelms capacity to cope and manifests in physical, psychological, and neuro-physiological responses
Trauma Tree

- hyper vigilance
- promiscuity
- depression
- dissociation
- body memories
- PTSD
- amnesia
- delusions
- table effect
- panic attacks
- insomnia
- flashbacks
- detachment
- depersonalisation
- poor concentration

- depression
- post traumatic stress disorder
- conversion disorder
- psychotic disorder etc..

Labelling:
- lack of treatment
- wrong diagnosis & treatment

Roots:
- assault
- rape
- terrorism
- domestic violence
- abuse
- natural disasters
- ethnic cleansing
- death
- war
- fires
Trauma Can Affects Every Dimension of Life

Social
Physical
Emotional
Spiritual
Financial
Environmental
Intellectual
Occupational

Unaddressed trauma impacts wellness.
Wellness can be a unifying, universal focus for community engagement.
Educating at the community level can increase understanding of trauma, response to trauma and avoid retraumatizing survivors.
Socioecological Model of Community Violence

Bronfenbrenner, 1979; Dahlberg & Krug, 2002

**Individual**
- Child Maltreatment
- Alcohol/Sub Abuse
- Mental Health Problems
- History of violent behavior

**Relationship**
- Family
- Peer
- School

**Community**
- Neighborhood

**Society**
- Culture

**Environmental Factors**
- Poverty
- High Crime
- Unemployment
- Illicit Drug Availability
- Lack of recreational opportunities

**Intrapersonal Factors**
- Poor Parenting
- Marital Discord
- Domestic Violence
- Relationship stress due to financial strain
- Peer violence

**Macro Level**
- Rapid Social Change
- Gender/Social/Economic Inequalities
- Poverty, Weak economic safety net
- Poor rule of law
- Cultural norms that support violence
Moving from this Model/Framework
One or Two

“Hands on Deck”
To This Model/Framework The Entire Community to the Rescue
Community Violence and Trauma: What’s the Connection?

- Violence (injury to others =homicide/injury to self =suicide interconnected)
- Impact is broad and deep
- They are ‘contagions’
- Co-occurring needs
- Similar Root Causes
The Pair of ACEs

Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environments

- Poverty
- Violence
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability

Best Practices For Addressing Community Violence

- Developing safe, stable and nurturing relationships between children and their parents and caregivers
- Developing life skills in children and adolescents
- Promoting a safe environment in the community
- Changing rules and expectations in society (cultural norms) that support violence
- Identifying, helping and supporting victims of community violence

Parent support
- Parent training
- Youth Mentoring

Sports & recreation
- Arts & music
- Leadership skills
- Vocational skills
- Academic support
- Coping skills

Enhanced community resources

Enhanced monitoring & response capacity
- Advocacy

Promoting equality, education & safety

Trauma and mental health screening
- Trauma informed interventions

Training material developed by the Urban Youth Trauma Center at the University of Illinois, Chicago
Finding Solutions: Best Practices for Addressing Trauma and Violence

- Developing life skills in children and adolescents
- Promoting a safe environment in the community
- Identifying, helping, and supporting victims of community violence
- Changing rules and expectations in society (cultural norms) that support violence
- Developing safe, stable and nurturing relationships between children and their parents and caregivers

Training material developed by the Urban Youth Trauma Center at the University of Illinois, Chicago
Collaborative Approach

- Developing life skills in children and adolescents
- Developing safe, stable & nurturing relationships between children & caregivers
- Promoting a safe environment in the community
- Changing rules and expectations in society (cultural norms) that support violence
- Identifying, helping and supporting victims of community violence
- Developing safe, stable & nurturing relationships between children & caregivers

Society

Individual

Family, Peer, School

Community

Neighborhood

Faith-Based Organizations

Mental Health & Healthcare Providers

Law Enforcement/ Juvenile Justice

Government Agencies/ Representatives & Coalitions

Schools / Youth workers

Youth & Families

Training material developed by the Urban Youth Trauma Center at the University of Illinois, Chicago
Core Principles

- Trauma is universal
- Trauma is pervasive
- Trauma is broad and touches many life domains
- Its impact can be life shaping and deep
- Violent trauma is often self-perpetuating
- Trauma is insidious and preys on the most vulnerable on us
- Trauma impacts how people engage with helpful relationships, services, and systems
- Trauma often occurs within the service context
- Trauma impacts those proving services along with youth, families, and participants receiving or engaged with the service delivery system.
Who’s Impacted by Trauma

- Family Supports
- Community Supports
- Spiritual Supports
- Educational and School Supports and Services
- Housing Supports *Basic Needs
- Health Services
- Juvenile Justice
- Mental Health Services
- Social Services
- Vocational and Career Services
- Positive Peers and Mentors
- Recreation Programs and Support
Trauma Informed Care

“Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.”

SAMHSA-National Center for Trauma-Informed Care
Definition of a trauma-informed approach (the four “Rs”):

- Realize *realizing the prevalence of trauma*
- Recognize
- Respond
- Resist retraumatization
LIFE EXPECTANCY
People with six or more ACEs died nearly 20 years earlier on average than those without ACEs.

ECONOMIC TOLL
The Centers for Disease Control and Prevention (CDC) estimates the lifetime costs associated with child maltreatment at $124 billion.

- $63.3 BILLION PRODUCTIVITY LOSS
- $25 BILLION HEALTH CARE
- $4.6 BILLION SPECIAL EDUCATION
- $4.4 BILLION CHILD WELFARE
- $3.0 BILLION CRIMINAL JUSTICE
SAMHSA’S 6 PRINCIPLES
of a
TRAUMA-INFORMED APPROACH

SAFETY
Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS
Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT
Ensures opportunities for growth are available for all.

COLLABORATION
Promotes involvement of residents and partnership among agencies.

PEER SUPPORT
Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE
Values and supports history, culture and diversity.
Guiding Values of Trauma-Informed Care

"User Friendly Guidelines"

- Communicate with passion
- Respect human rights
- Share Power
- Protect Safety
- Earn Trust
- Embrace Diversity
- Pursue the person’s strengths, choice and autonomy
- Provide holistic care
- Understand the prevalence and impact of trauma
- Pursue the person's strengths, choice and autonomy
Trauma Informed Care (TIC) recognizes that traumatic experiences *terrify, overwhelm, and violate* the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to *restore a sense of safety, power, and worth.*

**The Foundations of Trauma Informed Care**

- **Commitment to Trauma Awareness**
  - Create Safe Context
    - Physical safety
    - Clear and consistent boundaries
    - Transparency
    - Predictability
    - Choice
  - Restore Power
    - Choice
    - Empowerment
    - Strengths
    - perspective
    - Skill building

- **Understanding the Impact of Historical Trauma**
  - Value the Individual
    - Respect
    - Collaboration
    - Compassion
    - Mutuality
    - Relationship

Agencies demonstrate TIC with Policies, Procedures and Practices that...
Where are Reforms Happening?

- Child Serving Systems
- Mental Health/Behavioral Health
- Substance Abuse
- Physical Health
- Corrections
- The Military
- Women’s Service Providers
- Business
- Cities/Towns/Local Government
- States
- Schools
<table>
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<th>Trauma Informed = Value Added</th>
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A Trauma Informed approach improved outcomes for youth in juvenile justice/child welfare systems

**Improve academic outcomes/Significantly reduce behavior referrals**

Increased levels of engagement and satisfaction have been reported on consumer/participant surveys

**Better staff retention and ‘happiness’/reduce staff turnover**

Improved outcomes for those participating in ‘mental/emotional/physical wellness programs.” Better retention

**Increase efficacy of evidence based trauma informed treatments or practices.**

Reductions in community violence and more resiliency building programs, services and supports

**Communities report better engagement, more involvement and more social connections**
What is a "trauma-informed community?"

A trauma-informed community...Is aware of and comprehends the root causes of an individual's trauma and the impact that trauma has on the community.

Is committed to educating and providing resources that foster a safe and healthy environment where children and families can grow and develop.

Has a network of schools, social service agencies, businesses, clergy, health care providers, safety and governmental offices and others who are committed to healing trauma through education, intervention and treatment of its effects.

Allows individuals and groups define their own capacities when contributing to the development of a healthy community.
How does a Trauma Informed Community Work?

- COMMON AGENDA: Preventing/Reducing/Mitigating ACEs
- State/System Level
- Community Level
- Practice/Program Level

- MUTUALLY-REINFORCING ACTIVITIES: Awareness raising, cross-sector collaboration, capacity building, data analysis, learning.

- CONTINUOUS LEARNING: Study, educate, support, align

- SHARED MEASUREMENTS: ACEs rates and related cost savings

- BETTER ECONOMIC, EDUCATIONAL & HEALTH OUTCOMES FOR CHILDREN & FAMILIES
Memphis’ Example: Transformative Outcomes

High quality early interventions lower the impacts of Adverse Childhood Experiences (ACEs) and show a return on investment of 6:1.

$6 Return

$194,700 Total economic lifetime benefit per participant

$143,400 Increased lifetime net earnings
  From HS graduation and higher education

$15,500 Increased tax revenue
  From HS graduation and higher education

$28,200 Reduced health care and mortality costs
  Reduced smoking costs
  Reduced depression costs
  Reduced drug treatment costs

$7,600 Public system savings
  K-12 system savings for reduced need for special education and grade retention
  Justice system savings from reduced crime
  Reduced need for public assistance
  Child welfare system savings from reduced child abuse and neglect

$1 Investment

Key strategies
- Parent education and coaching
- Home visitation
- Quality early childhood care and education
- Pre-Kindergarten

These are conservative estimates that primarily focus on the quantifiable ECONOMIC return on investment and don’t take into account the opportunity and psychological costs of remedial education, basic stress, etc.

“The Ask”

- Increase our community’s understanding about trauma and its impact—we’d like 2 people from every organization to attend at least 1 training in the series.

- **Help us identify additional needs and collaborate with us**- If you’re already trained we’d like you to share what you’re doing with us, help us identify needs and additional educational, workforce development, and social marketing strategies.

- **Increased commitments to being trauma informed on an organization level** - Take training to the ‘next level’—we’d love to see organizations, groups, and individuals increase their ability to be ‘trauma informed’ and adopt more trauma informed practices/principles.

- **Increased commitments to adopting trauma informed practices on a community level**- We’d like to see trauma informed values and practices more reflected throughout the community.

- **Increased response discussions and commitment to resiliency building and building protective factors for youth, families, and organizations.**

- Consider **becoming a trauma champions** committed to spreading the word, engaging in social marketing and community advocacy!
Role Model Communities

• Trauma Matters – Kansas City - http://www.marc2.org/traumamatterskc/

• Peace 4 Tarpon – Tarpon Springs, FL - https://www.peace4tarpon.org/


• Trauma Informed Community Networks – Richmond, VA - http://grscan.com/trauma-informed-community-network/


• Alameda County Trauma Informed Collaborative–Alameda County, CA - https://alamedacountytraumainformedcare.org/
Stay Involved with the Trauma & Resiliency Building Network

If you want to learn more please sign up on our email list:
https://groups.google.com/forum/#!groupsettings/cu-coalition-trauma--resilency--working-group/join

If you would like to join us: We meet on the 2nd Wednesday of the month before the coalition meeting. Email us at: cuneighborhoodchampions@gmail.com for more information.

If you would like to become involved: Email us at cuneighborhoodchampions@gmail.com or call us at 217-673-7122
The Work is Transformative
Equipping Community Champions
to Facilitate Healing from Trauma
A project of the Champaign County Community Coalition

“Trauma is a big issue, we need to take a wide view and have a broad impact, where we don’t wait for challenges to occur and we don’t rely only on professionally driven interventions. This calls for a public health approach where everyone plays a role.” Arthur Evans

Trauma is a root causes of community violence; community violence is traumatic. Addressing and preventing community violence requires a trauma informed response.

Using trauma-informed and resiliency-building approaches to address community violence is considered the most effective way to prevent, treat, and respond to community violence.

Guiding Values of Trauma-Informed Care
“User Friendly Guidelines”

The CU Peace and Resiliency Champions

To increase our community’s understanding about trauma, trauma-informed care, resiliency and restorative practices, the Champaign County Community Coalition started the CU Peace and Resiliency Champions. In 2015, a working group comprised of human service providers, community & faith leaders, and citizens began meeting as a part of the Champaign County Community Coalition to address the needs of youth and families in a more purposeful trauma-informed way.

“The Champions” is a resiliency building, strength-based, public health approach and culturally response approach to address trauma and violence. It is based on the best practices and research on trauma and trauma informed care, incorporating the work of the UIC’s Youth-CAN model¹, Bruce Perry’s work on trauma and healing¹, Peace4 Communities¹, Adverse Community Experiences¹, SAMHSA’s Trauma Informed Communities¹, and modeled after the best practices outlined in Blueprints for peace⁶.

CU Neighborhood Champions is support by grant funding from the Champaign County Mental Health Board and donations of time, energy, and resources from the Champaign County Community Coalition partners.
The Goals of CU Peace and Resiliency Champions:
- Increase community understanding of trauma and support to people impacted by trauma
- Support the mobilization and adoption of resources to maximize support for and resiliency-building in youth and families.
- Develop response teams who can respond to a family/neighborhood impacted by violence
- Connect people to appropriate professional help
- Building our community’s capacity to be trauma informed!

TO LEARN MORE—sign up on our email list: https://groups.google.com/forum/#!groupsettings/cu-coalition-trauma--resiliency--working-group/join

TO JOIN US— We meet on the 2nd Wednesday of the month before the coalition meeting. Email us at: cuneighborhoodchampions@gmail.com for more information

HAVE RESOURCES TO OFFER? Email us at cuneighborhoodchampions@gmail.com or call us 217-673-7122

UPCOMING EVENTS: (see the attached list of upcoming trainings and flyers)

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1. UIC Urban Trauma Center— Youth CAN Model - http://www.psych.uic.edu/ijr-programs/urban-youth-trauma-center
2. Bruce Perry – Child Trauma Center - http://childtrauma.org/
3. Peace4 Communities - https://www.peace4tarpon.org/
5. SAMHSA’s Guiding Principles on Trauma/Trauma Informed Care - https://www.samhsa.gov/topics/trauma-violence/samhsas-trauma-informed-approach

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CU Neighborhood Champions is support by grant funding from the Champaign County Mental Health Board and donations of time, energy, and resources from the Champaign County Community Coalition partners.
Upcoming Trauma Training Events
Sponsored by CU Peace and Resiliency Champions

- **Introduction to Trauma Informed Care:**
  *When Trauma Hits Home*
  - February 23, 2018: Champaign Public Library 1:00-2:30 pm
  - March 10, 2018: Urbana (perhaps Urbana Public Library)

- **Trauma 101 – Prevent Child Abuse**
  - March 12, 2018 – 1:00-2:30 pm (TBA)

- **Best Practices to Address Community Violence**
  - *You CAN Help!* – Cunningham might be able to provide CEU’s
    - March 2, 2018- 12:30-4:30pm: Champaign Public Library
    - April – Urbana (TBD)

- **Planting Seeds – Helping Young Children Bloom & Grow** – 9:30-12:30 - Saturday, March 24, 2018 - HeadStart Urbana -cuneighborhoodchampions@gmail.comhttps://www.eventbrite.com/e/planing-seeds-helping-young-children-bloom-grow-registration-39241726059

- **Mandated Reporter Training** – April 16, 2018- 9:30-11:30 am (location TBD)

- **Building Resiliency in Youth**
  - May 8th, 2018- 11:00-12:30 pm - Champaign Public Library

- **Healing Solutions (40 hr training) Tentative Schedule**
  - (Cunningham might be able to provide CEU’s)
    - April 12th, April 26th – 5-9 pm
    - April 13th, 15th, 26th, and 27th – 9:30-4:30
  *Depending on the “Enrollees” we may have Monday sessions and not Saturday sessions – Monday dates: 16th and 30th*

- **Poverty: Cycles of Poverty** – 9:30-11:30 am – (TBD) – Prevent Child Abuse

- **Peaceful Communities Summer Intensive Lunch and Learns**
  - The Trauma to Prison Pipeline – The Impact on Girls and Women
  - Affect Regulation: Teaching Before You Act
  - Substance Abuse, Trauma and Community Violence
  - Vicarious Trauma, Self-Care and Avoiding Burn Out

For Registration or More Information Contact:
cuneighborhoodchampions@gmail.com or call/text: 217-673-1722