



BUILDING RESILIENT COMMUNITIES

Trauma-Informed Care Training



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OCH brings together partners from diverse backgrounds, perspectives, and experiences...



... to solve health issues through collaborative action



To ensure that everyone in our community has the support they need, Kitsap Strong is working to:

“Improve the well-being and educational attainment of Kitsap residents and beyond, through a focus on empowerment and equity, the prevention of Adverse Childhood Experiences (ACEs), and the building of resilience.”



But first, a moment of...



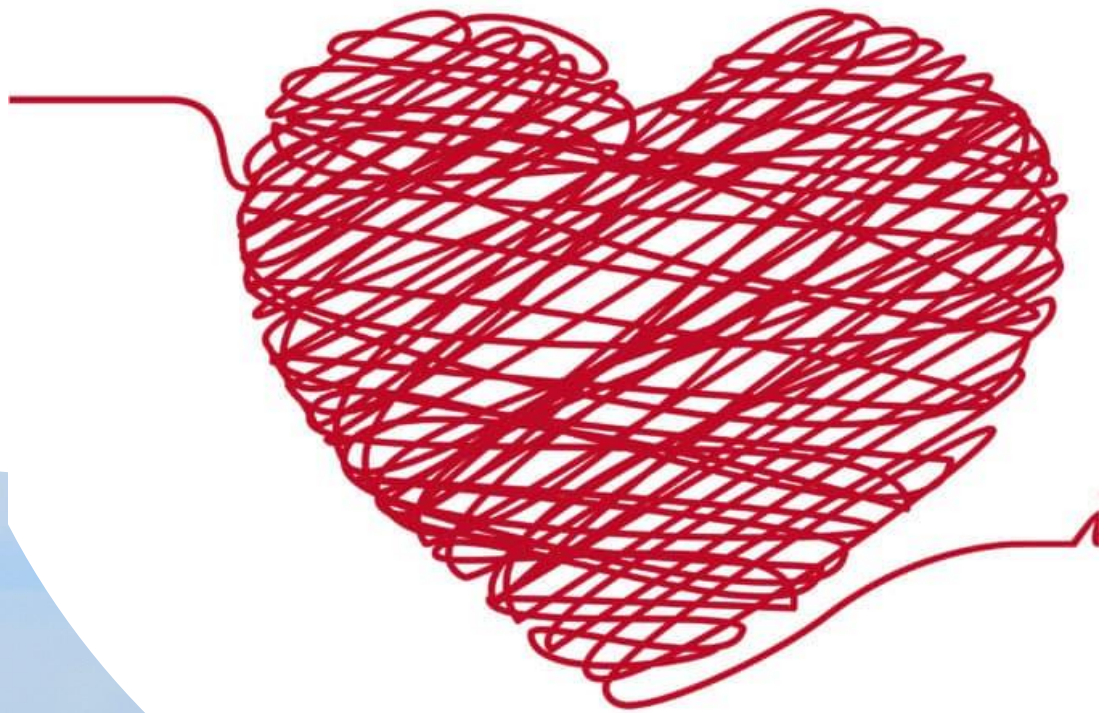
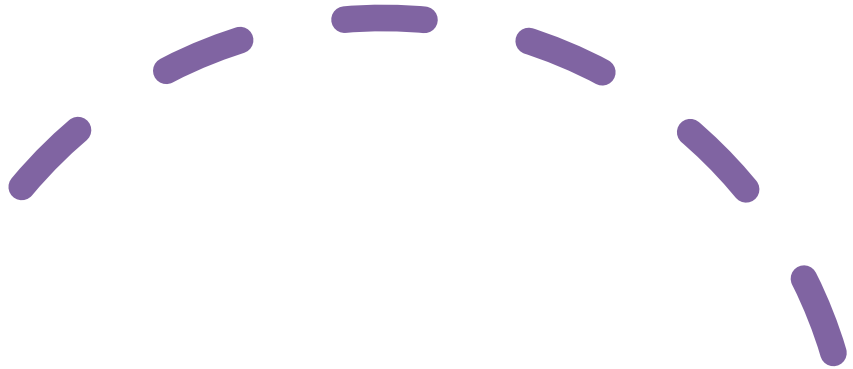
Or another regulation strategy?



**"How would your job change
if you understood
why people do what they do?"**

~Rick Griffin
Community Resilience Initiative

Resilient
Communities--it's
complicated...



ACKNOWLEDGMENTS



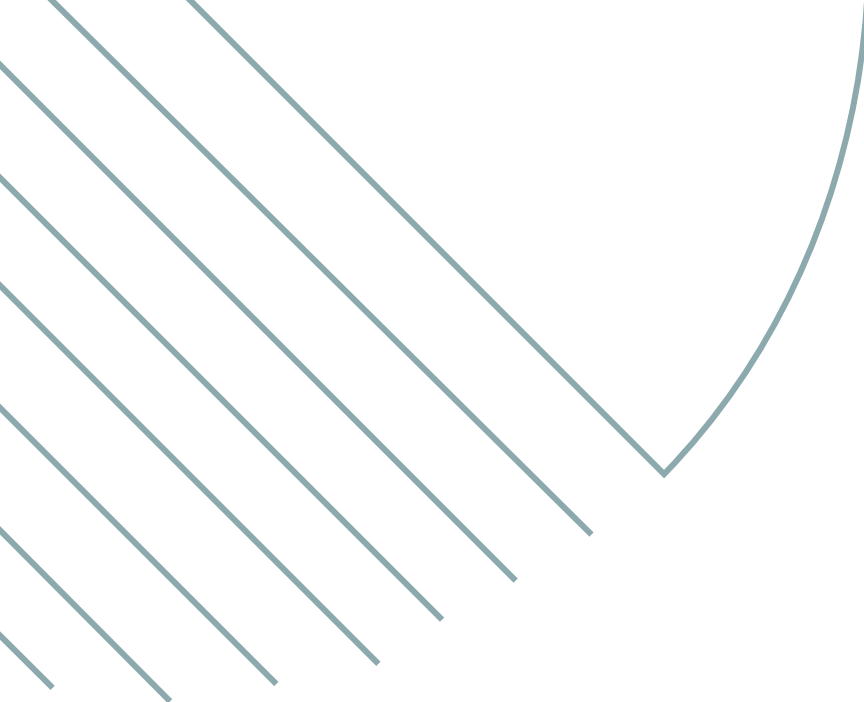
- Advocate for your own learning.
- Tend to your needs.
- Keep break to the allotted time
- Be ready to share and discuss with others
- Give yourself permission to learn



Be aware of your own “threat predictions”

Community agreements





TRAUMA INFORMED CARE OVERVIEW



BLUEPRINT FOR BUILDING COMMUNITY RESILIENCE



KNOWLEDGE

INSIGHT



STRATEGIES

STRUCTURES



KNOWLEDGE

Current scientific foundation of how trauma and resilience impact human function.

NEAR Sciences:

- Neuroscience
- Epigenetics
- ACE Studies
- Resilience

INSIGHT

Using one's neuro-lens to understand somebody else's neuro-lens.

Shift from "What's wrong with you?" to "How do you interpret your own unique experiences?"

STRATEGIES

Using Knowledge and Insight to construct customized strategies or practices to address the underlying needs.

Safety + Connection = Balance

STRUCTURES

By adding Structures to Knowledge, Insight and Strategies, we become trauma-informed agents of change.

Focus on community and sustainability



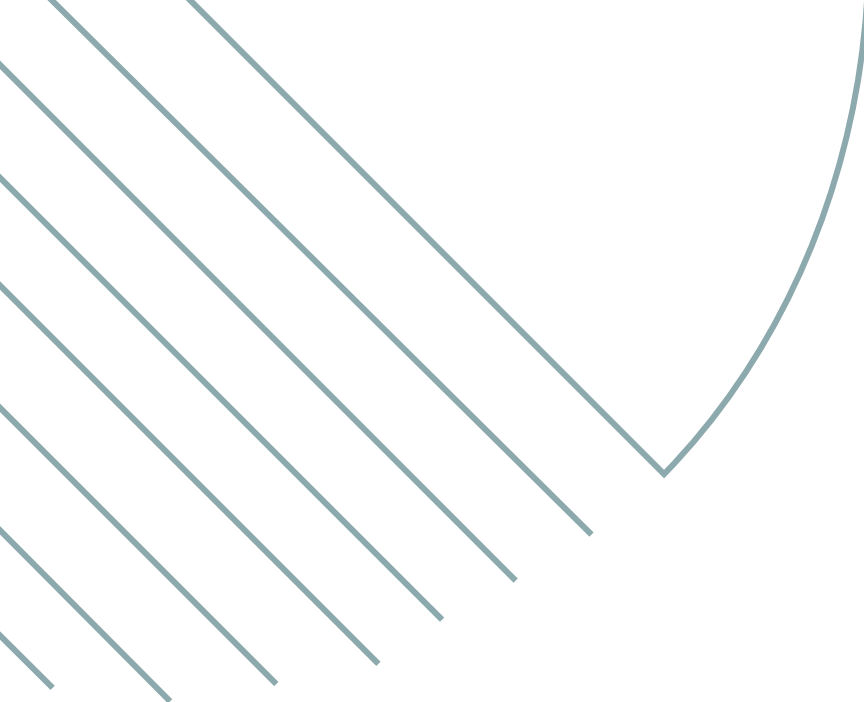
COMMUNITY
RESILIENCE INITIATIVE

www.CRIResilient.org

Framework for Learning

A word about strategies





NEAR AT A GLANCE: Share Activity

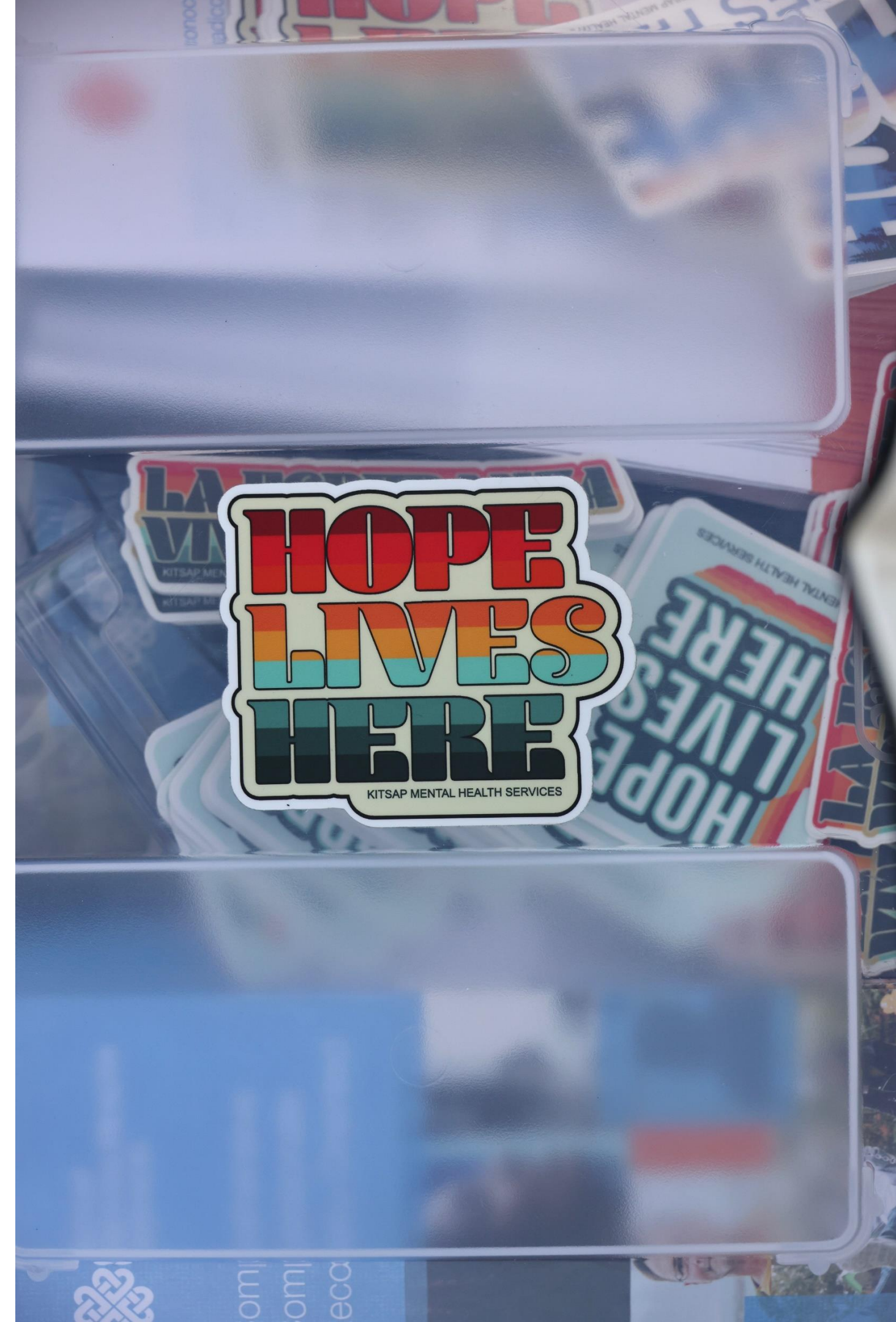


Step 1- Introduce yourself

Name

Affiliation

What do you enjoy doing to connect with your community?



Step 2: Pair Share

Answer the following:

I thrived as a child because...

Step 3: Pair Share

Answer the following:

Reflecting on your conversation about thriving, what is your biggest concern for children/adults in our community today?

Thriving

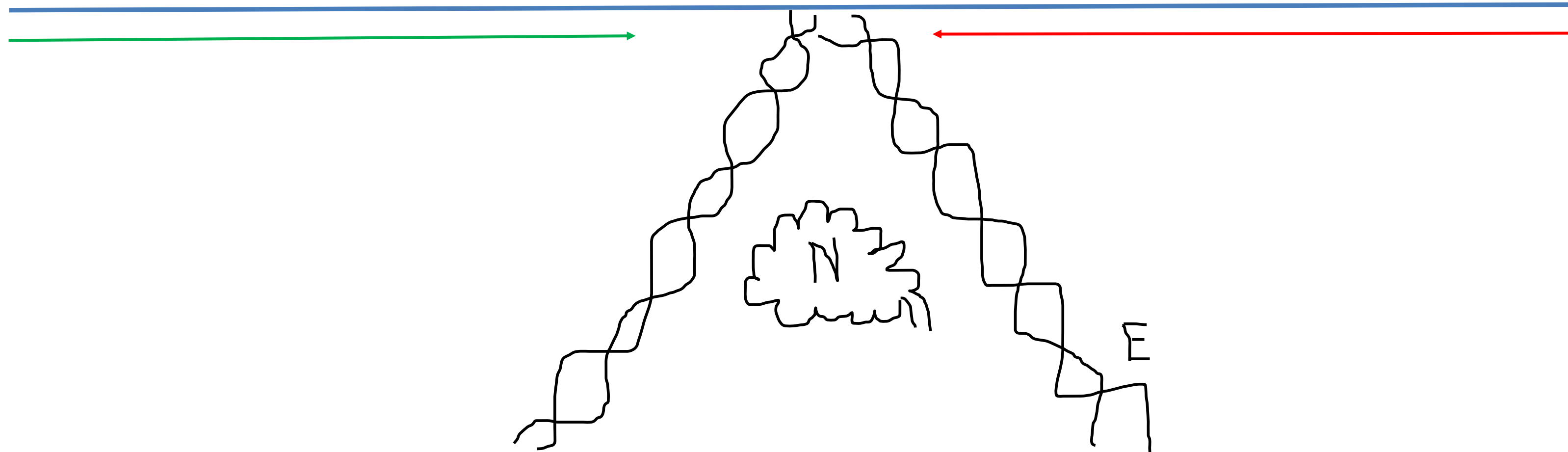
R

- **Individual capabilities & skills:** self-regulation
- Activities/experiences; library; art; music; creative outlets; sports
- **Relationships with caring & competent people:** Family; friends/peers
- **Attentive and caring adults; love & safety**
- Positive school experiences
- **Sense of community/belonging:** Spirituality; faith; Neighbors; coaches; nature
- Ability to learn; explore; experience other cultures and ways of knowing

Concerns

A

- **ACEs = Adverse Childhood Experiences:** Substance use; mental health; domestic violence; abuse & neglect
- **“Toxic Stress” (many sources and forms):**
 - Oppression/hatred/discrimination; “isms”
- Societal distress: lack of empathy; social media; Not listening to each other; Lack of connection
 - Inequality; lack of resources; poverty
 - Intergenerational/historic trauma
 - Trauma of pandemic



Step 4: Overall Reflection

Neuroscience

Epigenetics

Adverse **C**hildhood **E**xperience

Resilience



ACE Categories

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

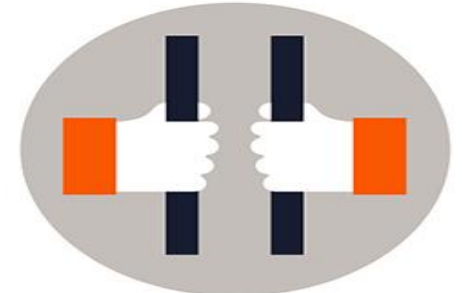


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



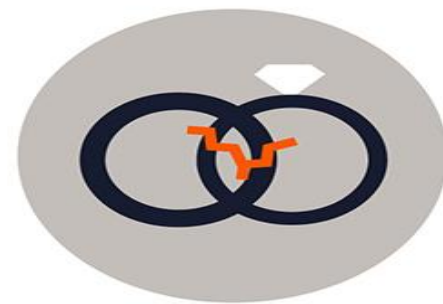
Incarcerated Relative



Mother treated violently



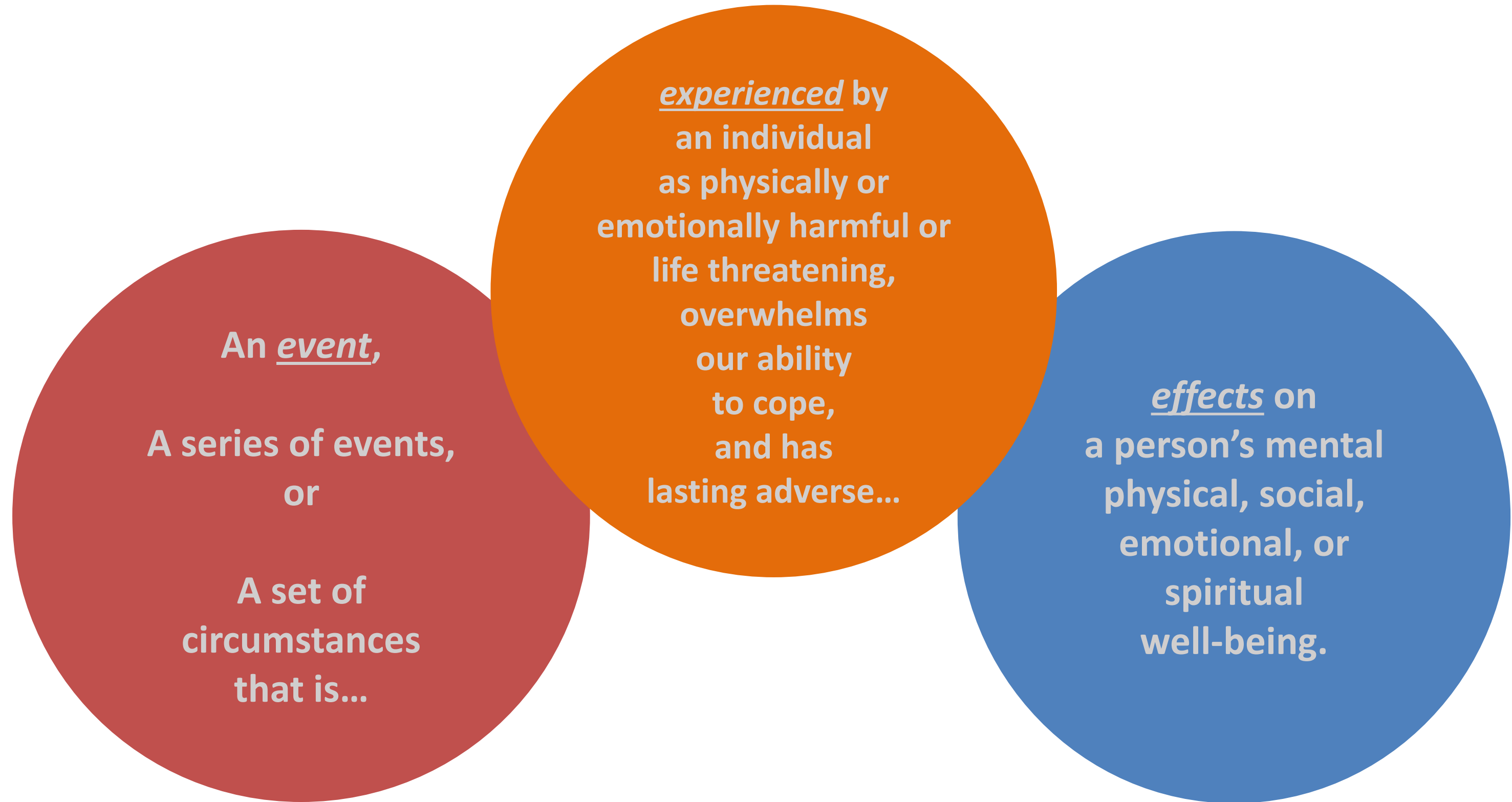
Substance Abuse

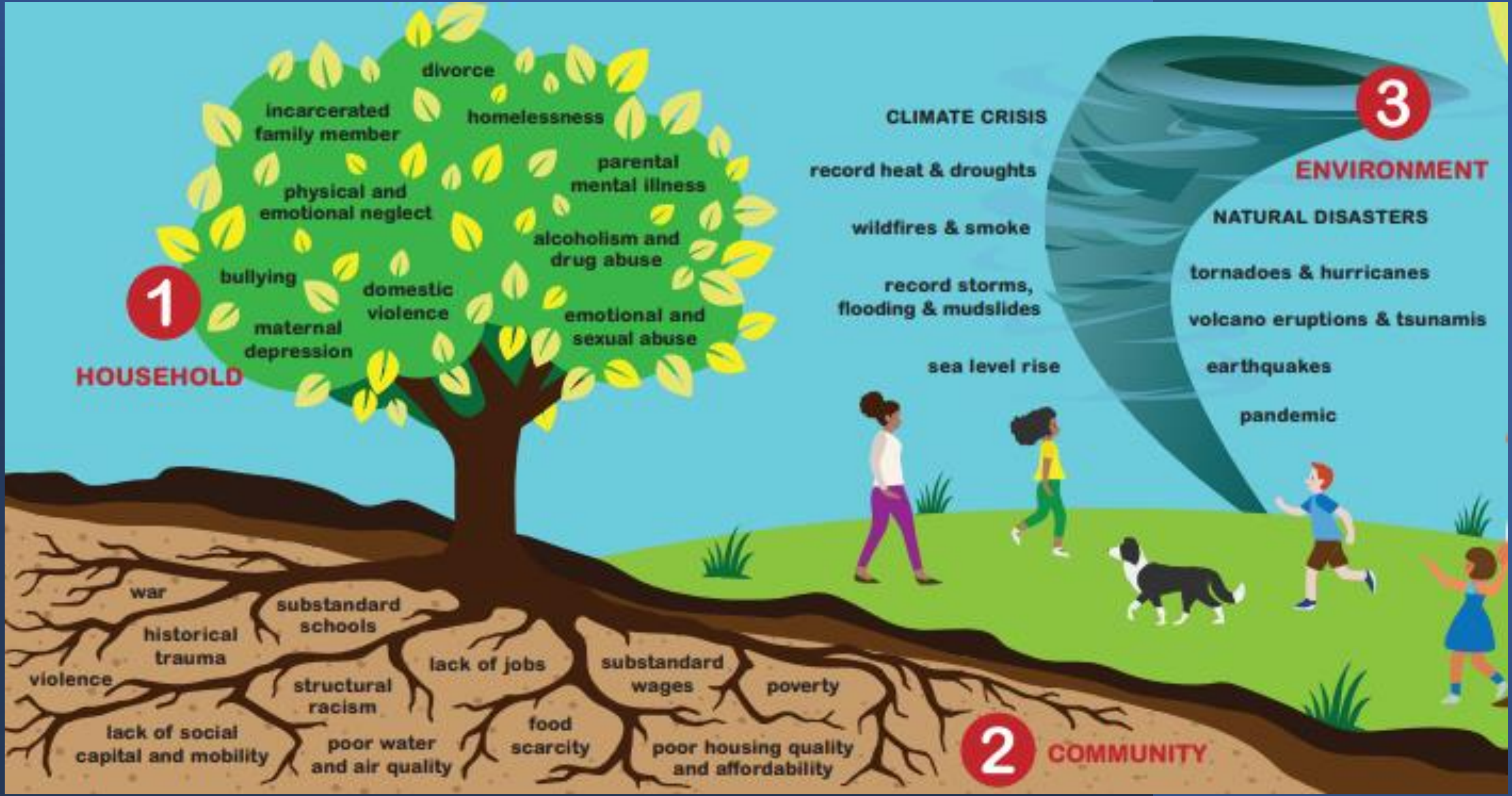


Divorce

DEFINITION OF TRAUMA

The three "E's" of trauma:

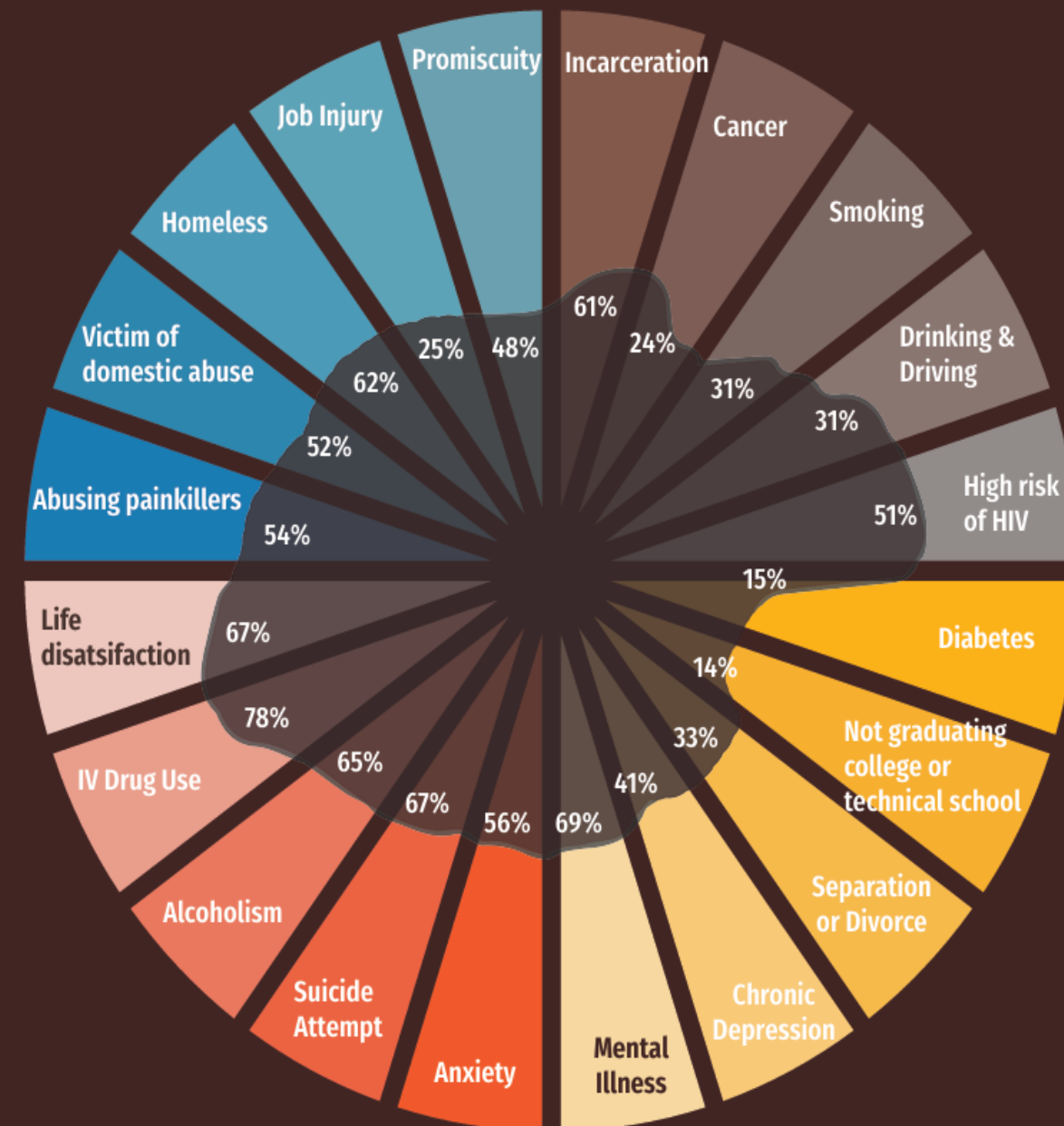




Childhood Trauma: the root cause of most of society's problems

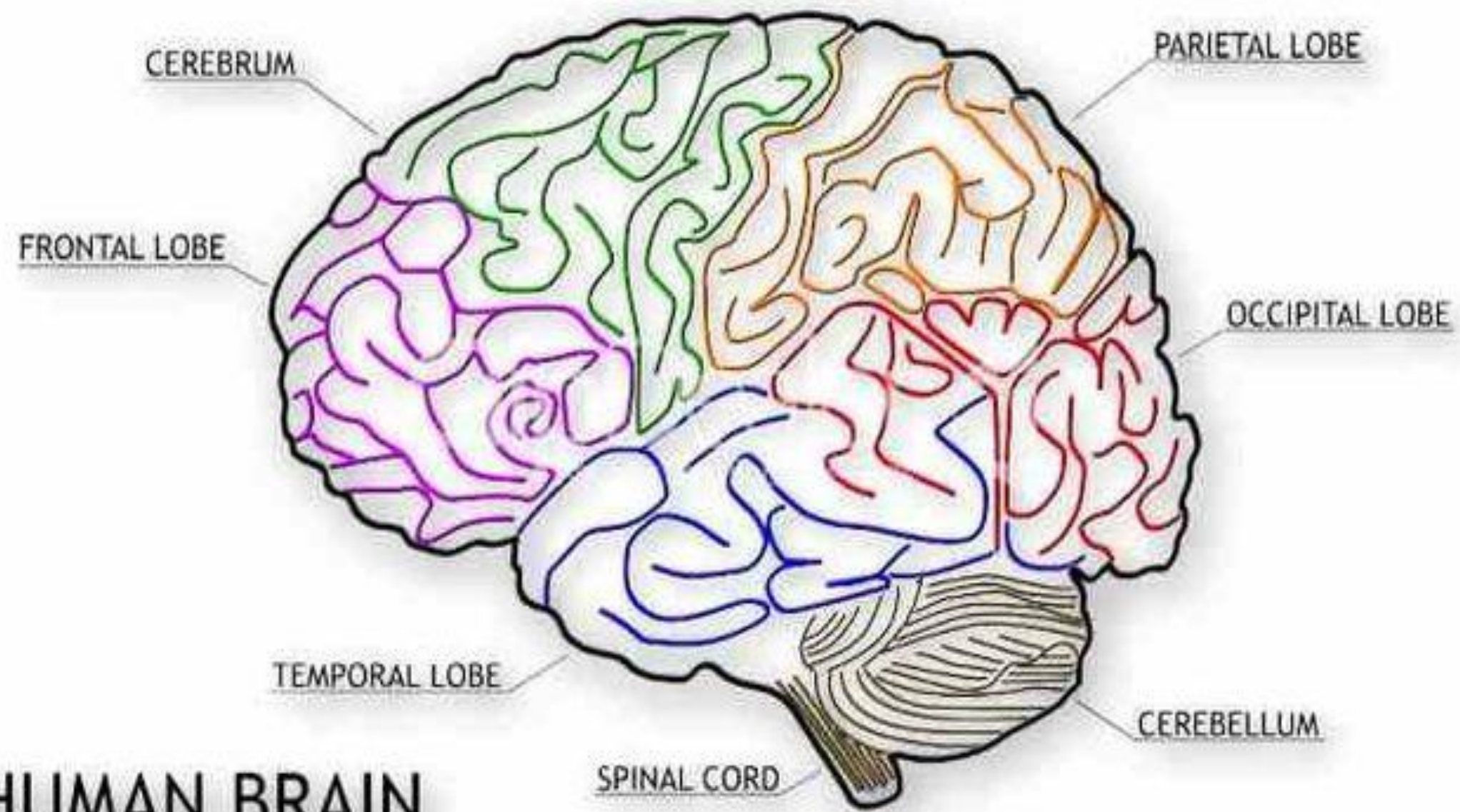
Childhood trauma is the root cause of most of the serious problems that people in our area face. Everything from chronic health problems to high divorce rates, drug abuse, depression, and homelessness have been linked to traumas in childhood—and the more traumas a person has had, the higher his or her risk for major challenges in adulthood.

Through prevention of ACEs in children & building resiliency with adults we could eliminate:



37% of Kitsap residents report having 3 or more ACEs. Based on 2011 BRFSS data.

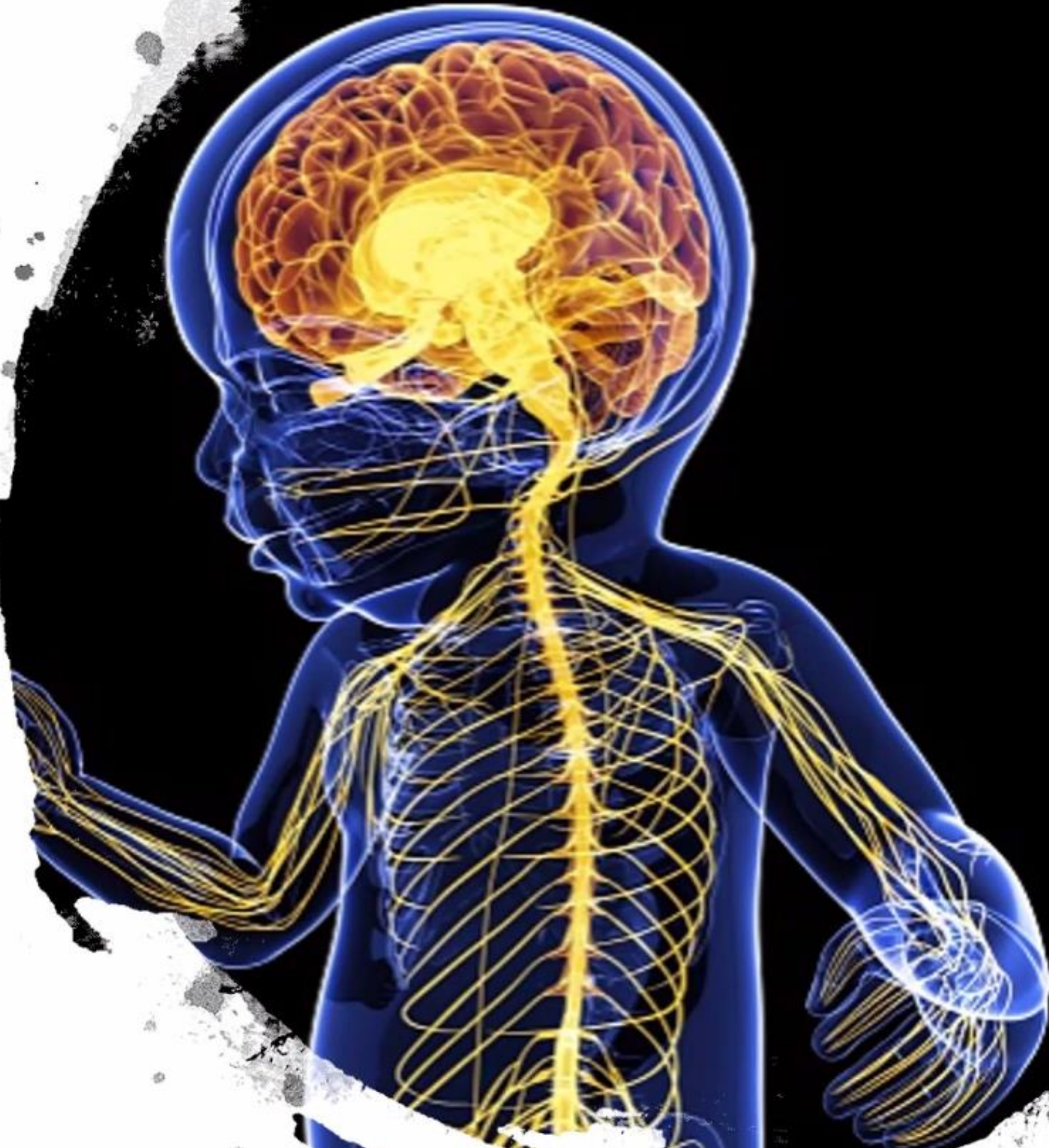
THE BRAIN: IN BRIEF



HUMAN BRAIN

The Science of Early Childhood Development

- Brains are built over time, from the bottom up.
- The interactive influences of genes and experience shape the developing brain.
- The brain's capacity for change decreases with age.
- Cognitive, emotional, and social capacities are inextricably intertwined throughout the life course.
- Toxic stress damages developing brain architecture, which can lead to life-long problems in learning, behavior, physical and mental health.



**What
behaviors
might arise?**



Thriving

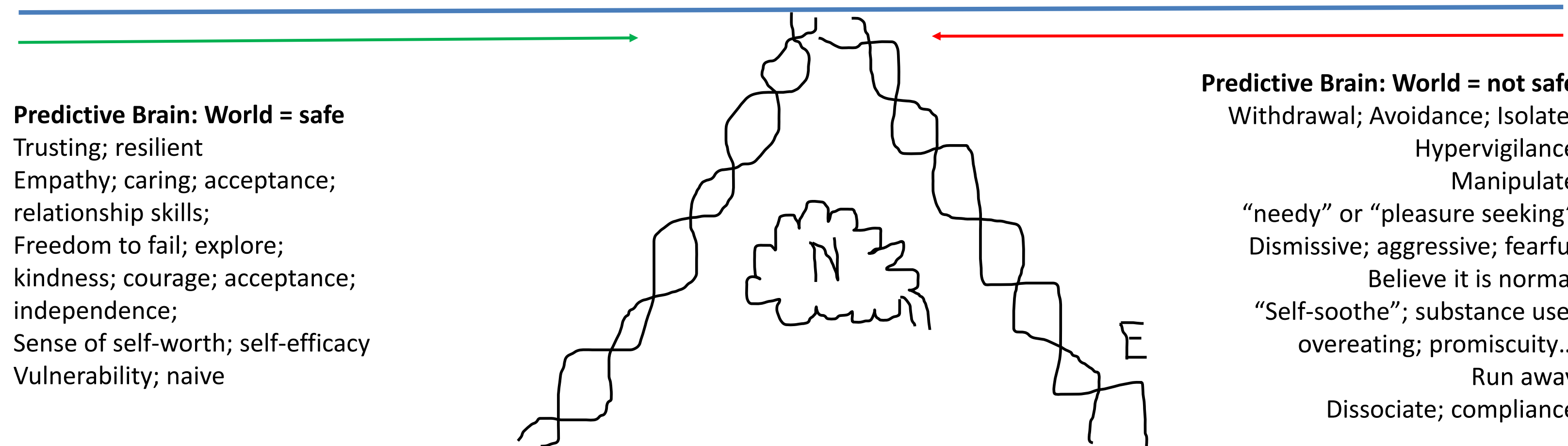
R

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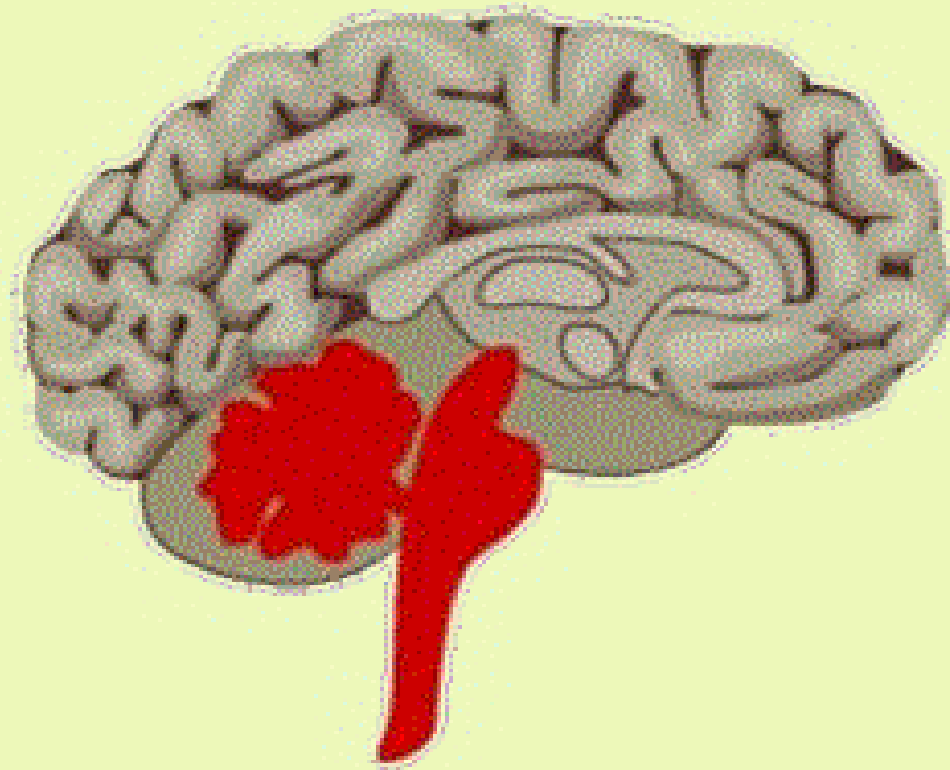


What Fires Together Wires Together

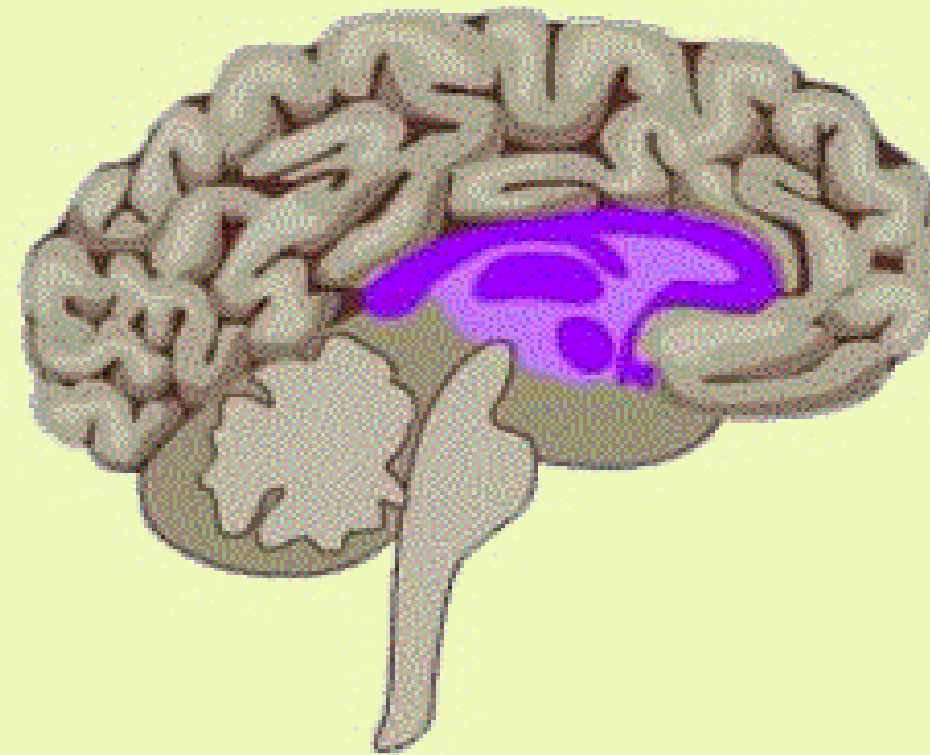


Experience connects about a
100b neurons into dense networks

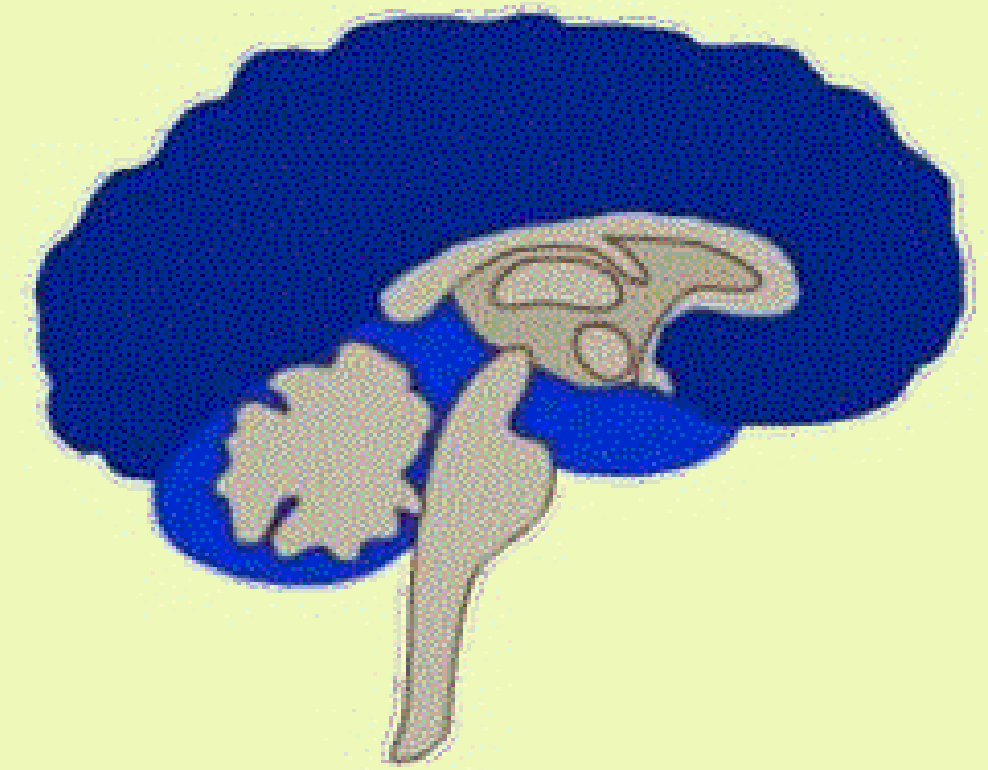
The Three-Parted Brain



Lizard Brain
(Brain stem and cerebellum)
Autopilot
Fight & Flight



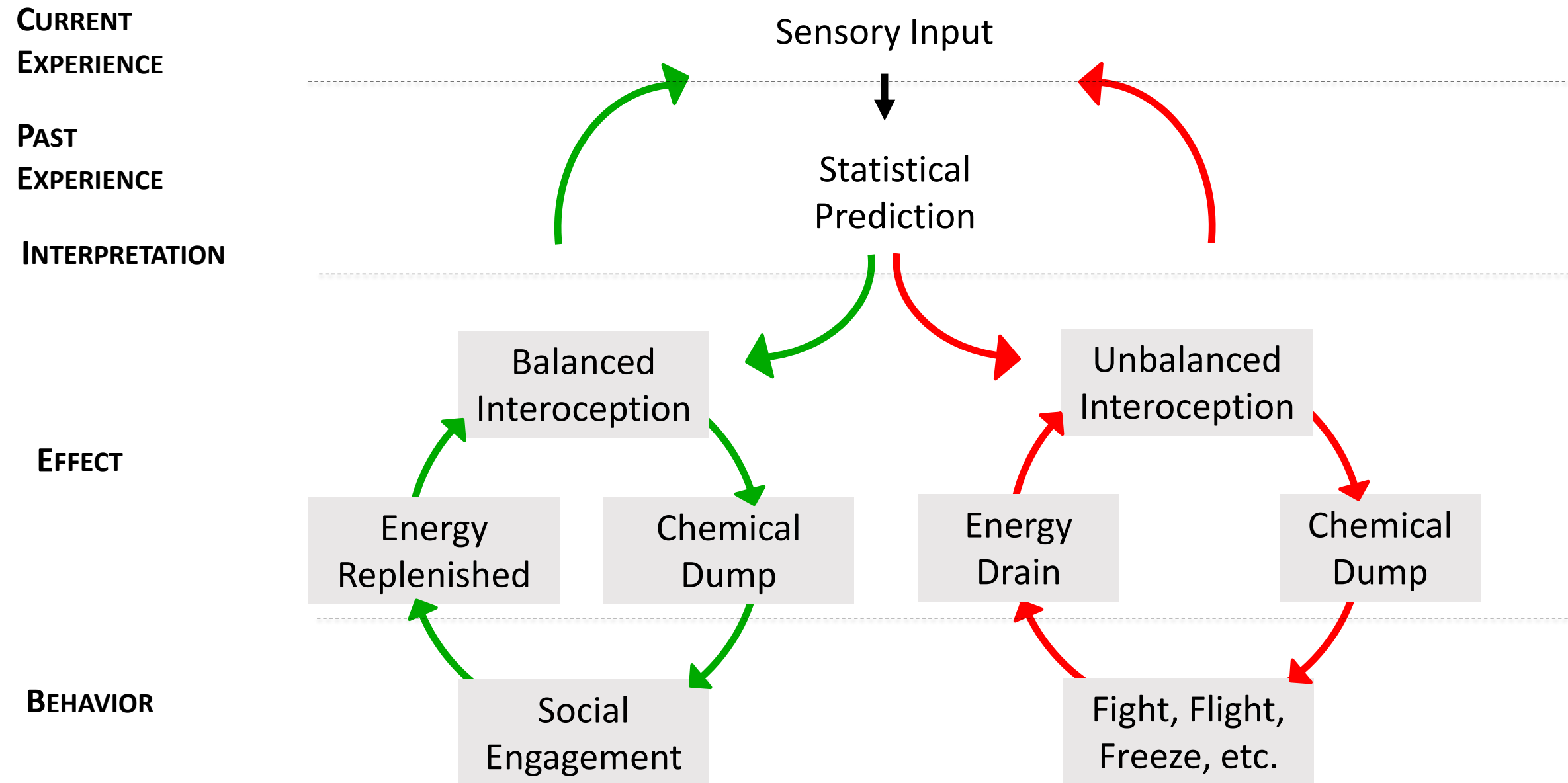
Mammal Brain
(Limbic System)
Emotions
Memories
Habits
Attachments



Human Brain
(Neo-Cortex)
Language, abstract thought, imagination, consciousness, reasoning, rationalising

(From Paul D. MacLean's model of the "Triune Brain")

Predictive Brain Process





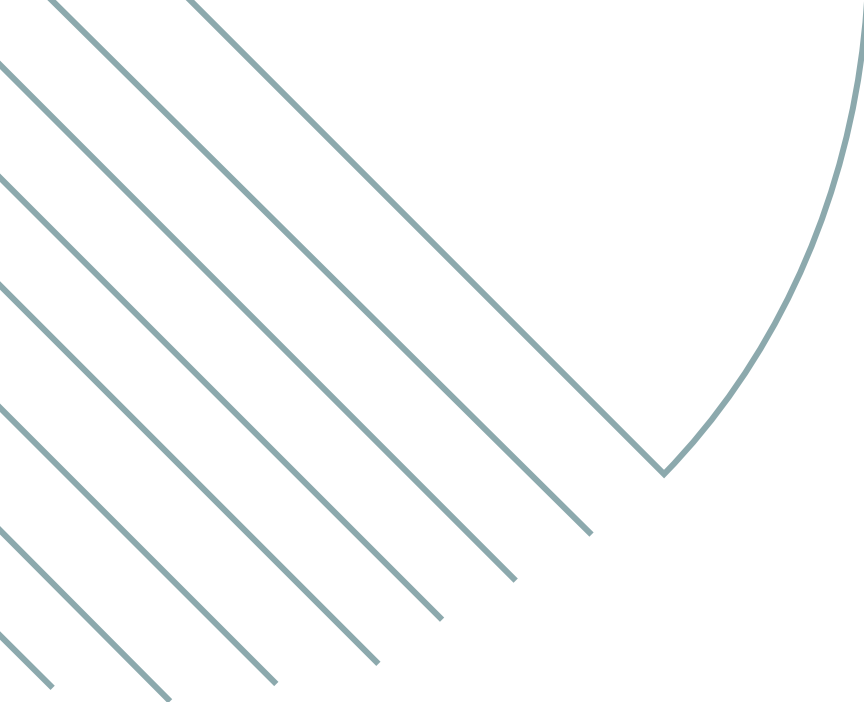
Group Reflection

The Predicting Brain

**What caught your attention about the
Neuroscience?**

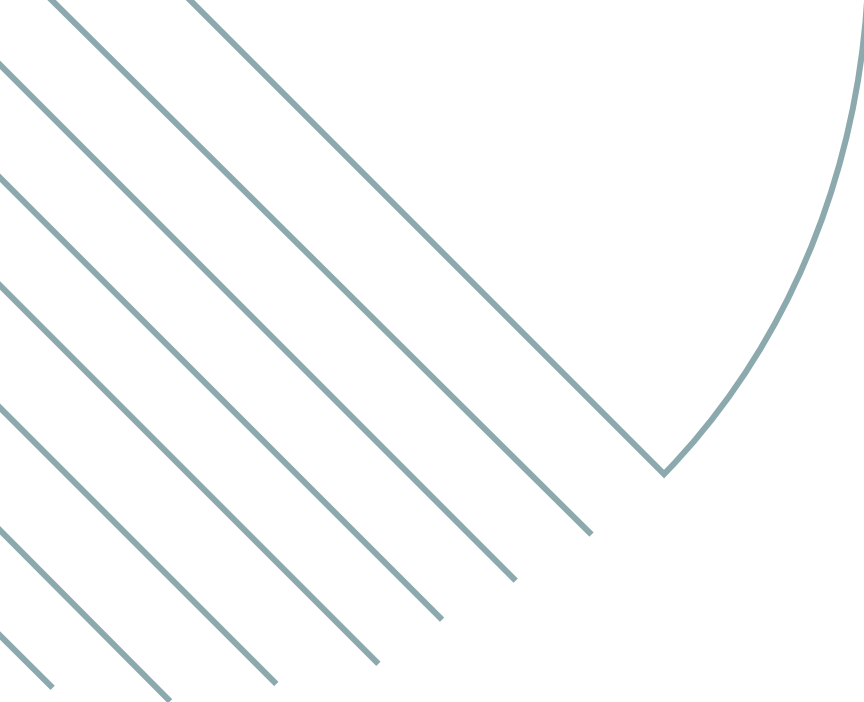
**Share your questions, comments, or concerns with
your group**

HOW DOES THIS APPLY TO YOUR WORK?



BRAIN + BIO BREAK





PREDICTING BRAIN: Pair Share Activity



WORD SEARCH ACTIVITY:

Pick a partner

One handout for each team—
one will be A and the other B

Detach the “A” & “B” tabs—
read your instructions
SILENTLY—DO NOT SHARE.
Act according to the
directions

You & your partner will have
5-7 minutes to get as many of
the word search words as
possible





REFLECTION

A story of the predicting brain in action...

- **Think about your predicting brain in action at work**
- **How does this learning help you be more effective in engaging families?**
- **What can you do to override your own threat predictions?**



**"WHAT IS PREDICTABLE
IS
PREVENTABLE"**

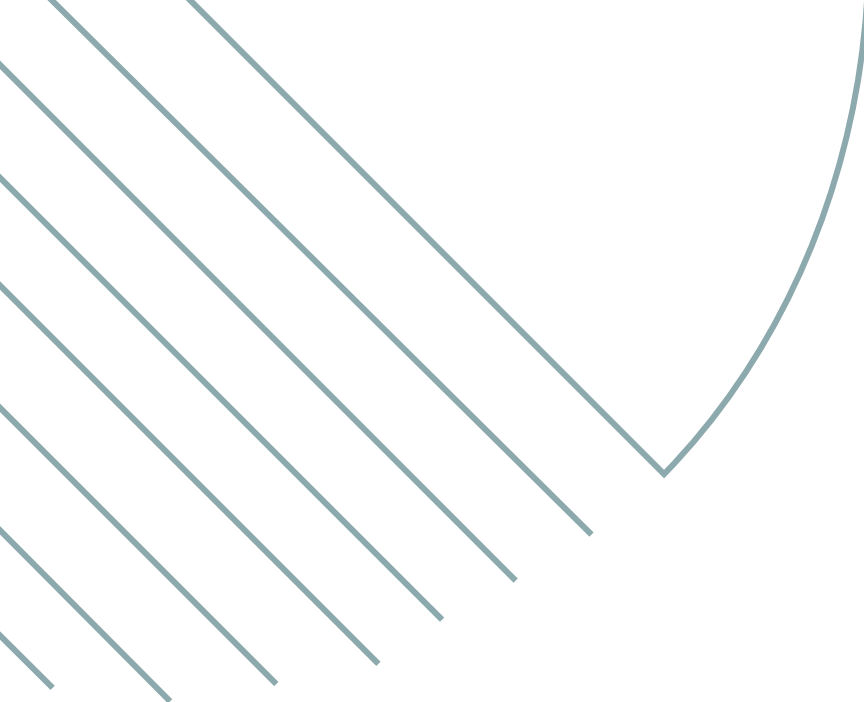
~DR. ROB ANDA





**"How would your job/relationships
and community change
if you understood
why people do what they do?"**

~rick griffin



PREDICTING BRAIN: Individual Activity



Trauma vs Drama



One point for each “drama” and zero points for trauma.

Trauma or Drama



Trauma or Drama



Trauma or Drama



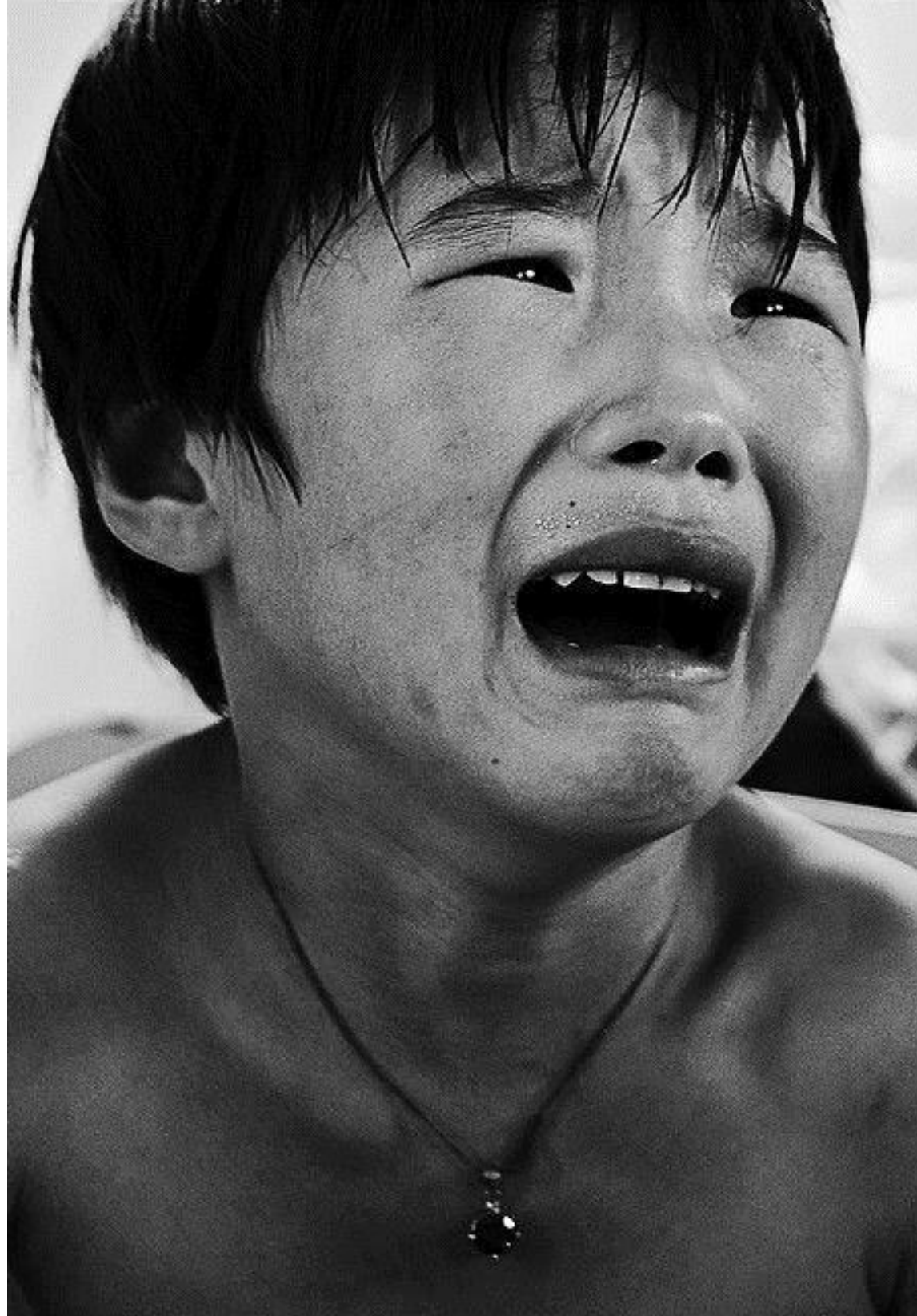
Trauma or Drama



Trauma or Drama



Trauma or Drama



Trauma or Drama



Trauma or Drama



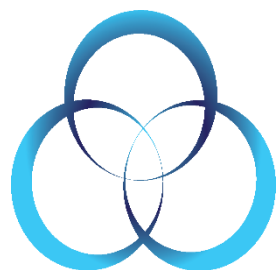
A Trauma-Informed Pathway

- **Realizing** prevalence
- **Recognizing** how it affects all individuals: customers, professionals, neighbors
- **Resisting re-traumatization**
- **Responding** by telling everyone, acting in own sphere of influence
- **Rebuild HOPE**



Elect: A Focus on Well-Being

- **Elect is a point in which we choose our own behavior.**
- **Diminish our own lens of judgment and bias.**
- **Choosing positive intent shifts the paradigm.**



What is wrong with you?

Well-being is viewed as the reduction of adversity

**What has happened to you?
And, what meaning have you made?**

Well-being is viewed from a client centered trauma informed approach

**Hope is being able to see
that there is light despite
all of the darkness.**

Desmond Tutu

HOPE DEFINED

**Hope is the belief that tomorrow will be better than
today... and you have the power to make it so!**



CLALLAM
RESILIENCE
PROJECT



Stay Connected

October is Resiliency Month

Friday Oct 4, 2024 Kitsap Strong - Resiliency Summit 8:30 to 3:30pm

A hope filled experience in connecting, learning and growing together to strengthen our community! Resiliency isn't about rugged independence, it is about interdependence, inclusion, empathy, and the vulnerability necessary to form healing relationships.



[Register Here](#)

Monday Oct 7, 2024 - Science of Hope 11:30-12:30pm

Dr. Chan Hellman will be providing an hour webinar about the "Hope Science for Mentors and Community Members" in partnership with Kitsap Strong, Clallam Resilience Project and Mentor Washington).



[Register Here](#)



More to Come:

Explore foundational concepts of trauma and resilience through the **Community Resilience Initiative Curriculum**, presented by **Kitsap Strong**.

Day 1: Trauma Informed

Date: December 9th | Time: 9:00 AM - 4:30 PM

Gain insights into how trauma affects individuals and communities and learn practical tools to foster healing and resilience.

Day 2: Trauma Supportive

Date: December 10th | Time: 9:00 AM - 4:30 PM

Deepen your understanding and develop supportive practices that promote healing in trauma-affected individuals and groups. This session builds on the Trauma Informed training and offers practical strategies for ongoing support.



BUILDING RESILIENT COMMUNITIES

Thank YOU!



Olympic
COMMUNITY *of* HEALTH


KITSAP
strong