

Strategies for Restoring & Empowering Traumatized Youth



WORKSHOP DESCRIPTION:

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. Staff will receive education about how trauma affects youth, how to create a safe environment for youth in our care, and ways to avoid re-traumatizing practices. Specific tool and strategies will be discussed to help staff engage youth and support emotional self-regulation. Trauma specific interventions and recovery resources will be shared.

ATTENDEES WILL IMPROVE THEIR UNDERSTANDING OF:

- How youth are affected by trauma
- Strategies to support positive coping and emotional self-regulation for youth and staff
- Knowledge of recovery and trauma specific treatment interventions and resources

July 26, 2016
9:00 a.m. - Noon

Location:
Wurdeman
Conference Center
Omaha Home for Boys

4343 North 52nd Street
Omaha, NE

Register by July 15:
Please send your name
and email address to Kay
Glidden at:
kglidden@region3.net

Training provided by:
Operation Youth Success
(OYS) and the Juvenile
Detention Alternative (JDAI)
- Omaha

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ABOUT THE TRAINERS:

Kay Glidden, M.S., is the Assistant Director of Region 3 Behavioral Health Services and is the Training Coordinator for the Behavioral Health Education Center (BHECN) in Kearney, Nebraska. She holds a Bachelor of Arts Degree from Augustana College in Sioux Falls, South Dakota. She received her Master of Science Degree in Education from Indiana University, Bloomington. Kay began her career in Higher Education, counseling and teaching college students for 13 years. For the last 19 years she has worked in the Nebraska public behavioral health system as a Supervisor, Human Resource Specialist and Trainer.

Jenny Brown, M.S., was a member of SAMHSA's First National Learning Community for Trauma Informed Care. She holds a Bachelor of Science degree from the University of Nebraska at Kearney and a Master of Science degree in Education (Counseling and Student Affairs) from UNK. Jenny works in Prevention at Region 3 and is responsible for planning, coordinating, and implementing a comprehensive alcohol, tobacco, and other drug prevention and community development approach for residents within the twenty-two counties of Region 3.

Jenny and Kay are also trainers for "Trauma 101 and Recovery"; "Training of Trainers for Trauma 101 & Recovery" and "Calmer Classrooms: Working with Traumatized Students".