

## Trauma 101 & Recovery Train-the-Trainer Workshop



### 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. One of the key components of building organizational capacity for trauma-informed care is professional education and development. Staff need education about how trauma affects consumers seeking services, what trauma-informed care is, how to create safe environments for persons served, and ways to avoid re-traumatizing practices.

To establish a collective network approach to staff development, each agency/coalition is asked to send one individual to attend the Training of Trainers Workshop. Individuals attending this 7-hour Training of Trainers Workshop will be prepared to provide a "Orientation to Trauma-Informed Care" training for staff within their agency/coalition. These trainers will be offered a curriculum designed to offer basic knowledge, skills, and values of trauma-informed care to all staff in their behavioral health agencies. Participants will also review and practice methods of delivering the training information.

### WHO SHOULD ATTEND?

Selected staff within the agency/coalition (one per provider agency/coalition) who meet the following criteria (this is NOT intended to be limited solely to clinical staff):

- Are advocates for trauma-informed care and wish to be educators on the topic
- Are comfortable presenting and speaking in front of audiences
- Possess strong presentation, communication, and listening skills
- Are willing to offer the training as part of new hire orientation and ongoing staff development within their agency
- Are willing to learn and willing to practice

**Date:** June 22, 2016

**Time:** 9 am – 4 pm

### Location:

Weitz Community  
Engagement Center  
(CEC), Room 127  
University of Nebraska  
Omaha (UNO)  
Park in Parking Lot E.

Lunch is on your own.

### Register by June 15:

Email your name and email  
address by **June 15, 2016** to:

Kay Glidden  
kglidden@region3.net

*Space is limited  
and advanced registration  
is required.*

This training is provided by  
Operation Youth Success (OYS)  
and the Juvenile Alternative  
Initiative (JDAI) - Omaha.

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### LEARNING OBJECTIVES:

- Define trauma
- Describe the effects of trauma on adults and children
- Review ACES's Study and the impact of trauma through the life span
- Review the effects of trauma on the body and the importance of processing traumatic events through movement
- Identify the stages of recovery trauma using the Judith Herman model of recovery and how this model can assist counselors in treatment planning and treatment responses
- Identify strategies to create safety in trauma survivor's lives
- Discuss ways to assess for and implement trauma-informed services
- Describe the impact of trauma work on service providers and organizations
- Discuss the importance self-care
- Understand how to prepare and present the "Orientation for Trauma-Informed Care" curriculum to other staff
- Review methods of delivering training information, facilitating discussion, and answering difficult questions
- Practice presentation of training materials

### ABOUT THE PRESENTERS:

**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.