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 an “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
- HAVE PREVIOUSLY ATTENDED A TRAUMA 101 TRAINING

Date: August 2, 2017
Time: 9 am – 4:30 pm
Working lunch is provided.

Location:
Region 3 Behavioral Health Services
4009 6th Ave., Suite 65
Kearney, NE 68845
Cost: $25 (includes training manual, flash drive and lunch)

Registration:
Mail a check made payable to Region 3 Behavioral Health Services with your name and email address by July 24 to:
Region 3 Behavioral Health Attn: Tiffany Gressley P.O. Box 2555
Kearney, NE 68848

This training is sponsored by Region 3 Behavioral Health Services and the Behavioral Health Education Center of Nebraska (BHECN).

Space is limited; advanced registration is required.

“I am truly grateful for the Trauma training that you provided. The trainers were exceptional and the materials were presented in a manner that we could easily digest the information and make it meaningful to our respective audiences.”
Deborah Neary, Executive Director, Midlands Mentoring Partnership, Omaha, NE
Trauma 101 & Recovery
Train-the-Trainer Workshop

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. holds a Bachelor of Arts Degree from Augustana College in Sioux Falls, SD and a Master of Science Degree in Education from Indiana University, Bloomington. Kay began her career in Higher Education, counseling and teaching college student for 13 years. For 19 years she worked in the Nebraska public behavioral health system. Kay is a Certified Compassion Fatigue Specialist and is certified by the Green Cross Academy of Traumatology. She served on a team for the National Council for Behavioral Health’s first National Learning Community for Trauma Informed Care. Kay teaches mindfulness to youth in her local school district and is a trainer for Mental Health First Aid, Compassion Fatigue and trauma trainings with her company, Compassion Resiliency. Kay is on contract with Region 3 Behavioral Health Services to provide face-to-face trauma trainings across Nebraska.

Jenny Brown, M.S. is an active member of the internal Trauma Informed Care Team at Region 3 Behavioral Health Services, she also participates in the Regional Trauma Informed Care Team, and she served as a member of the National Learning Community for Trauma Informed Care. Jenny 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. She 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.