

ADDRESSING THE ROOT CAUSE...

WHY ARE WE WAITING?

What is the root cause of complex adversity?

Research shows that it is

Toxic Stress:

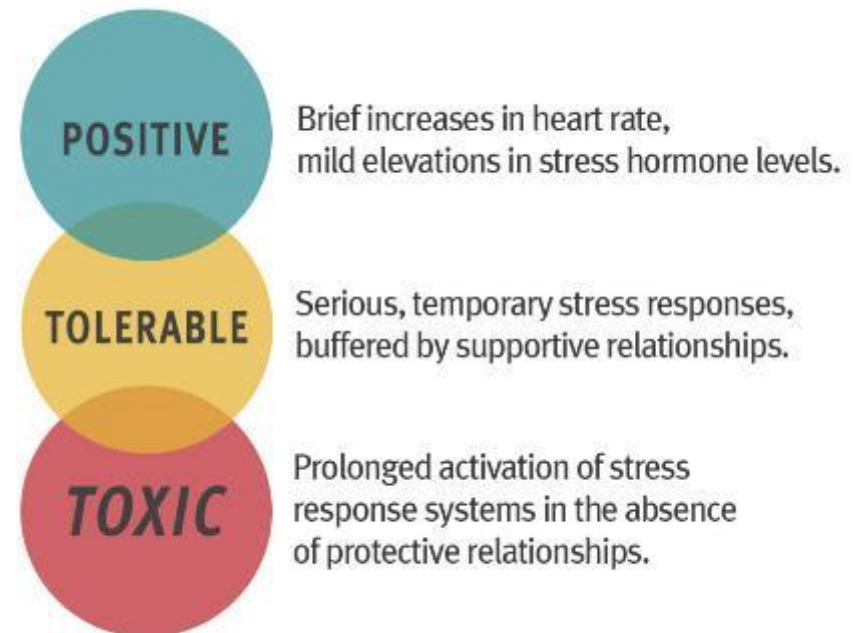
Prolonged activation of stress response systems in the absence of protective relationships.

Sources:

<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

<http://ok25by25.org/our-programs/resilience/>



Resource Poster to post on back of Bathroom Stall Doors:

Are you OK? Oklahoma CARES: Call 211

*Best resources gathered by Oklahoma families with lived experience for all Oklahoma families



Disability Services



Crisis Lines/
Helplines



Utility / Rent



Housing / Shelter



Food / Meals



Clothing /
Household Items



Health / Dental
Family Planning



Mental Health
Substance Use
Treatment



Legal Assistance
Law Enforcement



Employment /
Income Assistance



Public /
Community Services



Family / Parent
Guardian Support



Support Groups



Schools / Adult Education



Transportation



Disaster Services

Many things in life can leave a person in crisis, isolated and feeling overwhelmed: aftermath of a storm, loss of a job, abuse at home, mental health struggles, bills higher than earnings.

You Are Not Alone Anymore.

Talk to Someone Who Cares & Knows Where to Go for Help.

CALL [2-1-1](tel:2-1-1) NOW.

TEXT YOUR ZIP CODE TO [898-211](tel:898-211)

We provide compassionate, non-judgmental listening, as well as resources and support to get you back on your feet.

Youth Helpline:
1-833-885-CARE (2273)

Parent Helpline:
1-877-271-7611

Need to Talk?
1-800-273-TALK (8255)

Emergency: Dial 911

Like these resources?
Please take a picture & share with a friend.
If friend is in need, request consent & call together on speaker.

Want to help and give back?
Volunteer with [211](tel:211) or your local charity.



Why Are We Waiting? Windows of Opportunity to Increase “**Protective Relationships**”

- Engagement Opportunities to Connect & Build Trust with Children, Youth, Families & Staff
- Offer “**Menu of empowering resources**”: Support Groups, Treatment & Counseling
- Frontline staff encouraged to provide a “**warm hand-off**” to services by asking consent then calling together on speakerphone

	Business Community	Financial	Child Care/ Head Start	Education/ School	Health/Dental	Senior Care	Law Enforcement
Behavioral Indicators of Human Instability & Toxic Stress:	18-65 years Chronic Unexcused absences from work	Delinquent bills (utility, rent, auto, etc.) Accessing predatory lenders	0-5 years Chronic Unexcused Absences & Suspensions	5-18 years Chronic Unexcused Absences & Suspensions	Frequent visits to Urgent Care or Emergency Room Or emergency dental	65+ years Isolation	911 calls Domestic violence Illegal activity
Frontline Staff – Opportunity for Trauma-training & develop process for Referral:	Supervisor; Human Resource Coordinator	Landlords Utility companies Lending institutions Unemployment offices	Child Care Teacher	Teachers Parent Liaisons Truancy Division Nurse/Counselor	Nurse Physicians	Nurse Geriatrician	First Responders: Police Fire EMSA
Continuum of Stabilizing & Supportive Resources:	Resource & Referral Coaching Parenting Skills Financial Advice Support Groups EAP Programs Counseling Substance Use Treatment Volunteer	Resource & Referral Coaching Federal Credit Union programs Support Groups Counseling Substance Use Treatment Volunteer	Resource & Referral Coaching Parenting Skills Financial Advice Support Groups Home-Visiting Nurse-Family Partnership Counseling Treatment Volunteer	Resource & Referral Coaching Parenting Skills Financial Advice Support Groups Counseling Substance Use Treatment Volunteer	Resource Coordinator Coaching (Patient Navigator) Support Groups Counseling Substance Use Treatment Parenting Skills Financial Advice Volunteer	Resource & Referral Coaching Support Groups Senior Centers near Child Care Centers Volunteer Mentor Opportunities	“Handle With Care” Resource Coordinator Coaching Support Groups Treatment Counseling, etc. Last resort: Prison/Jail



➤ Helping to Connect the Dots:

- ✓ Posting “Oklahoma CARES” Resource Poster in your office bathrooms
- ✓ Watching Resilience Film with your organization to inspire change
- ✓ Developing/Enhancing a “Trauma-Informed/Resilient Change Team”
- ✓ Conducting a TIC organizational assessment for baseline data and track progress
- ✓ Creating a Staff/Client Advisory Team (8-12 people/organization)
- ✓ Learning from trauma-informed trainings & facilitating discussions
- ✓ Strengthening policy and procedures with Advisory Team; include Trauma-informed Supervision
- ✓ Providing a “**warm handoff**” for staff/clients to increase use of Employee Assistance Programs (EAP), support groups, individual counseling, treatment, etc₅

➤ “Change happens at the speed of trust”

➤ Additional Resources Upon Request:

*Please share with others & use in collaborative funding opportunities.

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Questions and/or Technical Assistance? Please contact:

*Adrienne B. Elder, MPH, CHES
Trainer, Facilitator, & Grant Writer for Coalitions*

ebConsultingOKC@gmail.com

405-426-5431



NCTSN

The National Child
Traumatic Stress Network