

C.A.R.E CERTIFICATION

WHAT DOES IT MEAN TO C.A.R.E? WHAT IS THE IMPORTANCE OF CALM, ACCEPTING, RESILIENT AND EMPATHETIC SKILLS AS A PROFESSIONAL?

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives, an estimated 223.4 million people in the United States. In the public behavioral health arena, 90% of clients being served have at least one (more often multiple) Adverse Childhood Experiences (ACEs). Adverse Childhood Studies further show that many of these traumas result in disrupted brain development; the adoption of at-risk health behaviors; increased the risk for disease; disability and social problems in children and adults as well as developing physical and mental illnesses. The Center of Disease Control recognizes this epidemic requires a public health response at a national level, state and local level. Evidence has shown that by implementing *Trauma-Informed / Emotional Agility & Resilience* practices within all human service systems impacting youth, adults and their families, individuals are empowered to build their resilience and enhance their overall health and well-being.

Assuring a strong *Trauma-Informed / Emotional Agility & Resilience* foundation for all leaders, direct care staff, and consumers is a critical component in responding to this public health crisis. This is where the C.A.R.E. Certification learning series strives to solve this important need.

In partnership with Narutka International LLC, Dr. Allison Jackson has created a five-part Continuing Education (CE) series dedicated to enhancing human service professionals' knowledge of *Trauma-Informed* perspective and practices.

The five courses included in the core C.A.R.E. Certification are:

1. Overview Adverse Childhood Experiences (ACEs): The Most Basic Public Health Issue
2. Emotional Trauma's Impact on the Brain and Behavior
3. Introduction to Emotional Agility & Resilience: Building Individual Resilience with Every Day Action
4. Vicarious Trauma: Importance of Self-Care for Professionals
5. Community Resilience and Next Generation Health

Total Contact Hours: 18

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February 9, 2018
Course begins
March 19, 2018

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For nearly 30 years, Dr. Allison Jackson has been working in the field of *Trauma-Informed / Resilience*. The majority of her career path has involved supervising/consulting nationally and internationally with professionals assisting patients/clients with Adverse Life Experiences (ACEs). She also continues to work directly in this field with clients in her community.

Dr. Allison's passion was ignited while educating the human service workforce in basic principles of *Trauma-Informed / Resilience*. As a distinguished leader, she educated professionals on evidence-informed approaches to clinical and organizational practices.

Dr. Allison is equally committed to the health and well-being of the Professionals serving clients and their support network. Her development of a *Trauma-Informed / Emotional Agility & Resilience* educational curriculum became the topic of her PhD research, where she evaluated and implemented the best methods for adult learners in human services to:

- A. Understand the impact of childhood adversity/trauma on health, learning and relationships,
- B. Gain knowledge in the concepts of *Trauma-Informed Care / Emotional Agility & Resilience*,
- C. Learn evidenced informed practices in being a *Trauma-Responsive / Emotionally Agile & Resilient Professional*

Dr. Jackson now harnesses the compelling research in the field of Adverse Childhood Experience (ACEs) and Resilience, her academic and clinical experience, and her personal experience as a trauma thriver to bring forward the C.A.R.E. Certification. Her hope is that all C.A.R.E. Certified professionals will practice **Calm, Accepting, Resilient and Empathic** behaviors for themselves and those they serve.

