

Mini-Conference #2
The Ripple Effect of Trauma
Friday, December 3, 2021 | 10am-12pm
FREE

In this mini-conference, we'll explore the ripple effects of trauma on individuals and communities. Building on foundational trauma 101 knowledge, we'll dive deeper into the impact of trauma on individual's physical, emotional, and behavioral experiences. We'll further explore traumatic stress symptoms to be able to recognize signs that someone might be experiencing a trauma reminder and discuss how trauma reminders can often be misunderstood. Using an intersectional lens, we'll discuss community-level impacts of race-based trauma and how we can care for ourselves and our communities.

Learning Objectives

By the end of the virtual mini-conference, participants will be able to:

- Identify the signs and symptoms of traumatic stress response on the brain, body, emotions, and behavior
- Describe individual and community-level impacts of trauma, including race-based trauma
- Implement self- and community-care strategies for coping with and managing traumatic stress responses

**DETAILS**

Date & Time

Friday, December 3,
2021
10am-12pm

Virtual via Zoom

Register at
<https://bit.ly/3FlqBK6>

Participation is free and open to communities in Cabarrus, Caldwell, Chatham, Edgecombe, New Hanover, Pitt, and Wilson counties.



SAMHSA
Substance Abuse and Mental Health
Services Administration



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services