

San Diego Trauma-Informed Guide Team

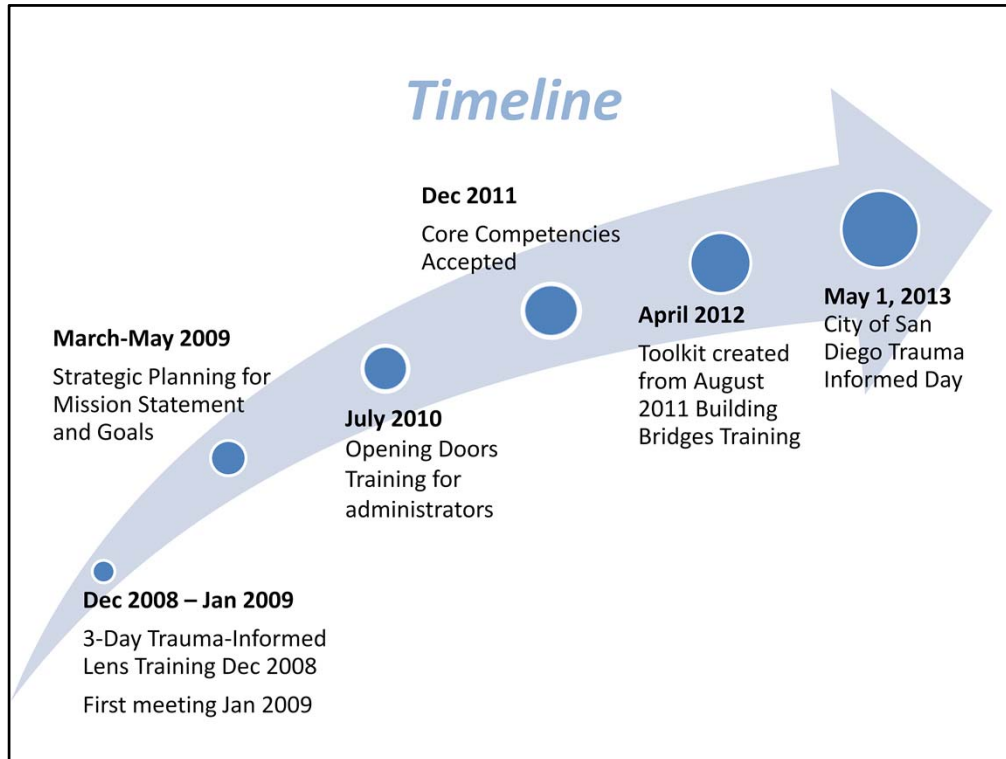


Kimberly Beckstead LCSW, ADC II

Amelia Barile Simon, MPH

Pamela Hansen, LCSW

Founding/Early Members of SD TIGT



Slide 1: Kimberly

Here are our Major Milestones:

Founded in 2009

Interdisciplinary community based team of professionals

Initial Co-Chairs:

Elizabeth Knight (Domestic Violence)

Kimberly Beckstead (Mental Health)

Karen _____ (Consumer)

Strategic Planning/Technical Support

Trauma Champions

Shared passion in integrating services and implementing trauma informed paradigm shift

Mission

To promote the development and provision of **trauma-informed services** in San Diego County's agencies and systems through collaboration, advocacy and education.

"Agencies are our clients"

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- Review the Mission of the SD TIGT "Agencies are our clients"
- Describe the collaboration aspect among various agencies/systems: mental health, substance abuse, criminal justice, domestic violence, education, etc.
- Education-this training is a part of the educational process
- Providing TIS at every level and each person plays a part
- What you learn today you can pass along to co-workers and clients
- The purpose is to help agencies learn about trauma and help advocate
- It is a very complex process and each person plays a part



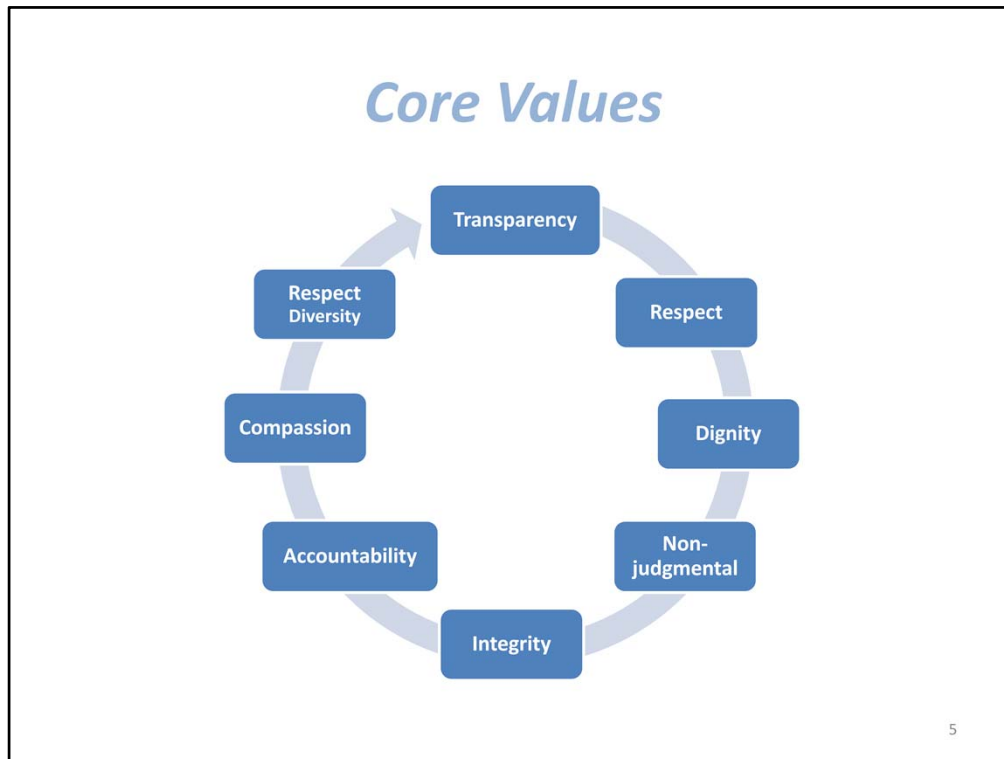
- Each client is on a journey

•Summary: Tonier's mom was a drug addict and an alcoholic. Tonier experienced many ACEs, including sexual abuse which lead her to many self-destructive and unsafe behaviors. Tonier was a foster youth, began drinking as a child and became addicted to crack as an adult which lead to homelessness, prostitution, and incarceration. She lost her own children to the foster care system. She participated in a program to help pregnant inmates and was finally able to address her own trauma and the reason behind her substance use. After being healed of her traumatic past, she was able to get her daughter back and break the cycle of trauma. She is now a national speaker and helps others understand trauma.

(A documentary about her story is at www.healingneen.com)

- Review labels given to Tonier; does that sound like terms used for clients in your area
- When people are coming in for services you only see one slice of where they are at: you don't know where they have been or where they are at in terms of their recovery.
- In being trauma informed-reviewing the past and where they are today—they should be acknowledged for all the steps they have taken to get to where they are today
- We are seeing one slice of where they are today
- You don't know where their journey is going

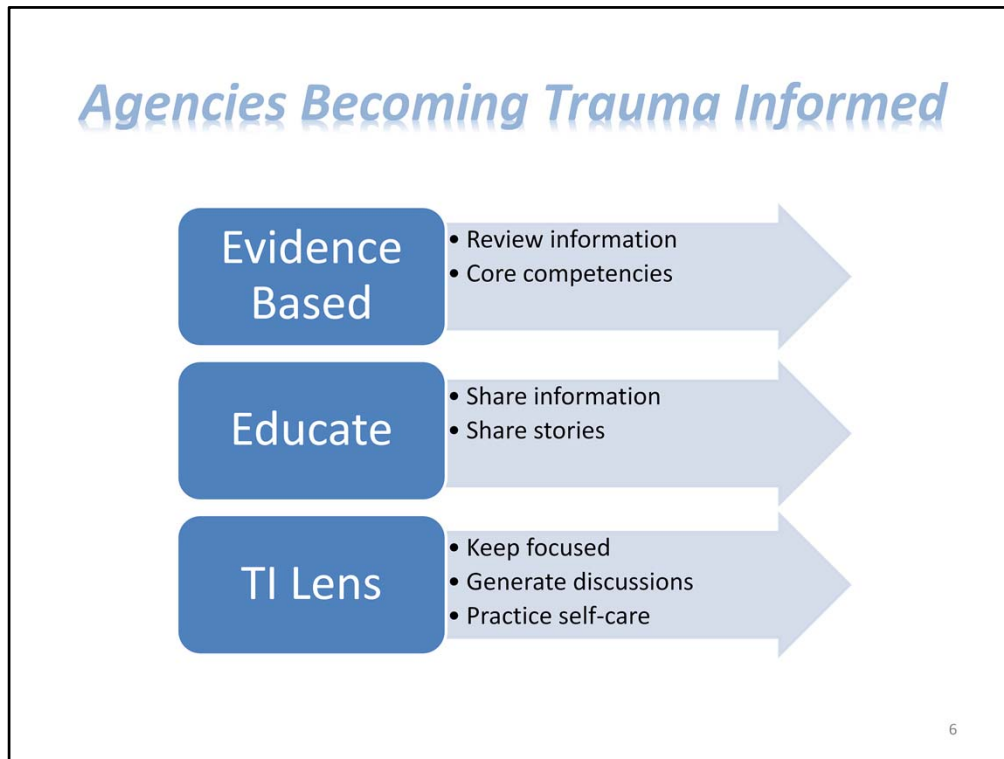
•**See them past where they are today**



CORE VALUES when interacting with clients and as an agency as a whole

- This is a philosophy, not a program, not a model; a lens you wear every day. we are learning to view the world as humans and equals
- View the clients as humans and equal partners
- Put a personal/human note to it
- Something we bring to make our jobs easier
- Have audience provide examples where someone has/hasn't been treated with any of the core values.
- How does your environment jive with the core values? Point out positive and negative attributes of the environment.
- Transparency doesn't mean self disclosure...it means that you understand the client experienced challenges which brought them to seeking out assistance. Bring it to a feeling level-we might not have the same experiences but we can understand feelings and how to manage feelings.
- Transparent—"No, I don't know what you are going through but it must have been hard to come here."
- **It is important to have them create their own trauma-informed interventions by having their own good and bad examples.
- Reassure them that they have already gotten started with the process; be genuine
- Clients survive by knowing and moving away from trouble. They are in-tune with what's going on
- **What's holding you from having respect, dignity, and not being genuine

- Being grounded and present-TREAT ALL CLIENTS AS IF THEY ARE THE 1ST OF THE DAY!



Highlight value of trauma-champions from various agencies meeting on a regular basis

- Share list of core competencies
- Tie Core Competencies with the sharing stories—which is an example of educating
- What are examples of “Educating” each other? Supporting co-workers, sharing success stories.
- What are examples of “Practicing self-care”?
- Take into consideration how they affect everyday life

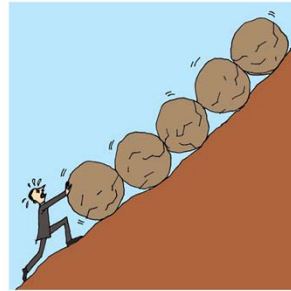
Materials Developed

- SD Trauma Informed Guide Team Brochure
- Agency Surveys and Needs Assessments
- Various Powerpoint presentations
- Building Solutions Toolkit
- San Diego Trauma Informed Care Day Proclamation
- Core Competencies

These and other materials will be uploaded on the San Diego County ACEs Connection Page, as well as other resources collected by our members

Challenges

- Diverse Communities
- Diverse Expertise
- Diverse Language



Agencies represented included Domestic Violence, Mental Health, Alcohol and Drug Services, Peer Support Partners

Lessons Learned

- Children's Systems and Adult Systems - learning each other's language
- Need to learn Families' language and help them learn our language
- Value of representation from Peer Support Partners
- Shared resources (trainings, webinars, blogs)

- Spent a lot of time on developing Core Competences (so many examples). Don't get hung up on going through all the research – find the one that works for you
- Start making change in the easiest place “low hanging fruit” – don't start with the biggest challenge
- Regional representation needs to include families as “translators” “cultural broker” “credible messengers”

More Lessons Learned

- Start making change in the easiest place “low hanging fruit” – don’t start with the biggest challenge
- Training diverse populations/service providers (first responders, university students)
- Importance of maintaining relationships after training
- Weave in ACEs/Role of ACEs Connection

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Next Steps - ACEs Connection

- Assessment Tools, Toolkits, Training
Powerpoints will be more accessible
- Decentralized communication through technology
- Regional representation and outreach
- Reaching those who cannot come to meetings

ACEs Connection

Healthy, happy kids grow up to create a healthy, happy world.



open sharing of updates and asking questions to the entire group (rather than chair and co-chair)