

Healing our Communities through Trauma Informed Ministries

Communities Champions for Health Session

by

Dana Brown, Southern CA Regional Community Facilitator, ACEs Connection



Image Credit: Trauma Informed Care Task Force of Greater Los Angeles

All Roads Lead to Resilience



ROAD TO
Concrete Support
in Times
of Need

ROAD TO
Social
Connections

ROAD TO
Social &
Emotional
Competence

ROAD TO
Parental
Resilience

ROAD TO
Knowledge of
Parenting & Child
Development



Why is it important to understand “trauma informed”?

Types of Trauma

A single traumatic event that is limited in time.

Acute Trauma

The experience of multiple traumatic events.

Chronic Trauma

Vicarious Trauma

Complex Trauma

System Induced Trauma

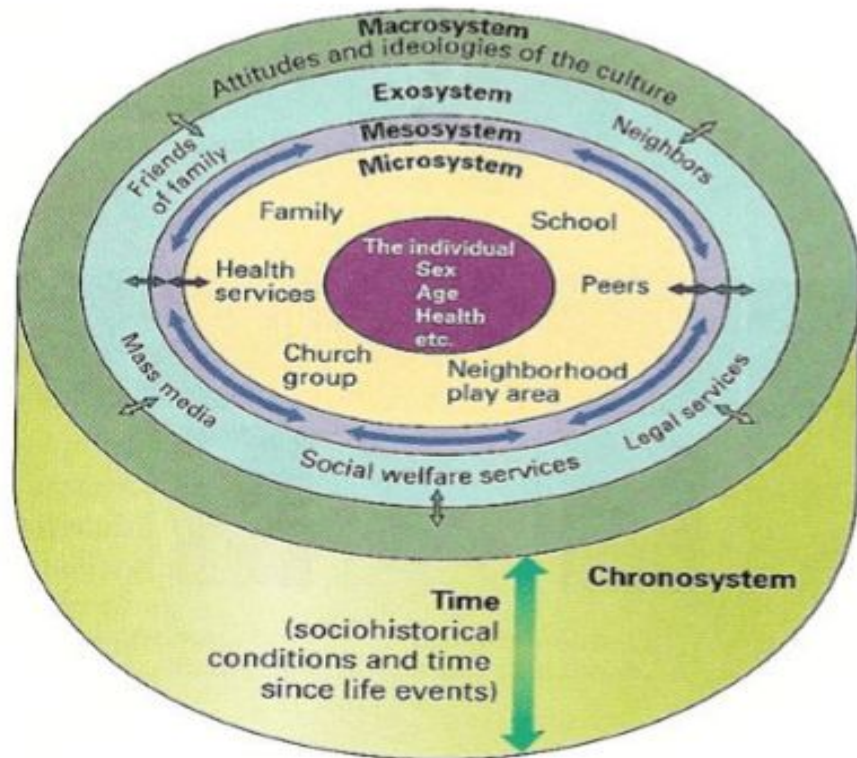
Both exposure to chronic trauma, and the impact such exposure has on an individual.

The traumatic removal from home, admission to a detention or residential facility or multiple placements within a short time.



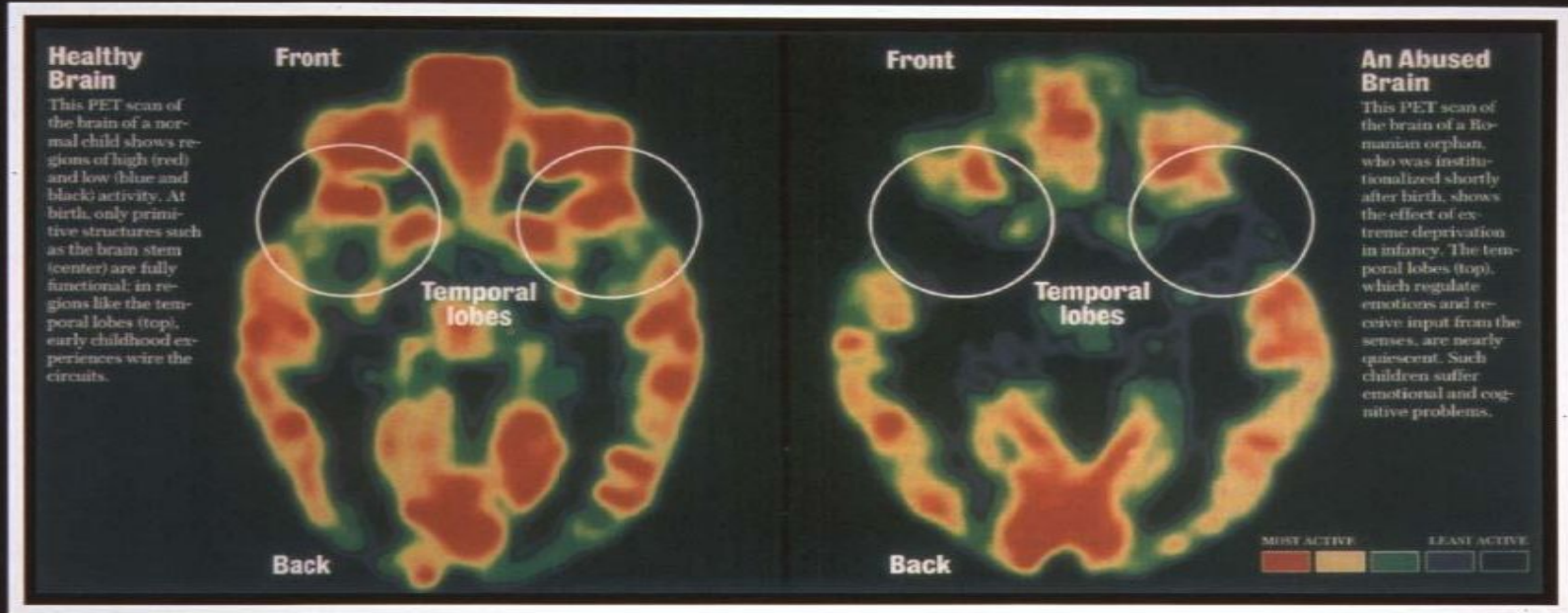
SYSTEMS IMPACT

Community Violence and Cumulative Trauma



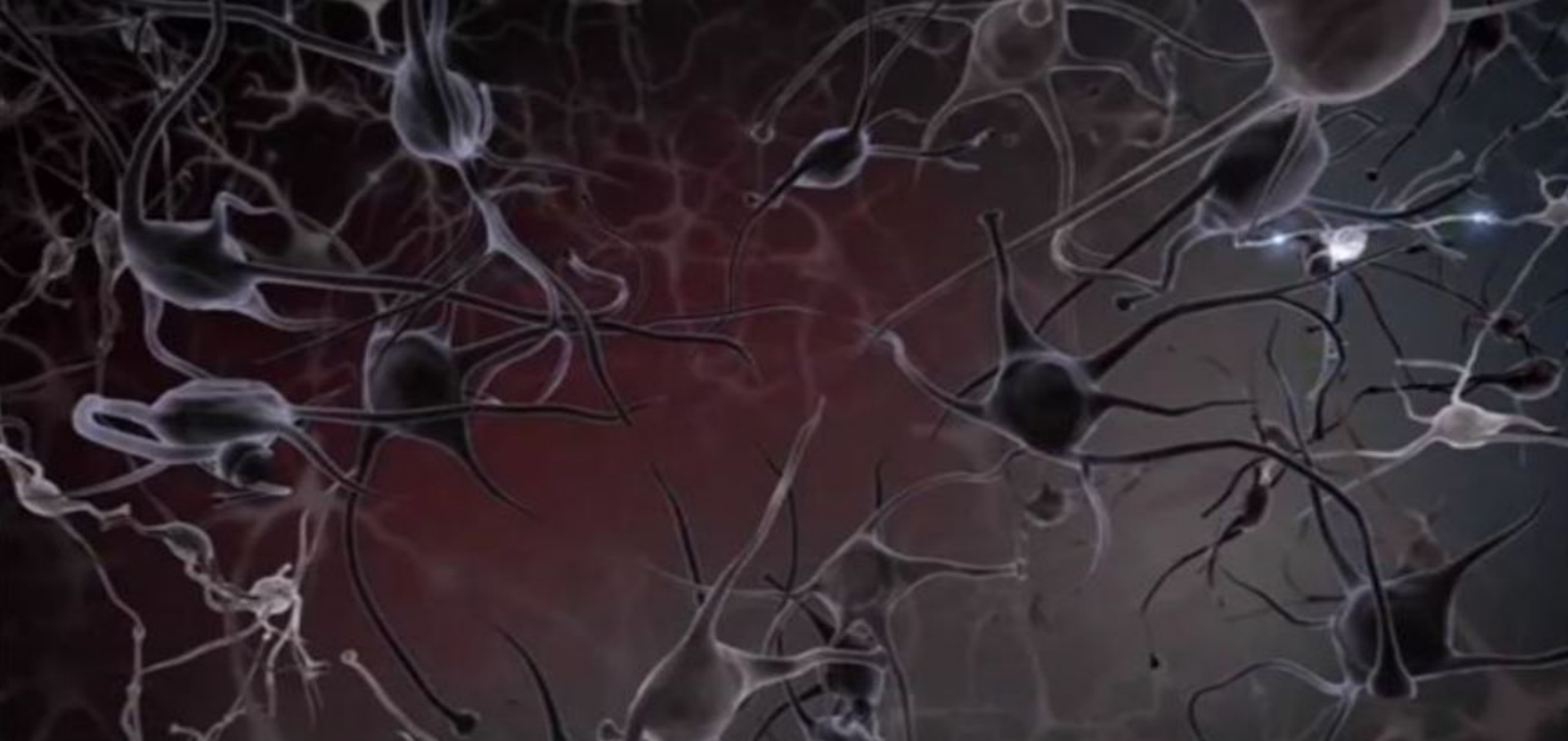
- Poverty
- Child Abuse
- Domestic Violence
- Gang and Gun Violence
- Refugees
- Lack of Access to Physical and Behavioral Healthcare
- Traumas Involving Community Agencies and Systems (e.g., Schools, Child Welfare Services, Law Enforcement, Courts, Immigration)

Our brain's reaction to trauma.



CDC
CENTERS FOR DISEASE CONTROL





[Toxic Stress Derails Healthy Development](#) (1.52 minutes)
Center on the Developing Child at Harvard University

Children with toxic stress live much of their lives in fight, flight or fright (freeze) mode. They respond to the world as a place of constant danger. With their brains overloaded with stress hormones and unable to function appropriately, they can't focus on learning. They fall behind in school or fail to develop healthy relationships with peers or create problems with teachers and principals because they are unable to trust adults. Some kids do all three. With despair, guilt and frustration pecking away at their psyches, they often find solace in food, alcohol, tobacco, methamphetamines, inappropriate sex, high-risk sports, and/or work and over-achievement. They don't regard these coping methods as problems. Consciously or unconsciously, they use them as solutions to escape from depression, anxiety, anger, fear and shame.

“The Adverse Childhood Experiences Study — the largest, most important public health study you never heard of — began in an obesity clinic.”

By Jane Ellen Stevens.... ACEsTooHigh News

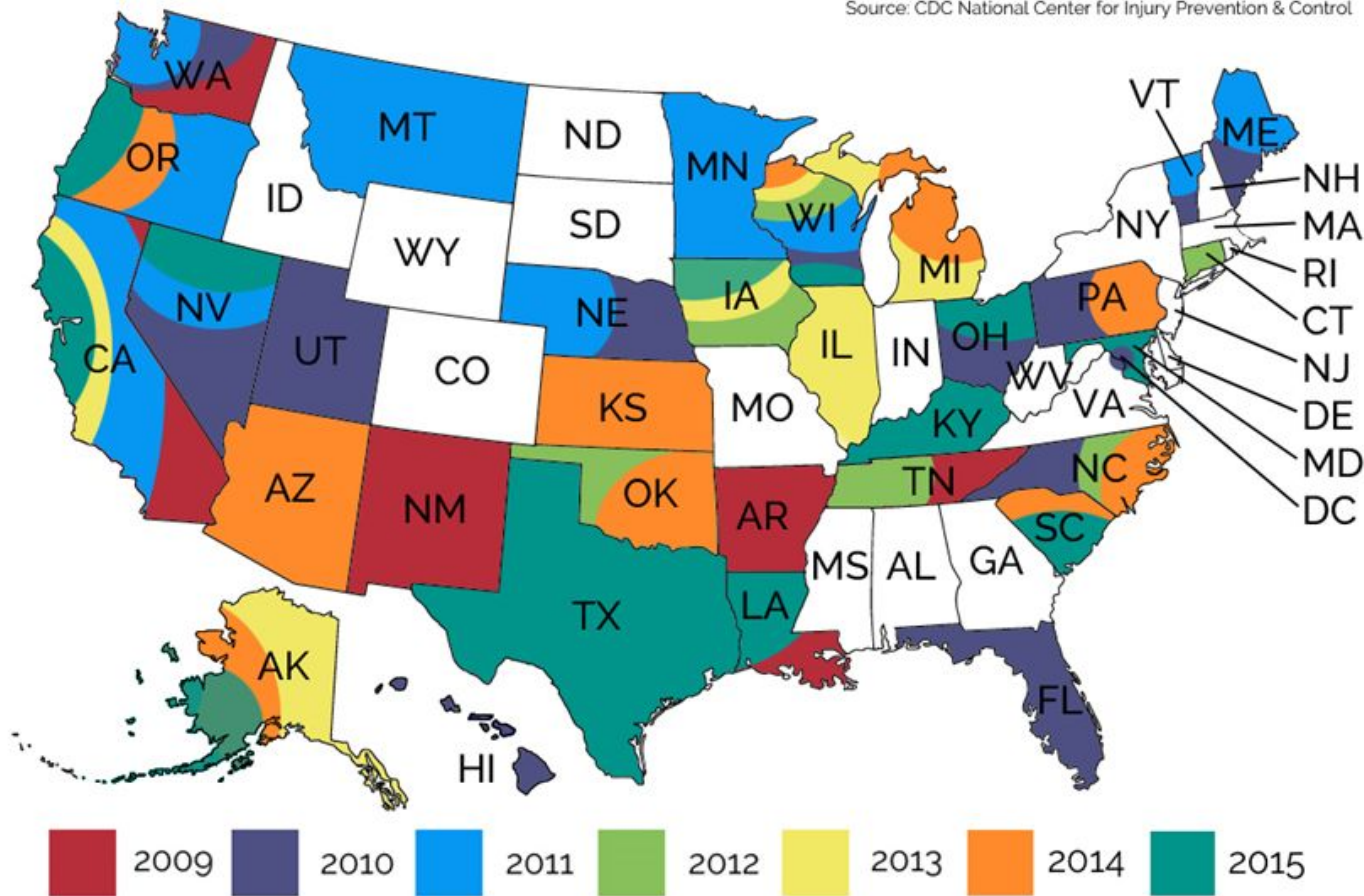
October 3, 2012



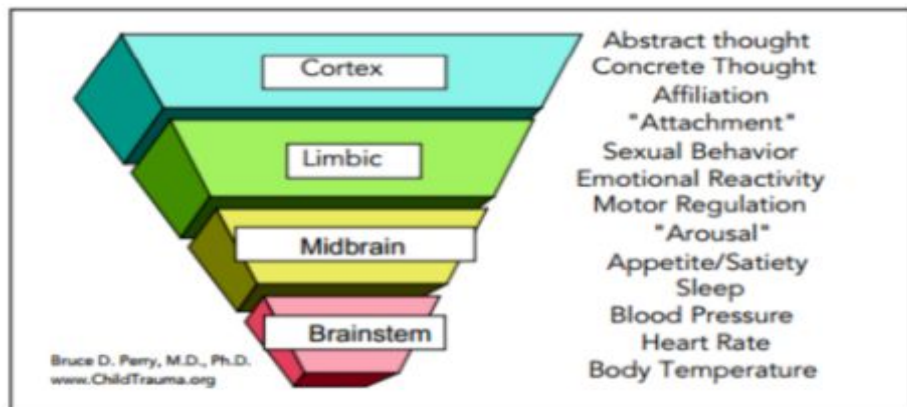
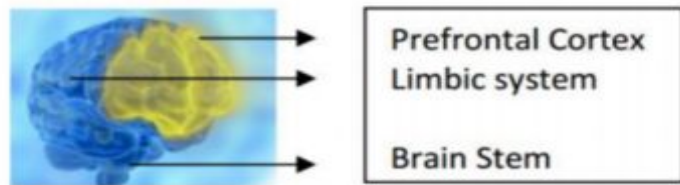
<https://acestohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

States Collecting ACEs Data 2009 - 2015

Source: CDC National Center for Injury Prevention & Control



- **Trauma-Informed Means Understanding the Neuro-Biological Impact of Trauma**
 - Trauma induces **Fight or Flight** response
 - Fear and trauma responses activate **limbic system** of brain that governs arousal and emotional reactivity
 - Ability to access **pre-frontal cortex** which governs abstract thought and problem-solving is compromised in children experiencing trauma
 - Toxic stress inhibits learning
 - There are long-term consequences on brain development



What is Trauma Informed Care?



1701 K Street NW, Suite 400, Washington, DC 20006-1526
Ph 202.684.7457 | Fax 202.386.9391 | www.TheNationalCouncil.org

A Trauma-Informed Care Organization Includes:

Safe, calm and secure environment with supportive care

System wide understanding of trauma prevalence, impact and trauma informed care

Cultural Competence

Consumer voice, choice and self-advocacy

Recovery, consumer-driven and trauma specific services

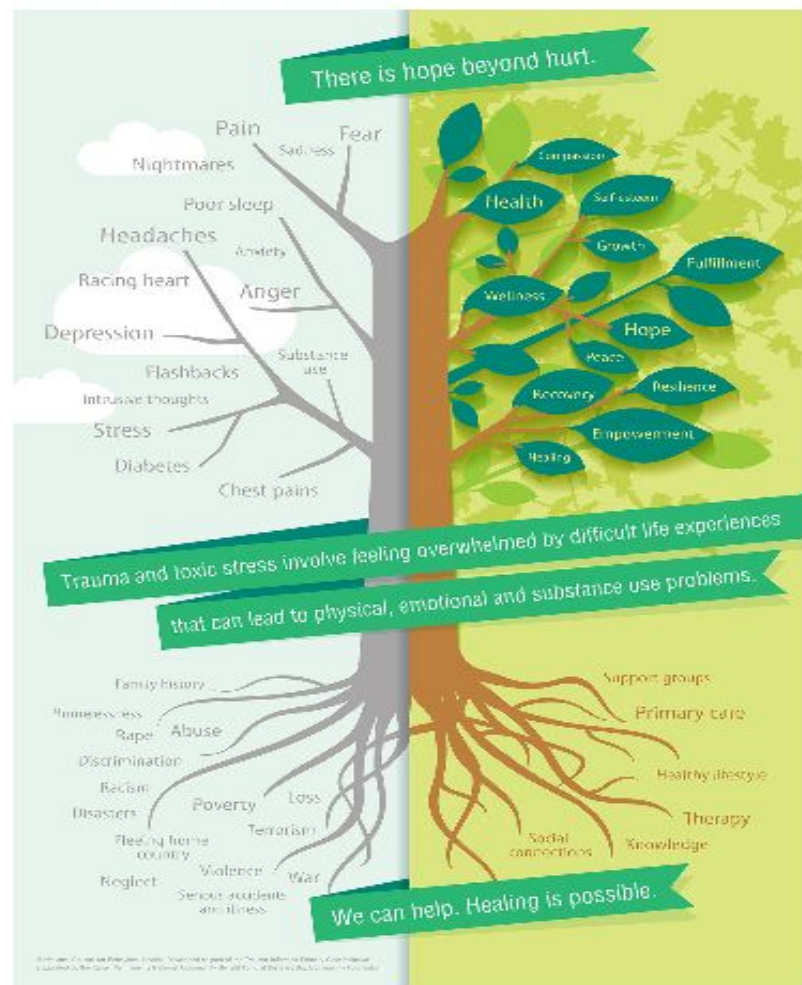
Healing, hopeful, honest and trusting relationships



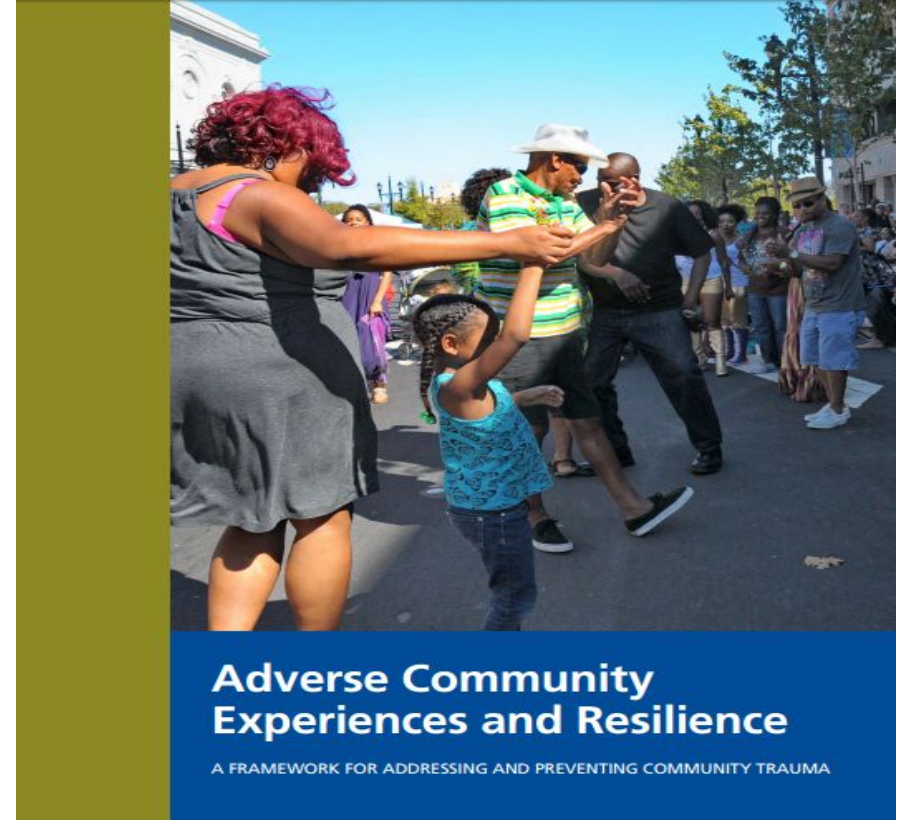
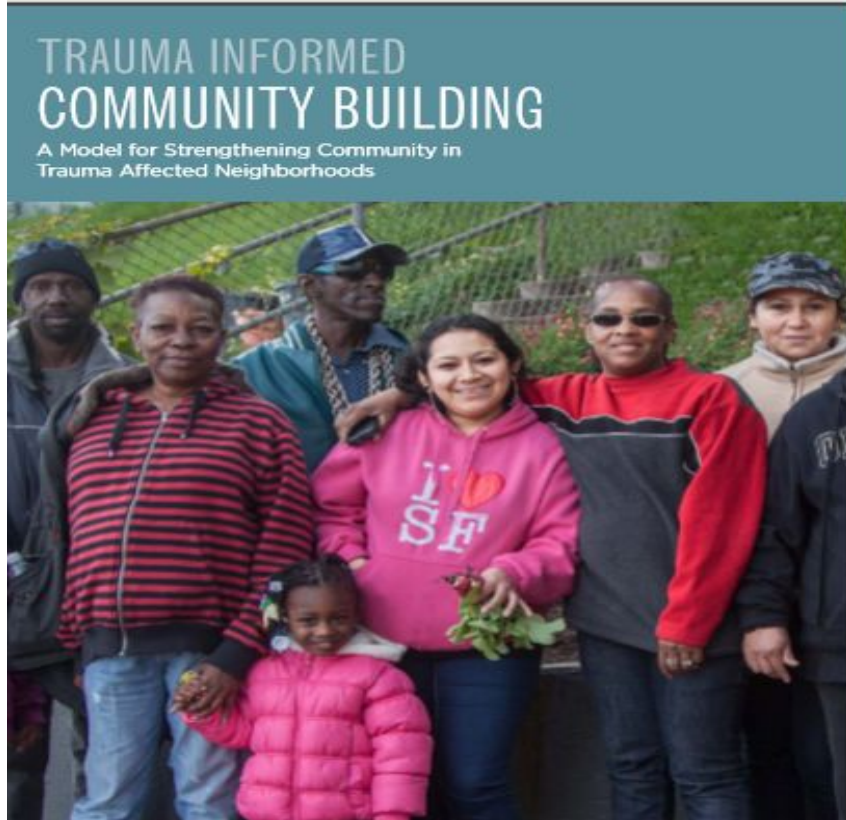
SD Center for Children - entryway

**SAMHSA's
 Concept of Trauma
 and Guidance for a
 Trauma-Informed Approach**

Prepared by
 SAMHSA's Trauma and Justice Strategic Initiative
 July 2014



Data and research supports how community voice is tremendously important.



Self-Healing Communities

A Transformational Process Model for Improving Intergenerational Health

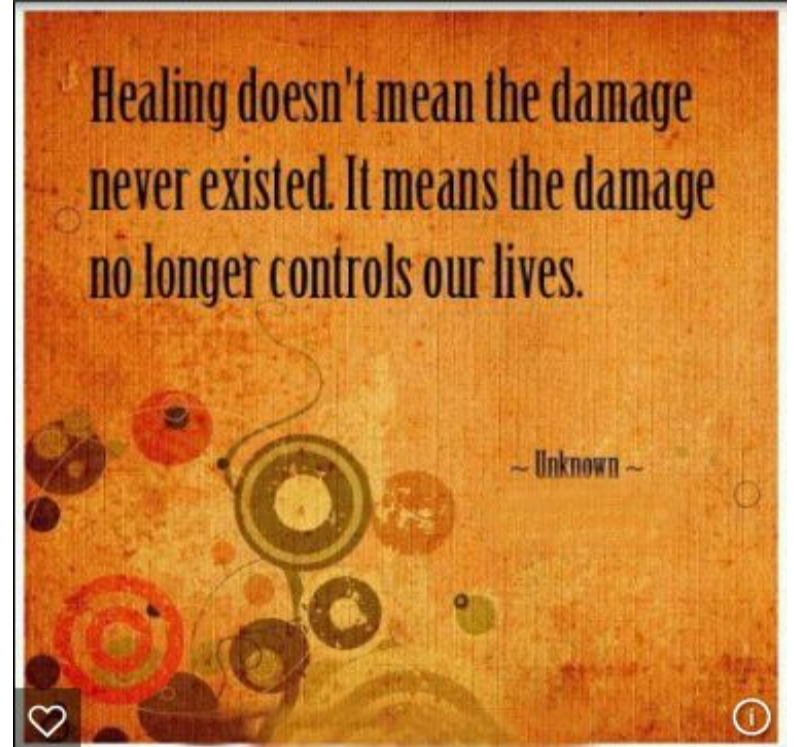


Image: quoteswave.com

Connecting and informing the faith community how to integrate ACE concepts into the faith-based community.

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Over 100 pastoral education students trained in trauma at regional meeting in Baltimore

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Does this meeting have an audio or video recording we can review somewhere.



16 hours ago

I do have a resilience instrument that includes the faith and spirituality component. Feel free to email me and I will provide the...
7/27/16 @ 12:49 PM

Linda Ranson Jacobs posted:
You might check in with Shelley Melia. I went to a workshop last year at the LifeWay KidMin



Connecting and informing the faith community how to integrate ACE concepts into the faith-based community.

ACESCONNECTION / GROUPS / ACES IN THE FAITH-BASED COMMUNITY / BLOG
/ POLICE AND COMMUNITY LEADERS MEET TO TALK RACE, RELIGION, AND BIAS; WILL MARCH TOGETHER IN AUGUST (OCREGISTER.COM)

Police and community leaders meet to talk race, religion, and bias; will march together in August (ocregister.com)

 DANA BROWN ● 8/7/16 @ 3:41 PM



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ACESCONNECTION / GROUPS / ACES IN THE FAITH-BASED COMMUNITY / FORUMS / ALL TOPICS
/ INVITATION: STRATEGIC PLANNING MEETING ON BUILDING RESILIENT COMMUNITIES THRU TRAUMA INFORMED CONGREGATIONS

0 REPLIES

INVITATION: Strategic planning meeting on Building Resilient Communities thru Trauma Informed Congregations

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KIMBERLY T KONKEL ○ MEMBER

7/25/16 @ 3:05 PM

Monday, July 25, 2016

Dear ACEs in the Faith Community Group Members,

Please mark your calendars for the 3rd annual in-person meeting of the Building Resilient Communities thru Trauma Informed Congregations (TiCong) October

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Mental Health and Substance Use Disorder Parity Task Force Social media and engagement package Call for comments
7/25/16 @ 3:12 PM



INVITATION: Strategic planning meeting on Building Resilient Communities thru Trauma Informed Congregations
7/25/16 @ 3:05 PM



Building Resilience and Expanding Health Linear Plan
4/12/16 @ 9:35 AM



Welcoming Communities for New Americans & People on the



Kids & Divorce



From hurt to hope

Ministering to children during a family breakup

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<https://blog.dc4k.org> | ljacobs@dc4k.org

Trauma-informed churches

Posted on **September 18, 2014** by **Linda Jacobs**



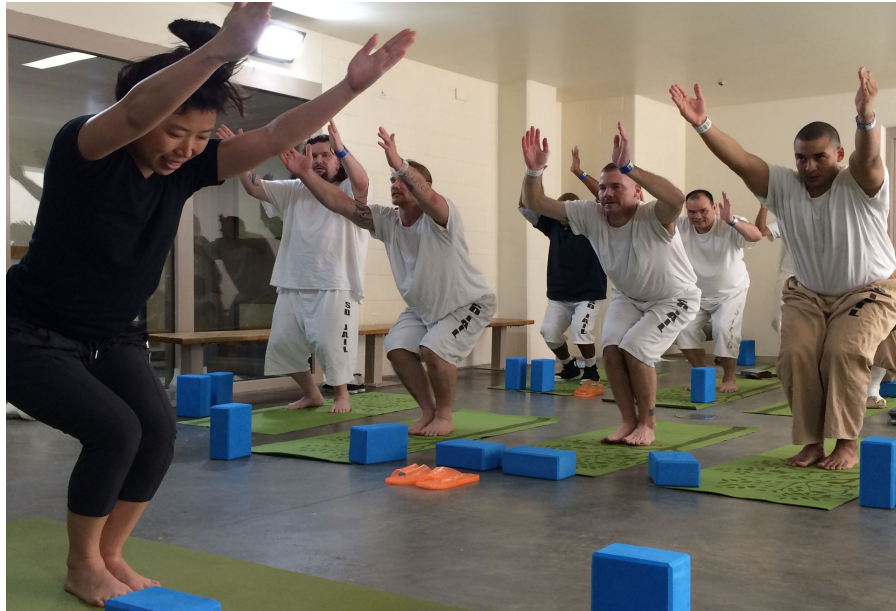
ABOUT LINDA JACOBS

Linda Ranson Jacobs is one of the forefront leaders in the areas of children and divorce and single-parent family needs.

[More about Linda](#)

<http://www.acesconnection.com/g/faith-based-connection/blog/trauma-informed-churches-cmconnect-conference-notes>

What does *Trauma Informed Care* look like in the justice system?



Yoga program - Donovan Correctional Facility

San Diego County



[Children's Center in 7 New York state prisons](#)

(4.05 minutes)

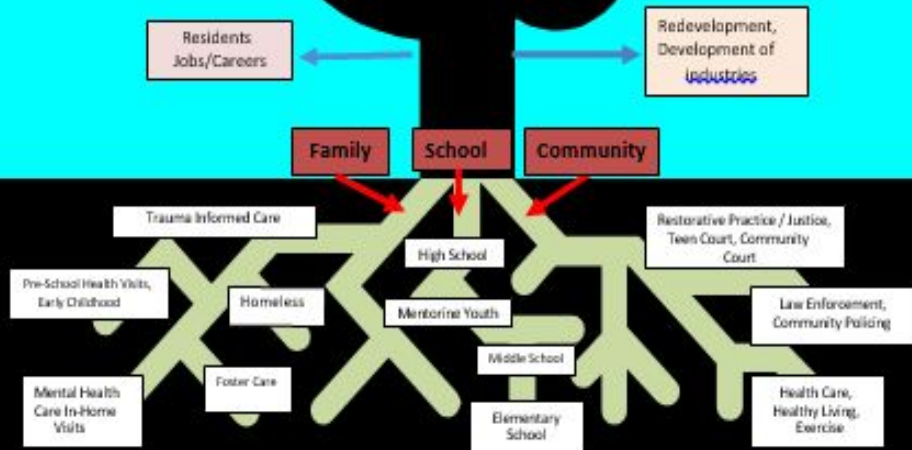
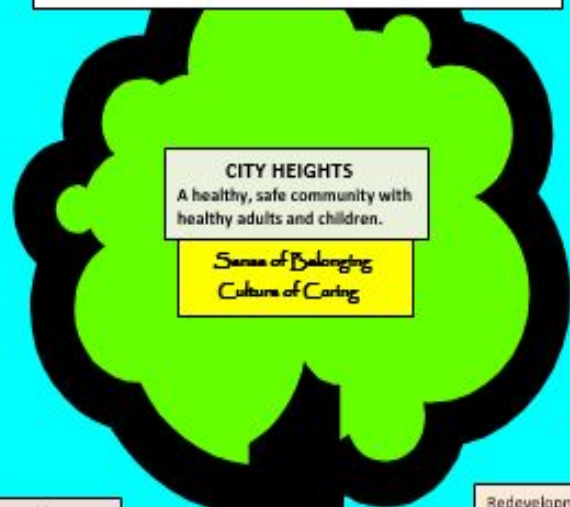
City of San Diego Commission on Gang Prevention & Intervention



Resolution Number
R-309894
July 28, 2015

**CITY COUNCIL OF SAN DIEGO
SUPPORTING A
TRAUMA-INFORMED APPROACH
TO ADDRESS AND PREVENT
GANG VIOLENCE**

City Heights Peace Promotion Reflection 2010



Cherokee Point: Building a Trauma-Informed Community School Focused on Systems Change Through Resident Engagement



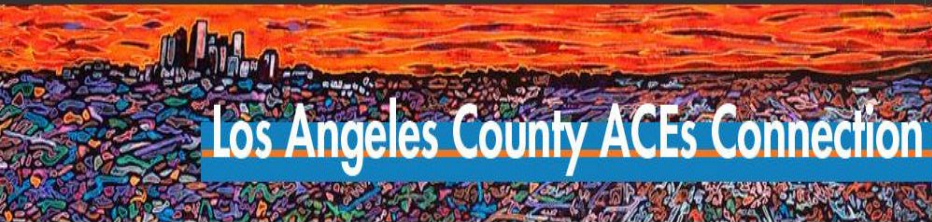
Cherokee Point
elementary school • city heights



San Diego County
A Community Approach
to ACEs-, Trauma-Informed
and Resilience-Building
Dana Brown, Community Manager



SD County ACEs Connection Lunch & Learn – January 29, 2015



Los Angeles County ACEs Connection

ACESCONNECTION / GROUPS / LOS ANGELES COUNTY ACES CONNECTION / BLOG / OAKLAND UNIFIED TO FUND RESTORATIVE JUSTICE WITH "AT LEAST" \$2.3 MILLION!

ACTION GROUP - TRAUMA INFORMED SCHOOLS

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Oakland Unified to fund Restorative Justice with "at least" \$2.3 million!

DONIELLE PRINCE 5/26/16 11:38 AM

I'm not sure if this has already made the rounds, but it's such good news, it's definitely worth a repost!

"Oakland Unified school board voted unanimously Wednesday night to eliminate willful defiance as a reason to suspend any student and to invest at least \$2.3 million to expand restorative justice practices in its schools!"



SAN DIEGO COUNTY (CA) ACES CONNECTION

Building ACEs Awareness ~ Building Community ~ Building Resilience



ACESCONNECTION / GROUPS / SAN DIEGO COUNTY ACES CONNECTION / BLOG / JOB CENTER IN JAIL TO BE REPLICATED IN WOMEN'S FACILITY (WORKFORCE.ORG)

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- Action Group - About Each Group
- Action Group - Community Outreach and Events

Job center in jail to be replicated in women's facility (workforce.org)

DANA BROWN 7/13/16 9:23 PM

San Diego Workforce Partnership (SDWP) is excited to announce the award of a \$500,000 grant from the U.S. Department of Labor (DOL) to build upon the success of its [Reentry Works San Diego](#) program at the East Mesa Reentry Facility (EMRF) to also create a career center and provide pre- and post-release career services at Las Colinas, an all-female facility in Santee, CA.

Reentry Works is the result of a partnership between SDWP and the San Diego County Sheriff's and Probation departments. The goal of the program is to boost the numbers of job placements of offenders reentering the community by better integrating public career services with the criminal

The end of blame, shame and punishment. The beginning of understanding, nurturing, healing.



[ACEs 101](#) – FAQs about adverse childhood experiences research with links to reports, stories and videos.

- [Got Your ACE Score?](#) – Do your ACE score and your resilience score, and find out more about the consequences of each.
- [ACEsTooHigh.com](#) – A news site for the general public. It covers research about ACEs and how people, organizations, agencies and communities are implementing trauma-informed, resilience-building practices based on ACEs research.
- [ACEsConnection.com](#) – A social network for people who are implementing – or thinking about implementing – trauma-informed and resilience-building practices based on ACEs research.
- [The CDC-Kaiser Permanente ACE Study](#) – The official ACE Study site, provided by the CDC.
- [The Center on the Developing Child at Harvard University](#) – Here, take a deep dive into a site rich with reports, tools and videos about the neurobiology of toxic stress and resilience.
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) -- Introduces a concept of trauma and offers a framework for how an organization, system, or service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains.