

Trauma-Informed Nutrition Security Learning Collaborative

Accelerating the creation of resilient communities in San Diego

A recap of the 2020 San Diego Learning Collaborative



About the Program:

The **Trauma-Informed Nutrition Security Learning Collaborative** launched in August 2020 to support the resilience of San Diego residents. Over three months, Leah's Pantry convened small teams from eight organizations to rapidly plan and implement trauma-informed projects. The program translates trauma and resilience science into action by leveraging organizational strengths, building authentic relationships between participants, and creating a foundation of knowledge about trauma-informed care (TIC). Session topics included TIC basics, resilience, COVID-19's impact on San Diego, trauma-informed community engagement and multi-system collaboration. Program recruitment was done in partnership with the San Diego Accountable Communities for Health (North Inland Subcommittee.) Most projects involved food security and community nutrition, though participants represented organizations from different areas of the nonprofit sector and worked on a wide variety of projects. Six virtual sessions were held over three months, with participant self-study and team meetings between sessions. Teams presented their projects during the final session.

Capacity Building and Relationships:

Before



11%

A donut chart with a purple outer ring and a small orange segment. The number '11%' is centered in the white space of the donut. A vertical line separates this chart from the 'After' chart.

At the beginning of the collaborative, only 11% of participants reported being very or extremely familiar with trauma-informed principles.

After



67%

A donut chart with a purple outer ring and a large orange segment. The number '67%' is centered in the white space of the donut. A vertical line separates this chart from the 'Before' chart.




However, by the final session, 67% of participants reported being very or extremely familiar with trauma-informed principles and practices.

100%

of surveyed participants
rated the quality of sessions
as **good–excellent**

Program Development and Implementation

The Learning Collaborative uses Results Based Accountability to facilitate sustained implementation of trauma-informed programs and practices. Initially, we use final project reach data to describe preliminary impacts and over time, we'll gather longer term data to measure expanded impacts on building resilient communities.

Organization	Project	Reach	Highlights	Trauma-Informed Focus
	Become a USDA Food Sponsor	150 student meals a day over 180 days (school year + summer)	33,000 potential meals and snacks served with CACFB & SFSP	Safety, Trustworthiness and Transparency, Empowerment, Voice, & Choice, Collaboration & Mutuality
	Support senior food security in SRO housing through a pop-up pantry	130 residents/month 33 residents/week	Developed and initiated a new client-centered food pantry for residents	Safety, Trustworthiness and Transparency, Peer Support, Empowerment, Voice & Choice
	Increase organizational awareness of Trauma-Informed Care	1000 community members served per month 12,000 members served per year	Improved staff training and increased communication across sectors	Collaboration and Mutuality, Trustworthiness and Transparency, Safety
	Create and Implement a new program: Trauma-Informed Care to all Clients (TICTAC)	46 clients in the clinic at any given time	Implementing TI practices within 10 domains	Safety, Trustworthiness and Transparency, Peer Support, Collaboration and Mutuality

Organization

Project

Reach

Highlights

Trauma-Informed Focus



Improve client experience at food distribution site "El Mercadito"

Weekly food bags given to participants

Created an interdisciplinary team consisting of Social Workers, Dietitian, CNAs and drivers to implement the program

Safety, Trustworthiness and Transparency, Collaboration & Mutuality



Create trauma-informed strategic plan and alumni program for Pantry of HOPE

Pantry open to families and children experiencing homelessness

Established new client feedback methods and created a plan for a peer to peer support network

Safety, Trustworthiness and Transparency, Collaboration & Mutuality, Peer Support



Incorporate trauma-informed practices into North County Food Bank Super Pantry drive-thru distributions

Food Bank serves, on average, 370,000 people a month

More compassionate volunteers through integration of trauma-informed principles into volunteer training

Safety, Trustworthiness and Transparency, Empowerment, Voice, & Choice

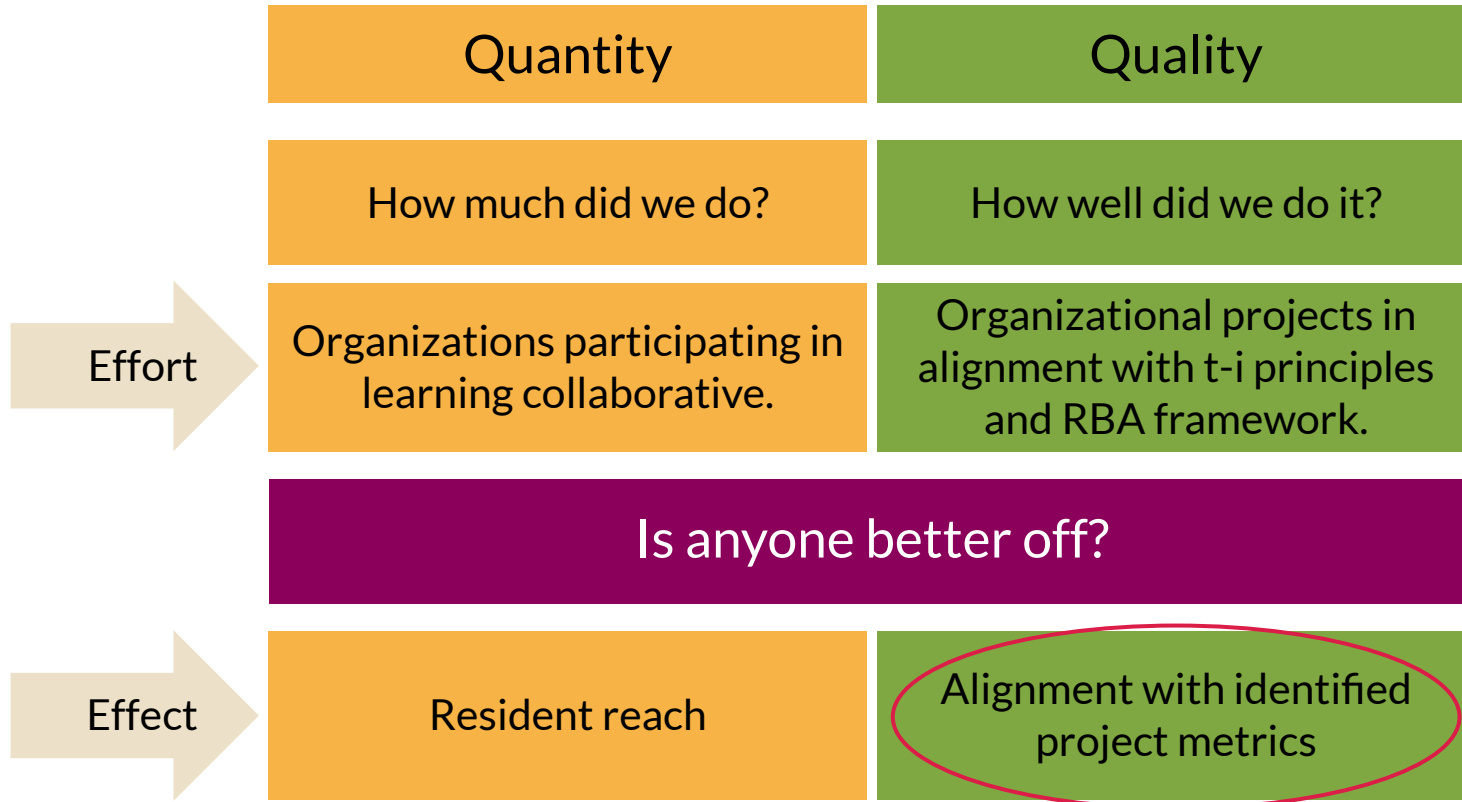
What they said:

"It was great experiencing this with other Community-Based Organizations. Great job!"

"The material was engaging, the teachers were beyond proficient and welcoming, but the high point was sharing this material with my colleagues and them being so excited about it that we now schedule TI (Trauma-Informed) trainings!"

"I hope to instill these practices in our immediate departments and carry out into others. It's also beneficial for those who don't work directly in nutrition but to understand trauma and its effects on clients."

"Thank you. The quality and thoughtfulness of this program was certainly beneficial. Your presenters and the content of the programs were very high quality."



Our RBA Model

	Quantity	Quality
	How much did we do?	How well did we do it?
Effort	1. Organizations engaged in learning collaborative.	1. Completed projects that are in alignment with trauma-informed nutrition principles
	Is anyone better off?	
Effect	1. Reach of organization project (# of clients, volunteers, or staff engaged)	1. After six months, number of organizations who meet impact goals as defined in their project scope.
	-10 registered, 8 engaged, 7 participated in every session and completed a final project	See xls