



## Tristate Trauma Network

Building hope through system transformation

### November 2015 Newsletter

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#### Upcoming Education & Training Event

#### Understanding Toxic Stress with Ben Kearney, Ph.D.

November 19, 2015  
8:30 am - 12:00 pm

Life Learning Center  
20 West 18th Street  
Covington, KY

[Learn More Here!](#)

#### What is Toxic Stress?

Toxic stress is "the strong, frequent, or prolonged activation of

#### Greetings!

Greetings! I am so happy you have decided to join our emailing list. With your help, we will be able to fulfill our mission of creating a community-wide commitment to the prevention of and recovery from trauma and toxic stress!

Please let me know if there is specific content on trauma and toxic stress that you would find helpful in future newsletters. We are truly all in this together!

Sincerely,  
Melissa Adamchik, MA  
Executive Director

#### Trauma: A Closer Look

##### Professional Perspective

"Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being." See *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*, SAMHSA, 2014, for more on this topic.

[SAMHSA >National Center for Trauma Informed Care](#)

##### Consumer Perspective

Perhaps what is more compelling than the professional definitions we will find, and the part we must understand when it comes to understanding and approaching those who've experienced trauma, is the client's perspective of trauma. "Trauma shatters your most basic assumptions about yourself and your world - "Life is good," "I'm safe," "People are kind," "I can trust others," "The future is likely to be good" - and replaces them with feelings like "The world is dangerous," "I can't win," "I can't trust

#### Quick Links

- [Visit our website](#)
- [Email TTN's Executive Director](#)
- [OhioMHAS>Initiatives> About Trauma Informed Care](#)
- [KY Division of Behavioral Health >Trauma-Informed Care](#)
- [Indiana Trauma-Informed Care Initiatives](#)

#### Collaboration Through Quarterly Meetings



Thanks to all who attended the *Tristate Trauma Network's Official Launch Event* on September 14, 2015 at Interact for Health! This was our kickoff to the new series of TTN Quarterly Meetings.

We also shared our [Year 1](#)

the body's stress management system." It often refers to "the unrelenting stress caused by extreme poverty, neglect, abuse, or severe maternal depression, which can weaken the architecture of the developing brain with long-term consequences for learning, behavior, and both physical and mental health." (Harvard University Center on the Developing Child)

### Clearinghouse Creation

Help us create a clearinghouse of trauma-related trainings available in our community. For consideration as a website or Facebook posting, or for inclusion in the monthly TTN newsletter, please email information on your upcoming event by the 15th of the month!  
[Email us](#)

other people..." - Mark Goulston

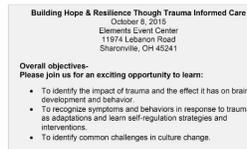
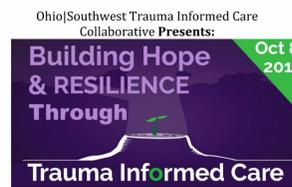
### Fall 2015 Conference Report

#### Collaborating for a Cause

Tristate Trauma Network teamed up with the Southwest Ohio Trauma Informed Care

Collaborative to host both entities' first Trauma-Informed Care Conference for our communities. Attendees numbered 285 and

were from OH, KY, and IN. Professionals who attended represented the disciplines of Social Work, Psychology, Counseling, Nursing, and Chemical Dependency. In addition, some consumers attended. All participants heard Raul Almazar, RN, MA, from SAMHSA's National Center for Trauma Informed Care, and Karen Ezirim, an Ohio resident with lived trauma experience, speak in the morning. They then chose 1 of 3 Breakout Sessions in the afternoon. One participant emailed TTN's Executive Director, Melissa Adamchik, to let her know that her experience at the conference was "life-changing." To download copies of all the presenters' PowerPoint handouts, go to our website's event page: [www.tristatetraumanetwork.org/events](http://www.tristatetraumanetwork.org/events)



Goals in the areas of:

- 1) Education & Training
- 2) Trauma-Informed System of Care Development
- 3) Clearinghouse Development
- 4) Collaboration

For information on how we arrived at these four goal areas, please visit our: [About Us page](#)

The next Quarterly Meeting will take place on **Monday, December 7, 2015 from 2-4pm at Child Focus Inc.'s Training Center.**

Click the link below for directions and more information about Child Focus, Inc., one of TTN's partner agencies.

[Child Focus website](#)



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Thanks to [Interact for Health](#) & [The Greater Cincinnati Foundation](#) for providing the initial funding to make the Tristate Trauma Network possible!