



Tristate Trauma Network

Building hope through system transformation

December 2015 Newsletter

In This Issue

- [Quarterly Meeting](#)
- [TTN Membership](#)
- [Clearinghouse Creation](#)
- [Trauma-Informed Care](#)
- [Consumer Perspective](#)
- [Quick Links](#)
- [Education & Training](#)
- [Partner Agency Training Events](#)

Quarterly Meeting is Next Week!

Have you made plans to attend our Quarterly Meeting on **Monday, December 7, 2015** from 2-4pm at Child Focus Inc.'s Training Center?

At the meeting, we will be formally announcing our plans for a *Trauma-Informed Care Learning Community* that will begin in 2016. If you have any interest in your agency becoming trauma-informed, you won't want to miss this meeting!

Greetings!

As we move from one holiday to another, and at times feel overwhelmed with stress, it's important that we remember to take care of ourselves in ways that quiet the chaos. Hopefully, you've learned some effective ways to do this over time.

Unfortunately, some people experience life like this on a daily basis due to trauma and early adverse experiences that have programmed the body and brain to always be on the alert. They may have even turned to "maladaptive" ways to cope with this constant level of toxic stress, which is really their way of adapting and surviving.

Never underestimate the helpfulness of a compassionate gesture or kind response to anyone you encounter during this season, or at any time. As it's said, you never know what people are going through, and you may be the one to help "quiet the chaos" for that person at that point in time.

Wishing you and yours a wonderful holiday season!

Melissa Adamchik, MA
Executive Director

Trauma-Informed Care Guidance

On Becoming Trauma-Informed

When an agency becomes trauma-informed, every part of its organization, management, and service delivery system is assessed and potentially modified to include a basic understanding of how trauma affects the lives of individuals. This goes way beyond training in trauma-specific treatment approaches, and thus is a long, comprehensive process for agencies.

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](#)

Education & Training Report



"Understanding Toxic Stress" with Ben Kearney, Ph.D. on 11/19/15 was a big hit with attendees! Many reported gaining a lot of knowledge and insights into people in their lives, whether they be consumers or family members, who'd

*Please RSVP to [Melissa Adamchik](#) if you plan to attend, so that we know how many people to expect. For address and directions to the meeting, please visit the [Child Focus website](#).

TTN 2016 Inaugural Year Membership Dues

Join by 1/15/16 for Reduced Rates

Help support the sustainability of the TTN by becoming one of its first members. Membership will give you early notification of events, discounted pricing, and access to member-only services such as the upcoming Trauma-Informed Care Learning Community.

Download the Membership Information here. [Membership Dues](#)



Clearinghouse Creation

Your Input Is Needed!

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](#)

In 2016, the Tristate Trauma Network will be providing an opportunity for agencies in our service area - Northern KY, Southwest OH, and Southeast IN - to go through this process with expert guidance.

For more information, attend our Quarterly Meeting on December 7, 2015. After that date, you may also email Melissa Adamchik for more information.



SAMHSA's Six Key Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historic, and Gender Issues

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

In November, I had the pleasure of attending a Trauma-Informed Care Training in Frankfort, KY sponsored by the KY Division of Behavioral Health's Trauma-Informed Care Initiative. A woman who deems herself a "trauma survivor" (I think it's important to honor her choice of words for herself) helped a professional from Community Connections, Inc. facilitate this all-day training. This survivor's perspective was both eye-opening and valuable. I'd like to share some of the information she provided regarding creating a safe environment for trauma survivors, both in the waiting area and in the clinician's office:

1. Try your best not to keep your client waiting. They will always think it's about them. The negative self-talk will take over while they wait.
2. Make sure you're calm and ready to receive clients. If you're in a flurry of stress, they will immediately take that on.
3. Chairs with and without arms are important.

experienced toxic stress. Eighty-two people attended, and with over 30% of them being non-clinicians, we definitely reached our goal of bringing information on trauma and toxic stress to more of the community-at-large.

TTN 2016 Event Calendar Coming Soon!

Partner Agency Training Events

More on Toxic Stress

Dr. Kearney will be back in our area in January to present the 6.5 hour version of his training "Understanding Toxic Stress: Protecting Infants and Young Children From the Life-Long Impacts of Prolonged Adversity." This is being hosted by the Ohio Department of Health/ Early Childhood Comprehensive Systems in partnership with Ohio MHAS's TIC Initiative. The Cincinnati location is Summit Behavioral Healthcare Hospital on January 25, 2016 from 8:00-4:30pm. There are additional venues across the state of Ohio. See flyer for details and registration information.

[Toxic Stress Training Flyer](#)

Redefining Trauma

Sometimes trauma survivors want the boundaries provided by the arms and other times they feel too enclosed by them. Provide a choice.

Want to hear more? Attend our Quarterly Meeting on December 7, 2015!

Stacy Sims, founder of the True Body Project and City Silence, will present "Redefining Trauma: How Stress and Trauma Habituate in the Body" on December 21, 2015 from 9:00-4:00 at The Children's Home of Cincinnati. Registration information is on the flyer.

[Redefining Trauma Flyer](#)

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