



The Tristate Trauma Network is dedicated to creating a community-wide commitment to the prevention of and recovery from trauma and toxic stress by: building community awareness, offering high quality training to professionals, serving as a reliable clearinghouse for information and resources, fostering collaboration, and developing trauma-informed systems of care.

### BECOME PART OF OUR MISSION!

TTN membership will connect you with organizations, individuals and local experts across the region who are passionate about trauma-informed care.

Members of the TTN include:

- behavioral health organizations
- social service agencies
- clinicians
- community members
- consumers with lived experience

Memberships are available at Individual and Agency levels.

For an online application visit [www.tristatetraumanetwork.org/members](http://www.tristatetraumanetwork.org/members)



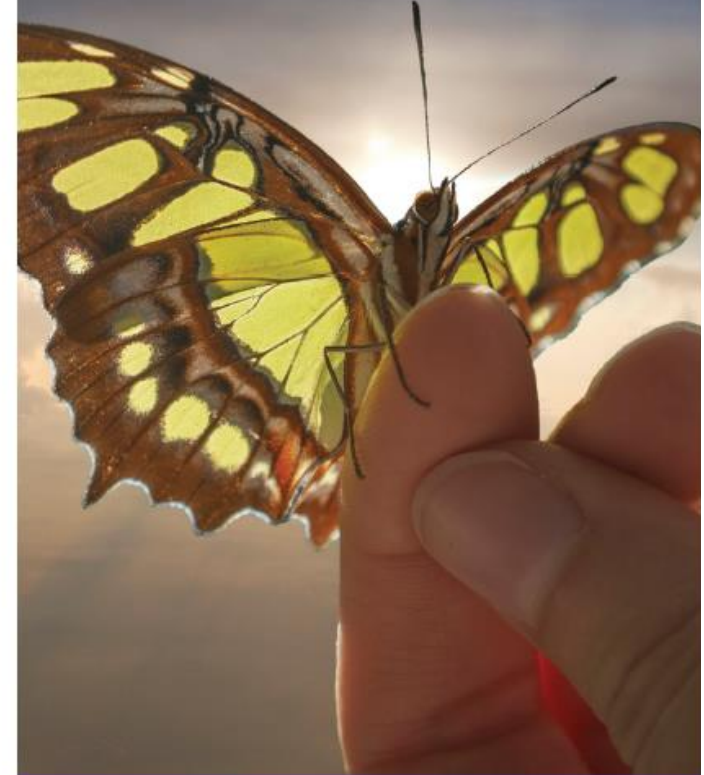
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Service Area: Southwest Ohio, Northern Kentucky, and Southeast Indiana

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**DONATE ONLINE:**  
[www.tristatetraumanetwork.org](http://www.tristatetraumanetwork.org)

The Partnership for Mental Health, Inc.  
DBA Tristate Trauma Network is a  
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tax-deductible.



**Tristate Trauma  
Network**

Building hope through  
system transformation

[www.tristatetraumanetwork.org](http://www.tristatetraumanetwork.org)



## TRISTATE TRAUMA NETWORK SERVICES

### • Education & Training

- Training in a Variety of Trauma-specific Treatment Approaches
- Trauma-Responsive Care Certification
- Community Education Offerings
- Annual Fall Trauma-Informed Care Conference
- OH, KY, & IN CEUs

### • Trauma-Informed System of Care Development

- Trauma-Informed Care Learning Community
- Agency Guidance
- Agency Assessment Tools
- Collaboration Opportunities

### • Clearinghouse & Collaboration

- Trauma & Toxic Stress Resources
- Local Trauma Training Information
- Monthly Newsletters
- Quarterly Meetings
- Grant Collaboration

*"This organization is helping social service agencies in the tristate area support survivors of trauma using approaches that should have been implemented all along. So glad people are getting the trauma-informed help they need."*

**-TTN Agency Member**

For more information please visit  
[www.tristatetraumanetwork.org](http://www.tristatetraumanetwork.org)

### What is Trauma?

Trauma results from an event, series of events, or a set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being (SAMHSA, 2014).

Some examples of events experienced as traumatic are: physical/sexual/emotional abuse; disasters; war; domestic violence; neglect; accidents/injuries; death of a loved one. What makes something traumatic is the individual's perception of the event or situation as threatening. No one can decide for someone else whether or not an event or experience is traumatic.

### What is Toxic Stress?

It is helpful to think of toxic stress as part of a continuum of stress. There are three types of stress: positive, tolerable, and toxic. We all get stressed from time to time and if it is brief and we have the right type of supports or coping skills in place, we can recover from it.

Toxic stress is the result of the repeated, prolonged activation of the body's stress response system. The chemical changes that occur in the body can weaken the body and the brain. When it occurs in children, the developing brain is affected in ways that can impact learning, behavior, and physical and mental health long-term. Toxic stress in children can be caused by extreme poverty, neglect, abuse, or severe maternal depression. (Harvard University Center on the Developing Child). In adults, toxic stress can occur as a result of ongoing work or personal life stressors.



### What is Trauma-Informed Care?

Trauma-informed care (TIC) is an approach that takes into account the prevalence of trauma, acknowledges the role trauma plays in people's lives, and uses this knowledge to respond in appropriate ways to those affected by trauma. When an organization is trauma-informed, every part of the organization understands the impact of trauma, and policies, procedures, and service delivery have been re-designed to incorporate the principles of trauma-informed care.