

Your Tristate Trauma Network Newsletter has just arrived and excited to show you the content we have planned for you! Don't forget to add madamchik@tristatetraumanetwork.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



Greetings!

Thank you to those who took the time to respond to our 2018 Needs Assessment Survey! Your thoughtful responses gave TTN a lot to consider and plan for over the next few years.

The TTN Board reviewed the results at the last Board meeting and decided upon two priority areas to begin pursuing right away.

- **Current Priorities based on feedback:**

- Offering a variety of training topics in different formats - our Education and Training Committee is tasked with finding speakers for the most popular topics and exploring different formats such as Lunch & Learns
- Gathering information and resources for a more robust clearinghouse - we will be asking for your input to help expand our training and resource information - Better resources = a more trauma-informed community!

For a Summary of the Needs Assessment Results, please scroll down to the bottom of the Newsletter. To find out how we are responding to your expressed needs, check out the three upcoming events below.

TTN responds to requests and suggestions our members submitted recently!

Here are a few upcoming events we have scheduled to support your efforts to be more trauma-informed and trauma-responsive

Learning Community Introductory Webinar - March 19th - Register Today!

TTN is ready to take applications for our 4th Trauma-Informed Care Learning Community! Would you like to find out what has drawn 23 tristate area agencies to participate in TTN's prior Learning Communities? Tune-in on March 19th at 12:30pm for a 1-hour webinar outlining the Learning Community process and goals.

[March 19th Informational Webinar](#)

TRAUMA & THE BRAIN: USING A DEVELOPMENTAL APPROACH TO ADDRESS THE CHALLENGES OF EARLY LIFE TRAUMA - MARCH 29, 2019

**BETTE LAMONT RETURNS PER YOUR REQUEST!
NEAR CAPACITY! Only 10 Seats Remain**

Bette Lamont aka "The Brain Nanny" who spoke at the Fall Conference is returning for this full-day training exploring neurodevelopment, the short and long-term effects of disrupted neurological development on functioning, and how neurological reorganization can heal the brain. This approach has brought relief to thousands of children & adults struggling with the effects of early life trauma. It can assist with Developmental Trauma Disorder, Attachment Disorders, Attention Deficit Disorder, Autism Spectrum issues, Traumatic Brain Injury, Learning Disabilities, and Behavior Challenges. Come and learn a new way to help those who have experienced trauma!

DATE: March 29, 2019

TIME: 8:30 a.m. to 4:00 p.m.

LOCATION: Interact for Health

3805 Edwards Rd.

Suite 500 5th Floor

Cincinnati, OH 45209

COST: \$65 for members; \$75 for non-members

REGISTRATION

Resilience Breakthrough Training - April 22nd - AM & PM Sessions

**Presented by the Southwest Ohio Trauma-Informed Care Collaborative
Supported by Tristate Trauma Network**

One of the training topics everyone seems to be looking for is Resilience. Resilience counteracts the effects of trauma and gives us hope amidst tragedy, but how do we help build resilience in children to ensure they thrive despite trauma? Christian Moore is returning to the Greater Cincinnati area next month to provide a morning and afternoon training in conjunction with local experts, Mary Vicario and Sarah Buffie, to tell us how.

See details below and register using the links here.

[Turning Adversity Into Action](#)

[The Resilience Breakthrough](#)

TTN Membership and New Membership Contact

We encourage you to renew your membership or to become a new Member in 2019! Now that we've moved to rolling membership, current members will be receiving renewal notices ahead of their membership expiration.

Paula Bussard is being trained by Stephanie Potter as Executive Assistant and will eventually be in charge of Membership on her own. Look for emails from Paula related to your membership. If you need to reach her, her email is: [Paula Bussard Email](#)

Please join me in both welcoming Paula and thanking Stephanie for her 2+ years of service to TTN!

Finally, all the information you need regarding Membership, can be found on our [Members Page](#): Link to membership enrollment with pricing and benefits, testimonials from members, and current agency members' logos with links to their websites.

Summary of the Fall 2018 Needs Assessment Results:

- The majority of respondents had a good or great understanding of trauma-informed care. We were really happy to hear this!
- There are many topic areas people want to learn more about (listed in order of highest frequency of theme)
 - Strategies for specific populations (eg. young children to adults, various settings)
 - Higher level training in specific interventions (eg. EMDR, Trauma-informed biographical timelines)
 - Trauma and Trauma-informed care basics for non-clinical staff
 - Trauma-informed care for teachers/schools
 - Community awareness and community approaches to TIC
 - Agency change/approaches
 - Self-care/Supporting staff wellness
- On-going needs of organizations related to TIC:
 - ■ Training needs
 - ■ Resources for agency approaches
 - ■ Staff support to reduce burn-out
 - ■ Connecting clients to other services
 - ■ More staff
 - ■ Networking
- Gaps in our community related to trauma and toxic stress:
 - Education and training
 - Treatment options
 - Resource and Referral lists and sources
 - General Public Awareness
 - Community/Collaborative responses (eg. Communication across systems)
 - Policy within organizations, locally, and state-wide
 - Networking
 - Financial resources
 - Screening/Assessment

Yes, there is still plenty of need in the area of trauma-informed care, but we were also happy to hear of the numerous best practices happening within responding organizations!

- Best practices within organizations currently offered for those who've experienced trauma or toxic

stress:

- A variety of individual and family therapy approaches including
 - Certified Trauma Therapy
 - Music, Art, Play Therapy
 - TF-CBT
 - EMDR
 - Yoga
 - PCIT
 - DBT
 - Somatic Experience Trauma Healing
 - SITCAP
 - Trust-Based Relational Intervention
- Trauma Training for Staff
- Trauma-sensitive atmosphere/working from a trauma-focused perspective
- Self-Care for Staff
- Biographical trauma timelines
- Organizational trauma-focused reviews/audits
- Sanctuary model
- Consumer/Client Involvement and Peer Support
- Participation in TTN's Learning Community
- Mindfulness
- ACEs Assessment

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- Many of you contribute to the on-going work of the TTN or offered to serve on committees, co-sponsor trainings, or host activities - THANK YOU!
 - If your response was anonymous and you want to help in some way, please email [Melissa Adamchik](mailto:Melissa.Adamchik)



Thank you for your on-going support of the Tristate Trauma Network! We plan to continue to bring quality events, programs, and services to the tristate area, as we work to help move the needle towards greater trauma-informed care in the community. Please join us in our mission!

Sincerely,

Melissa Adamchik, Executive Director
Tristate Trauma Network

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Tristate Trauma Network

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<http://www.tristatetraumanetwork.org>

