

TRAUMA-INFORMED SERVICES

A trauma-informed service delivery model emphasizes the shaping role that trauma plays in both behavior and context. Essential to this model is the recognition that paths to recovery do exist and that the interrelationship between trauma and symptoms of trauma may include substance use, eating disorders, depression, anxiety and more. A lens of trauma-informed services should be incorporated into all aspects of organizational structure and program execution to effectively avoid the re-traumatization of those seeking services.

Trauma-informed services emphasize the collaboration and partnership between the service provider and the consumer of services. Ensuring that an individual(s) is empowered and feels a sense of ownership is key to healing and recovery. Adequate training and understanding of the effects of trauma are crucial for all staff who interact with an organization's clientele. Often, well-intentioned program staff re-traumatize survivors by not being fully self-aware or understanding the impact of trauma on one's behavior and functioning.

RESOURCES

General

Heartland Alliance Social Impact Research Center's Illinois Poverty Report
<https://www.heartlandalliance.org/povertyreport/>

SAMHSA—Known Trauma-Specific Interventions
<https://www.samhsa.gov/nctic/trauma-interventions>

National Coalition for the Homeless
Policy recommendations, research and further resources
<http://nationalhomeless.org/trauma-informed-care/>

The Trauma Informed Care Project
<http://www.traumainformedcareproject.org/>

Local (Chicago-Area) Program Models

Health and Medicine Policy Research Group, Illinois ACEs (Adverse Childhood Experiences) Response Collaborative
Includes trauma resources, information on ACEs and program directory of local organizations implementing trauma informed services.
<https://www.hmprg.org/programs/illinois-aces-response-collaborative/>

Urban Youth Trauma Center
A model for the promotion of trauma informed interventions with youth impacted by violence; provides training and consultation as well as dissemination of information.
<https://www.psych.uic.edu/research/urban-youth-trauma-center>

Web-based Training

National Center for Trauma Informed Care and Alternatives to Seclusion and Restraint
Offers training and technical assistance, further resources and research on implementation, and models of success.
<https://www.samhsa.gov/nctic>

The Canadian Observatory on Homelessness' Homeless Learning Hub
<https://www.homelessnesslearninghub.ca/>

Relias Training Platform
<https://www.relias.com/solutions/trauma-informed-care>

Local (Chicago-Area) Training

Illinois Collaboration on Youth
Recorded webinars including Trauma 101; Ongoing virtual trainings; also offers in-person trainings and technical assistance throughout the state on how to build a trauma informed youth program and various related topics.
<https://www.icoyouth.org/event-registration/recorded-trainings/>
<https://www.icoyouth.org/upcoming-events/>
<http://www.icoyouth.org/trauma-informed-care>

Live Oak
*Offers customizable, on-site professional development workshops, consultation and has a rotating calendar of regular trainings. (*March 2021 – only offering virtual trainings, office is closed until further notice)*
<https://liveoakchicago.com/training/>

All Chicago, The Learning Center
Trainings available regularly on various topics, check website for details
<https://allchicago.talentlms.com/catalog>

Implementation

American Institutes for Research (AIR)
Trauma Informed Organization Toolkit (fidelity index).
<http://www.air.org/resource/trauma-informed-organizational-toolkit>

National Center on Domestic Violence, Trauma and Mental Health
Offers training, support and consultation to providers as well as fact sheets and advocacy information (Chicago based)
<http://www.nationalcenterdvtraumamh.org/trainingta/webinars-seminars/>

The Open Heath Services and Policy Journal article
Shelter from the Storm: Trauma-Informed Care in Homelessness Services Settings
<https://www.homelesshub.ca/sites/default/files/cenfdthy.pdf>

Resources re: Recent Events

COVID 19 and workplace trauma
<https://business.kaiserpermanente.org/insights/covid-19/trauma-informed-workplace>

Trauma and racial injustice
<https://www.relias.com/resource/how-trauma-affects-the-black-community>