

**TITLE:** Using trauma Informed care to build community resiliency

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**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** implementing trauma informed care in a community/educators, health & wellness non-profit organizations, public health outreach

**ABSTRACT:** Often students and adults come to school or work with cognitive baggage/ barriers that impact their ability to learn, interact with peers, and develop positive relationships. Because there are insufficient mental health practitioners in rural counties to address these needs, communities have developed coalitions to share resources. A number of important trauma-informed concepts and tools have been introduced and shared through the coalitions to help understand the impact of ACES and toxic stress, and improve community resiliency. This case study details the trauma informed care practices that are being implemented in Union County. Partners, including School Districts, Universities, public health and the Local Community Advisory Council, have worked together over the past several years to build a foundation for this work. Specific changes include 1) developing a school 'culture of care' framework with tiered levels of intervention and practices, that includes staff trainings and a wellness program 2) working with public health, OHSU nursing school, and DHS to increase the availability and presence of mental health workers and counselors in the school district, and 3) forming a community coalition to promote trauma informed care and resiliency practices. This presentation will share lessons learned and plans for the future.

**OBJECTIVE(S):** Explain what trauma informed care might look like in a classroom or office. Describe practices that help reduce trauma and aim not to re-traumatize individuals. Name several practices or efforts that you could implement in your community to increase resiliency amongst community members.

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