



Where are
you on the
Trauma
Informed
Journey?

Trauma Informed Care is for everyone!

Trauma Informed Care takes into account knowledge about trauma within all aspects of an organization. However, it is not specifically designed to treat symptoms or syndromes related to trauma.

Trauma Specific Treatment is related to evidence based and best practice treatment models that have been proven to facilitate recovery from trauma.

**Trauma
Informed
Care is for
everyone!**

**You don't have
to be a
therapist to be
therapeutic.**

Trauma Informed Care is a journey!

Trauma-Aware

Staff understand the term "trauma" and how it can change the way they view and interact with others.

Workplace safety is a priority and the workplace considers both physical and mental health.

Trauma-Sensitive

The organization values a trauma-informed lens and identifies trauma and resilience in policies.

Trauma training is institutionalized for all staff.

Staff feel supported and understood in the workplace.

Trauma-Responsive

Staff applies knowledge of trauma and resilience in work.

Staff utilizes language that supports safety, choice, collaboration, trustworthiness, and empowerment.

Trauma-Informed

The entire staff is skilled in using trauma-informed practices.

Individuals outside the organization understand that trauma and resilience are at the center of our mission.

Where is your organization on your journey?



Building Awareness

If you... (check any that apply):

- ✓ Have not yet had a group training for staff and/or volunteers to introduce the concept of Adverse Childhood Experiences (ACEs), Trauma, or Resiliency...
- ✓ Have discussed the concepts of Adverse Childhood Experiences (ACEs), Trauma or Resiliency, but not everyone participated...
- ✓ Have many new staff members who have not yet been introduced to Adverse Childhood Experiences (ACEs), Trauma or Resiliency...
- ✓ Have had a presentation on Adverse Childhood Experiences (ACEs), Trauma or Resiliency, but it has been a long time ago...

Your next step would be...

Introduce or re-introduce your agency's staff and/or volunteers by scheduling one of the 1st level workshops

Click on the Trauma Informed Care Training Options link or email the Trauma Informed Systems Coordinator and Change Agent at Ischnei@iastate.edu

Educating the Team

If you... (check any that apply):

- ✓ Have recently had group training for staff and/or volunteers...
- ✓ Have staff members and/or volunteers who already are familiar with the basic concepts of Adverse Childhood Experiences (ACEs), Trauma and Resiliency...
- ✓ Have staff members, service areas or program areas who are ready to learn some practical strategies to promote trauma-informed relationships and practices...

Your next step would be...

Schedule a 2nd Level training that provides more in-depth information about Adverse Childhood Experiences (ACEs), trauma, resiliency, and the research and best practices in trauma informed care

Click on the Trauma Informed Care Training Options link or email the Trauma Informed Systems Coordinator and Change Agent at Ischnei@iastate.edu

Implementing Practices

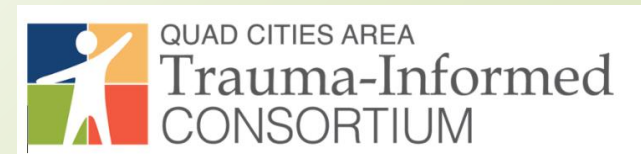
If you... (check any that apply)

- ✓ Have a staff member or two – at any level from direct care to administration – who has a passion for trauma informed practices and policies and wants intensive, comprehensive training, including learning to assess, develop, implement and evaluate TIC within their scope of work...
- ✓ Have a service area or program that is ready for coaching to make changes in practices to better align with TIC...
- ✓ Have a challenging client that you are unsure of how to support in a trauma-informed way without using coercion or punishment...

Your next step would be...

- Encourage staff to engage in a comprehensive education and training package such as St. Ambrose University's Trauma Informed Microcredential program, and learn to become a TIC Champion within your organization
- If you serve individuals in Scott County, work with the Trauma Informed Care Systems Change Agent for coaching on how to assess, implement and evaluate TIC changes within your organization
- Access case study consultation for assistance in supporting clients with challenges

Click on the Trauma Informed Care Training Options link or email the Trauma Informed Systems Coordinator and Change Agent at Ischnei@iastate.edu



Evaluating the Effort

If you... (check any that apply)

- ✓ Aren't sure how trauma informed your organization, program or service area is
- ✓ Aren't sure about the readiness of your staff to undertake changes to policies and practices that are more trauma informed
- ✓ Have already made some steps toward being trauma informed, but aren't sure of their effectiveness

Your next step would be...

- If you serve individuals in Scott County, work with the Trauma Informed Care Systems Coordinator and Change Agent for coaching on how to assess and evaluate TIC changes within your organization

Click on the Trauma Informed Care Training Options link or email the Trauma Informed Systems Coordinator and Change Agent at Ischnei@iastate.edu

Join the Healing Movement!

Inspired to join the movement and help make the Quad Cities a healthier and more resilient community? Get involved!

Follow the Quad Cities Area Trauma Informed Consortium on Facebook

<https://www.facebook.com/groups/qctic/>

Join the QC Trauma Informed Consortium by emailing Lindsey at lmack@iastate.edu to be added to the email distribution list.

Register for an upcoming Equity Speaker's Bureau training session

Bring training to your organization or community group! Click on *Training Opportunities* or email lschnei@iastate.edu for how to get started!

