Supporting Survivors & Healing Trauma

**The Community Violence Response Team &
Trauma Healing &
Resilience Building Initiative**

May 17, 2022
Champaign County Board Presentation

It takes a village to heal!

Trauma interrupts an individual's, family's, and community's right to …

Be, Become & Belong!

It Takes a Village

Trauma & Resilience Initiative (TRI)

Working to Help Make Champaign County a Trauma Informed Community
Founded in April 2019

Mission: Trauma & Resilience Initiative is a not for profit that educates, advocates for, and promotes resilience in individuals, families, organizations and communities.

Vision Statement: To create communities in which every person is cared for, connected, supported, and well.

- Increasing our community's ability to effectively respond to those in need
- Equipping the community's understanding of trauma and resiliency (and what helps/heals)
- Advocating for solutions to address the root causes of trauma, toxic stress & community adversity.

Receives grant funding from the Champaign County Mental Health Board & support from the Champaign County Community Coalition & the City of Champaign.

Structural Violence Leads to Adverse Community Experiences

There is growing understanding that ***trauma manifests at the individual level and at the community level*** through exposure to both interpersonal violence and structural violence, which prevent people and communities from meeting their basic needs. *Community trauma manifests, for example, as a breakdown of social networks, relationships, and positive norms across the community.*

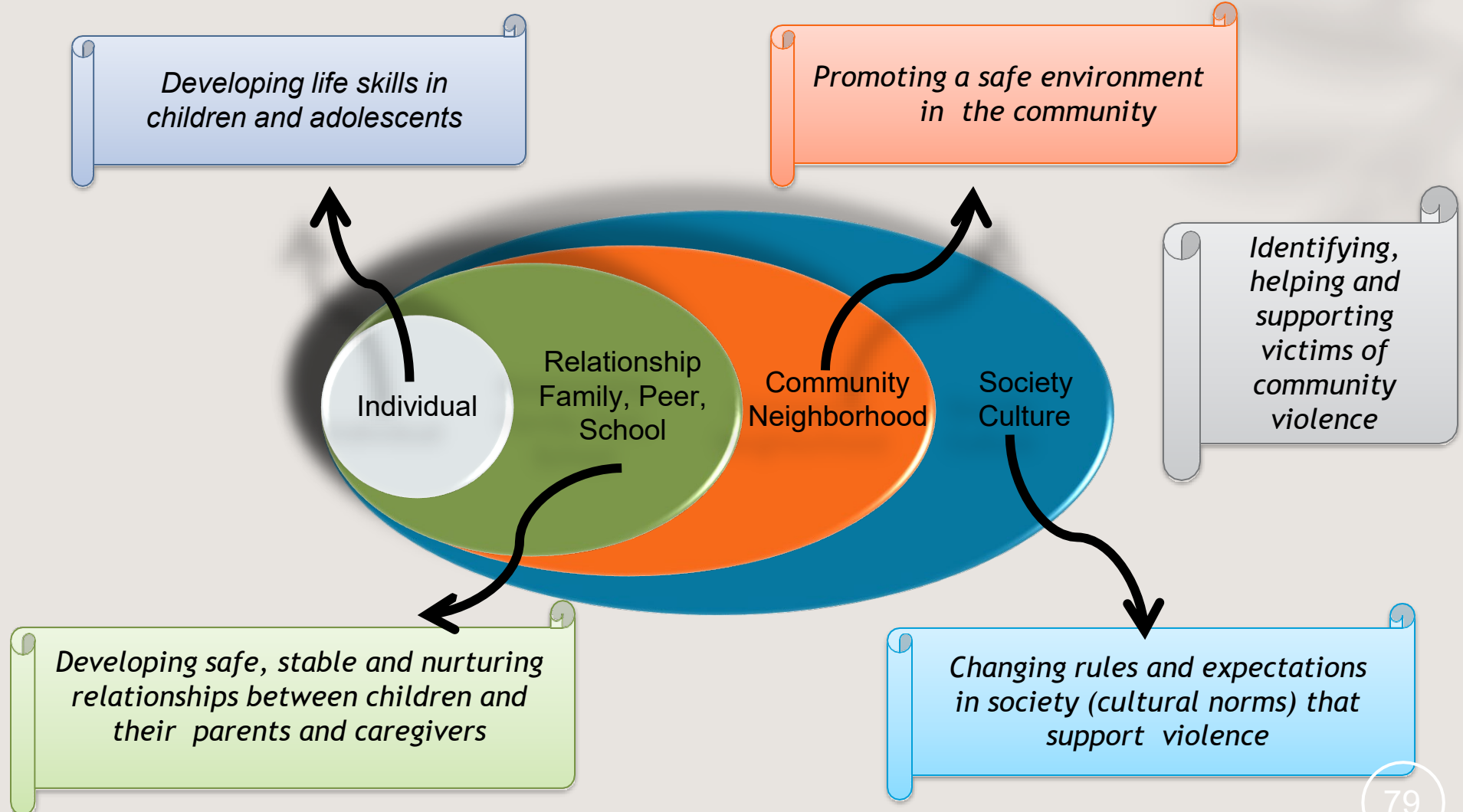Howard Pinderhughes, Prevent Institute, Adverse Community Experiences

The Known Root Causes of Community Violence
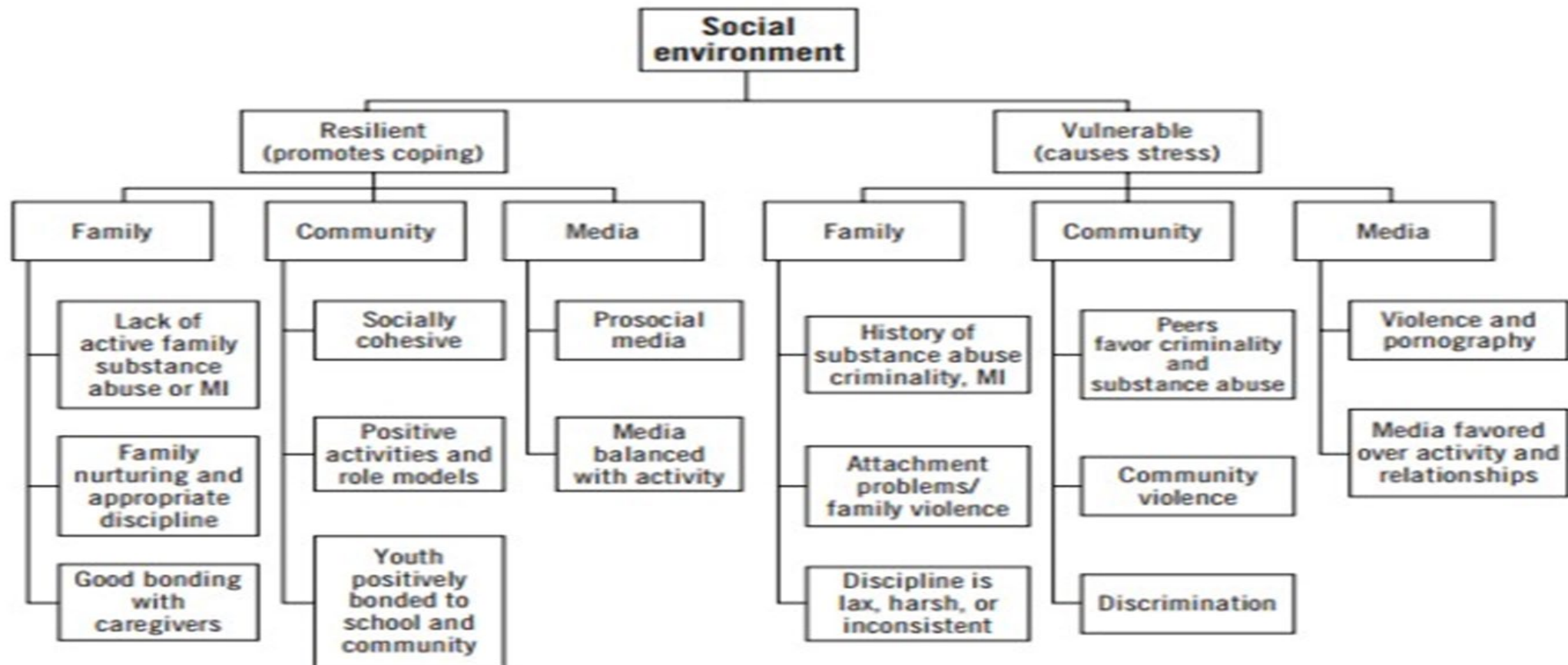
FIGURE 6.1 Environmental Factors.

FINDING SOLUTIONS:

BEST PRACTICES FOR ADDRESSING TRAUMA & VIOLENCE

Developing life skills in children and adolescents

Promoting a safe environment in the community

Identifying, helping and supporting victims of community violence

Individual

Relationship Family, Peer, School

Community Neighborhood

Society Culture

Developing safe, stable and nurturing relationships between children and their parents and caregivers

Changing rules and expectations in society (cultural norms) that support violence

This is a unique opportunity to create a seamless array of services & supports
(grounded in best practices)
Blueprints/H3

Prevention

- Preventing Community Violence
- Promoting wellness, positive youth development, resiliency
- Addressing root causes of violence
- Changing social norms

Intervention

- Strategies to interrupt the cycle of violence for those with identified risk
- Collaboration & early identification
- Offering community-based supports that promote safety, re-instill feeling of safety
- Strategies to teach and reinforce affect regulation

Postvention

- Supports offered after an incident of violence/crisis
- If done correctly is also a prevention strategy
- Care for and support those impacted and affected by community violence (individually, community, and family wide)

Some Accessible & Proven Solutions to Address Community Violence

Strong connections to school/careers (vocational readiness)	Positive peers for youth, young adults & parents	Living in a neighborhood that feels safe & supportive	Abundant and accessible social & cultural activities/lessons (art, music, theater)	Having accessible parks, recreation, sports, and play
Having 2 or more trusted/sustained relationships (not parents) for youth/young adults	Financial and vocational opportunities & resources for individuals & families	Having access to mental health/physical health resources for youth, young adults, and caregivers	Extended family support networks	Having ample spiritual supports and things that are hope-filled
Spiritual support	Living in communities and attending school where you feel like you belong	Living in neighborhoods & communities where diversity is appreciated and valued	Financial security	Living in ethnically & economically diverse neighborhoods
		Changing rules and norms about violence, masculinity and gun ownership		

Supporting Survivors

- A team of individuals who will be available on call from Thursday evening through Sunday night to respond, in community settings and to Carle, to survivors who have been impacted by community violence
  - The front end of our Community Violence Response effort – triage and dispatch others working as a part of the response effort
  - Coordinate care (linkage & engagement)
  - Individuals & families with complex needs (or who are under resourced) will receive coordinated & comprehensive service planning

  *217-673-7122 or curesponds@gmailcom

Supporting Survivors

Expanding the array of trauma-specific services & supports and culturally responsive providers who are trained in several evidence-based trauma-specific treatments:

- The treatments have been identified as needed by families, providers, and community members

Trauma Focused CBT

Sensing Safety

Strong Families * (a family therapy model)

And other trauma specific treatments

*Blueprints funding covers the cost of these services/supports

Expanding the Availability of Wellness & Resiliency Building Opportunities

Supporting survivors by working to ensure that there is an array of wellness and resiliency building supports:

- Start 2 Heal *
- Wellness & Resilience Groups (that are developmentally appropriate for groups impacted by adversity and stress)
- Grief & Loss Support
- GRITT (Growing Resilience in Tough Times)
- Stressless (Stress & affect regulations skills groups for young parents, seniors, and adolescents)

Also assist in building & expanding a paraprofessional network of peer supports who can provide mental health, youth driven & other supports

How to Get Involved

- If you want to learn more, please sign up on our email list : https://groups.google.com/forum/#!groupsettings/cu-coalition-trauma--resilency--working-group/join

- If you would like to join us: Email us at curesponds@gmail.com for our next Working Group meeting or Community Violence Response Team meeting!

- If you would like to become involved : Email us at curesponds@gmail.com or call us at 217-673-7122

- If you want to stay up -to-date about upcoming events and trainings: Visit us at https://www.traumaresilienceinc.org or on our social media pages.
  - Facebook: CU Trauma & Resilience Initiative
  - Instagram: _cu_tri
  - Twitter: CUresiliency