

## TRAUMA-RESPONSIVE & RESILIENCE INFORMED CARE TRAINING



### ABOUT THE TRAINING

This training provides foundational knowledge on the effects of toxic stress, trauma, and adversity on health and well-being. In addition, this training explores the interconnectedness of racism and trauma. Understanding that racism is trauma and should be treated as such in any trauma-responsive care framework is a key component. This training serves as a standard approach and increases the capacity of individuals and organizations to promote trauma-responsive, equity-based practices that are sustainable and support holistic health across New York.

### MODULES...

1. INTRODUCTION TO TRAUMA AND TOXIC STRESS
2. TRAUMA... THE MIND AND THE BODY
3. WELLNESS, RESILIENCE, AND HEALING
4. TRAUMA-INFORMED APPROACHES
5. COMPASSION RESILIENCE

### LEARNING OBJECTIVES

- Ensure a fundamental understanding of trauma, its prevalence, and effects.
- Provide strategies and interventions to build effective and sustainable TIC practices and environments.
- Ensure an understanding of how racial trauma, or race-based traumatic stress, is the cumulative effects of racism on an individual's mental and physical health.
- Promote strategies to address social determinants of health in order to reduce inequities and disparities at individual and systemic levels.
- Encourage organizations to build internal capacity that sustains trauma-responsive care and the ability to train their workforce.