

ACES Too High: Prevention and Intervention Strategies to Address Trauma and Reduce Health Disparities

Program Description

This program is designed to introduce the concepts and implementation of trauma and trauma-informed care as well as how trauma and health disparities are related. Research and clinical evidence documents that trauma informed approaches to the delivery of behavioral health services includes an understanding of trauma and an awareness of the impact it can have across settings, services, and populations. It involves thinking about trauma in different ways and altering service practices to create a therapeutic environment that provides opportunities for survivors to rebuild a sense of control, empowerment, and balance in their lives. Given that toxic stress and trauma have been linked to an increased likelihood of a variety of physical and mental illnesses, increasing the utilization of trauma informed practices can help to reduce health disparities.

Learning Objectives

Upon completion of this program, participants should be able to:

- Develop an awareness of the prevalence and impact of trauma in the behavioral health population
- Review the ACE Study and its implications
- Examine the intersection of trauma and health disparities
- Understand the core components of trauma informed approaches and articulate the need for implementation of these components across health settings
- Explore tips and tools for trauma informed practice to reduce disparities

Target Audience

This workshop will be beneficial to mental health and substance abuse professionals, including psychologists, social workers, marriage and family therapists, licensed professional counselors and substance abuse counselors, as well as nurses and medical professions.

Agenda

| | |
|---------|--|
| 9:00am | Module A: Trauma |
| 10:30am | Break |
| 10:45am | Module B: ACE Study and Health Disparities |
| 12:00pm | Lunch |
| 1:00pm | Module C: Core Components of Trauma Informed Care |
| 2:45pm | Break |
| 3:00pm | Module D: Reducing Health Disparities through Trauma Informed Care |
| 4:00pm | Reflections from the Field; Q&A |
| 4:30pm | Adjourn |

Contact Hours

Up to 6.0 contact hours

Faculty

Kelly Graves, Ph.D., is a licensed clinical psychologist in the state of North Carolina. After serving as a tenured Associate Professor for a combined almost 16 years at UNCG and North Carolina A&T, Dr. Graves decided to pursue her passion of bridging research and practice by hanging up her academia hat and founding Kellin, PLLC and its non-profit partner the Kellin Foundation. Since that time, the Kellin Foundation has been named a partner with the National Child Traumatic Stress Network (NCTSN) for its expertise in community-based trauma recovery for children and families, which is the second site in the state of North Carolina behind Duke University. Dr. Graves is a consultant with the United States Department of Justice and has been invited to the White House under the Obama Administration to participate in think tank efforts around building community resiliency. She is also a training consultant with the UNC-CH School of Social Work's AHEC Training Partnership. She has successfully implemented dozens of large-scale grants totaling over \$10 million dollars focused on community change and is an accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. She developed the Greensboro Child Response Initiative, which is nationally recognized model by the US Department of Justice for best practices in responding to children exposed to violence. Her awards include the American Psychological Association Division 56 Trauma award, the Triad Business Journal Top 40 Leaders Under 40 awards, named as a Top Psychologist award with the International Association of Health Care Professionals, and several others. In her free time, she loves to spend time with her family and friends, cheering on her favorite sports teams, and reading.