

# **Trauma Informed Care in Behavioral Health Services**

## **Program Description**

This program is designed to introduce practitioners to the concepts and implementation of trauma informed care. 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.

The workshop is interactive and will incorporate participants' experiences, questions, and concerns related to implementation of trauma informed approaches to care. Participants will leave the session with a deeper awareness of the prevalence and impact of trauma as well as practical strategies for how to continually move toward being more trauma informed. Examples of trauma screenings and assessments will be provided, and participants will have an opportunity to practice them through role play. Materials and resources will be provided as toolkits for service implementation. Participants will also discuss secondary trauma and develop strategies for self-care to prevent burnout.

## **Program Objectives**

- Explain the prevalence and impact of trauma in the behavioral health population;
- Demonstrate a working knowledge of common trauma screenings and assessments and the basic skills for implementation;
- List the core components of trauma informed approaches and articulate the need for implementation of these components in behavioral health settings;
- Assess and plan practical, hands-on strategies to ensure delivery of trauma informed services in behavioral health settings;
- Discuss secondary trauma and outline strategies for self-care to prevent burnout.

## **Agenda**

9:00 am	Trauma Defined: Prevalence and Impact as a Public Health Priority
10:30 am	Break
10:45 am	Trauma Screenings and Assessment: An Overview
12:00 pm	Lunch
1:00 pm	Trauma Informed Care
2:45pm	Break
3:00 pm	Application of Trauma Informed Care to Practice in Behavioral Health Settings
3:45pm	Secondary Trauma and Self-Care
4:30 pm	Adjourn

## **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.

## **Credit Hours**

6.0 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 as a 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.