

# Trauma-Informed Care and I/DD

## **Program Description**

According to research, people with intellectual/developmental disabilities (I/DD) are more likely to experience trauma than those without I/DD. The interplay of I/DD and trauma can result in high levels of distress for individuals, which, when unaddressed, can lead to poor outcomes and further trauma.

The trainer will utilize case studies and research to describe trauma in the I/DD community, as well as provide information about trauma-informed care. Trainer will utilize evidence-based practices (positive psychology and the neuro-sequential model) to discuss effective ways to prevent and intervene in crises for people who have co-occurring I/DD and trauma.

## **Learning Objectives**

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

- Explain trauma, including “big-T,” “little-t,” and complex trauma.
- Define intellectual/developmental disability (I/DD).
- Discuss the impact of trauma on individuals with I/DD, including rates of reported trauma as well as ways that trauma may present in individuals with I/DD.
- Describe components of trauma-informed care and considerations for people with I/DD.
- Outline positive psychology practices to mitigate the impact of trauma on and build resilience in individuals with I/DD.
- Apply Dr. Bruce Perry’s neuro-sequential model to design support for individuals with I/DD experiencing trauma responses.
- Identify resources and strategies to address trauma in the I/DD community.

## **Target Audience**

This training is intended for social workers, therapists, school staff, I/DD habilitation programs, care coordinators, family support programs, and/or families.

## **Contact Hours**

2.0 contact hours

## **Program Agenda**

9 AM - 10:00 AM	Defining and contextualizing trauma in the I/DD community
10:00 AM - 10:45 AM	Approaches to addressing trauma (trauma-informed care, positive psychology, and the neuro-sequential model)
10:45 AM - 11:00 AM	Question/Answer
11:00 AM	Adjourn

## **Faculty**

**Eileen Slade, LCSW**, is the assistant director of NC START Central, where she engages in systemic crisis prevention and intervention work for children and adults with I/DD. She received her MSW from UNC Chapel Hill in 2013 and has been doing various kinds of social work in the I/DD field since. She is a sibling of a person with I/DD, which informs her passion for developing inclusive, accessible, and neurodiversity-affirming social spaces.