

DSAMH 2023 TRAUMA SERIES TRAININGS

ALL TRAININGS ARE FREE TO ATTEND, BUT REGISTRATION IS REQUIRED.

All Trainings are CE Eligible

[Click Here to Register](#)

Questions? Contact us at
DSAMH.Training@delaware.gov or 302-255-9480

Central East (HHS Region 3)

MHTTC Mental Health Technology Transfer Center
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

1901 North DuPont Highway, New Castle, Delaware 19720

SPRING/SUMMER

JULY: INCREASING OUR TRAUMA RESPONSIVITY AS SUPERVISORS

Jul 26, 10:00am-12:00pm - Presented by Laura Hinds

This event highlights the ways in which trauma can appear in the work place, and how supervisors can identify, support, and mitigate it in their staff. By reflecting on the examples of workplace related trauma triggers and the role of supervision, we will explore the role of a supervisor in supporting staff's success despite historic and work-related traumas.

Learning Objectives:

- Participants will be able to explain at least three common ways in which work in social services can result in reactive behavior in provider staff.
- Participants will be able to identify at least 4 signs that their staff has been triggered and is relying on survival behavior to navigate their stress and distress
- Participants will be able to relay 4 Trauma Informed interventions they can use with their staff to increase their trauma responsivity toward those who work for them.

AUGUST: DEATH BY A THOUSAND CUTS: THE TRAUMA OF MICROAGGRESSIONS

August 9, 10:00am-12:00pm - Presented by Dr. Kami Anderson

Adults are deeply affected by experiencing microaggressions. Microaggressions are verbal, behavioral or environmental slights or insults directed towards others. Whether said intentionally or unintentionally, microaggressions communicate an underlying hostility or negative attitude based upon a dimension of the person's diversity. This workshop deals with ways to combat microaggressions by creating an agency culture of respect, reverence and dignity for all dimensions of diversity.

Learning Objectives:

- * Define and understand microaggression in the workplace.
- * Discuss the negative impact of microaggression on those targeted.
- * Practice how to respond when microaggressions are experienced, overheard or used.

SPRING/SUMMER (CONT.)

AUGUST: CREATING TRAUMA CHAMPIONS

Aug 24, 10:00am-12:00pm - Presented by LaToya Logan

A trauma champion is a staff member who stands in the gap for those who are trauma exposed through education, advocacy, peer support and guidance. This workshop provides ideas for staff members to support ongoing education, activities and experiences that keep trauma sensitivity at the forefront of the agency's collective consciousness.

Learning Objectives:

- Participants will review trauma and evaluate the impact of trauma on the workplace.
- Participants will identify the benefits of creating trauma-informed workplaces.
- Participants will examine the best practices and approaches to implementing a trauma informed system and strategies.

FALL

SEPTEMBER: IS OUR ORGANIZATION ACTUALLY TRAUMA INFORMED? REFLECTIONS AND QUESTIONS FOR INVESTED AGENCIES

Sept 27, 10:00am-12:00pm - Presented by Laura Hinds

Many organizations have focused on training client-facing staff in Trauma Informed Care but to reflect if how they engage staff, enact policies, and manage communication demonstrate Trauma Informed Principles. If there is a disconnect between how an agency engages its staff and how the staff then engages clients, this reality will likely hamper an organization's effectiveness in Trauma Informed Care. Join us as we discuss what we should be amplifying in support of our Trauma Honoring efforts and minimize to avoid harming those who do intense and important work for our clients.

Learning Objectives:

- Participants will be able to explain at least 3 signs and indicators of a Trauma Informed Organization.
- Participants will be able to relay at least 4 indicators that an organization is NOT Trauma Informed.
- Participants will be able to identify at least 4 opportunities within their organization to enact Trauma Informed Principles with their staff.

OCTOBER: CREATING TRAUMA CHAMPIONS

Oct 19, 10:00am-12:00pm - Presented by LaToya Logan

A trauma champion is a staff member who stands in the gap for those who are trauma exposed through education, advocacy, peer support and guidance. This workshop provides ideas for staff members to support ongoing education, activities and experiences that keep trauma sensitivity at the forefront of the agency's collective consciousness. e bit of body text

Learning Objectives:

- Participants will review trauma and evaluate the impact of trauma on the workplace.
- Participants will identify the benefits of creating trauma-informed workplaces.
- Participants will examine the best practices and approaches to implementing a trauma informed system and strategies.