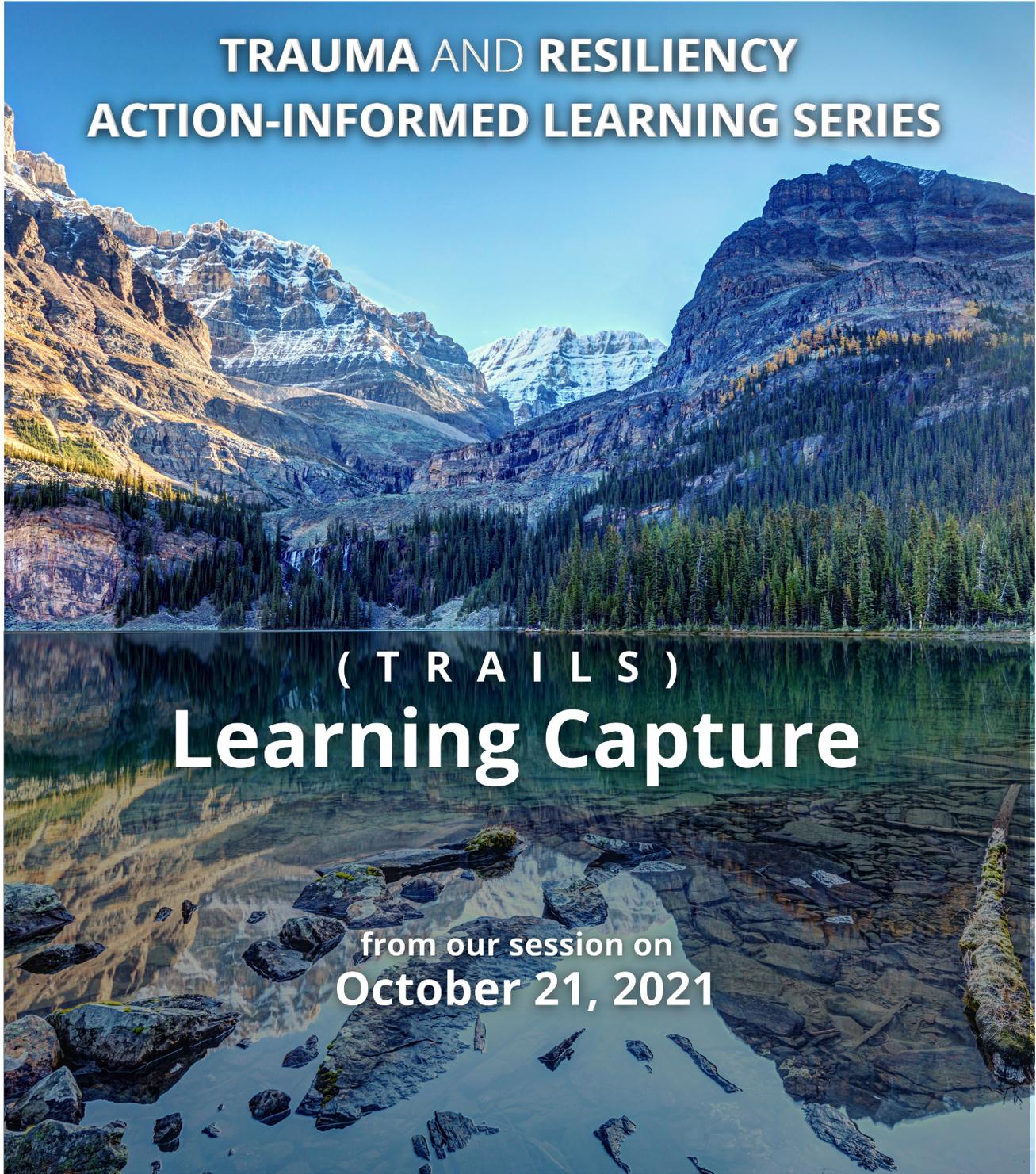




NTTAC
TRAILS

**TRAUMA AND RESILIENCY
ACTION-INFORMED LEARNING SERIES**



(T R A I L S)
Learning Capture

from our session on
October 21, 2021

WHAT IS THIS LEARNING CAPTURE?

Consider this **a snapshot of our conversation**—the view from a 30,000-foot elevation.

Reading about the panelists, you'll notice that each wore a specific "hat" which they brought to this conversation. These "hats" (Young Adult, Healthcare, etc.) are *in addition to* their personal and professional experiences helping people prevent, survive, and heal from trauma.

This learning capture is a collection of the panelists' and participants' distilled wisdom, and is meant to be a trail marker on your map. We hope that no matter what scope of work you do, this learning capture helps you to understand the **big ideas** we touched on, and helps you take the next step in your learning journey.

MEET THE PANELISTS:

Tyus Reed

**Youth Peer
Support, CWA**

KEYNOTE SPEAKER

Albert Lafond

**Young Adult Advocate with
Incarcerated Parents**

YOUNG ADULT

Delfy Pena-Roach

**Executive Director,
Families ASAP**

PARENT/CAREGIVER

Mordecai Dixon

**Crisis Intervention
Specialist and Trainer**

EQUITY

Natalie Bautista

**R.N., Community
Outreach Volunteer**

HEALTHCARE

Miriam Hernandez-Dimmler

**Community Mental Health
Initiative Director**

PREVENTION

Patti van Eys

**Licensed Clinical
Psychologist**

CLINICAL

Oriana Ides

**School Mental Health
Training Specialist**

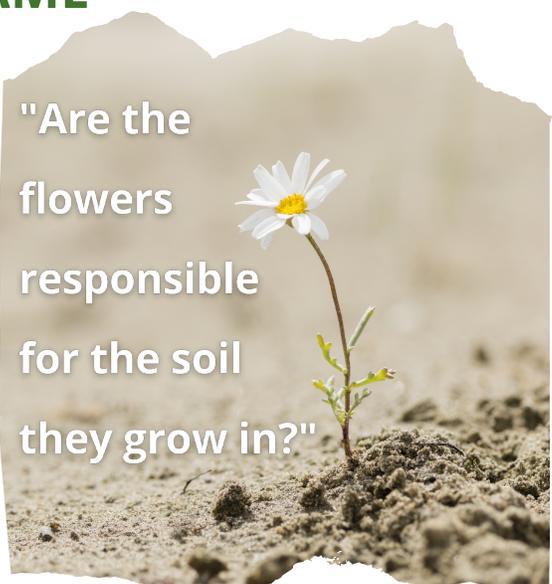
SCHOOL

View the full keynote and panelist discussion here: <https://youtu.be/2ctmBeeVaNA>

NOT ALL JOURNEYS ARE THE SAME

While many people will experience trauma at some point in their lives, how we heal depends on external factors that impact the care and support we receive. These factors include, but are not limited to: race, culture, ethnicity, socio-economic status, temperament, and our own individual resilience--something we'll dig into later in this learning capture.

Using **trauma-informed practices** and approaches means that we deliver services with an awareness of the environment or the big picture in addition to considering individual needs.



TRAILS FOR HEALING

Trauma can fragment our understanding of our lives and ourselves. Something we heard from the panel and TRAILS participants is that **there is a greater need for authentic conversations and connections around trauma.**

Small group discussions following the panel were rich with personal stories and ideas for how to move forward in our work. Some **"big ideas"** participants brought up were:

- "The system likes to tell people how & when they should heal."
- "Adults don't always see trauma, hunger, housing issues, etc., they only see the behavior."
- "We need to stop telling people to 'just do yoga' or self-care'. When your definition of *'help'* is about your ability to be a productive worker, is your trauma only valid if it keeps you from working?"



TRAILS' STEPPING STONES TO A TRAUMA-INFORMED APPROACH

To the right are commitments TRAILS participants made in order to continue their trauma-informed care journey.

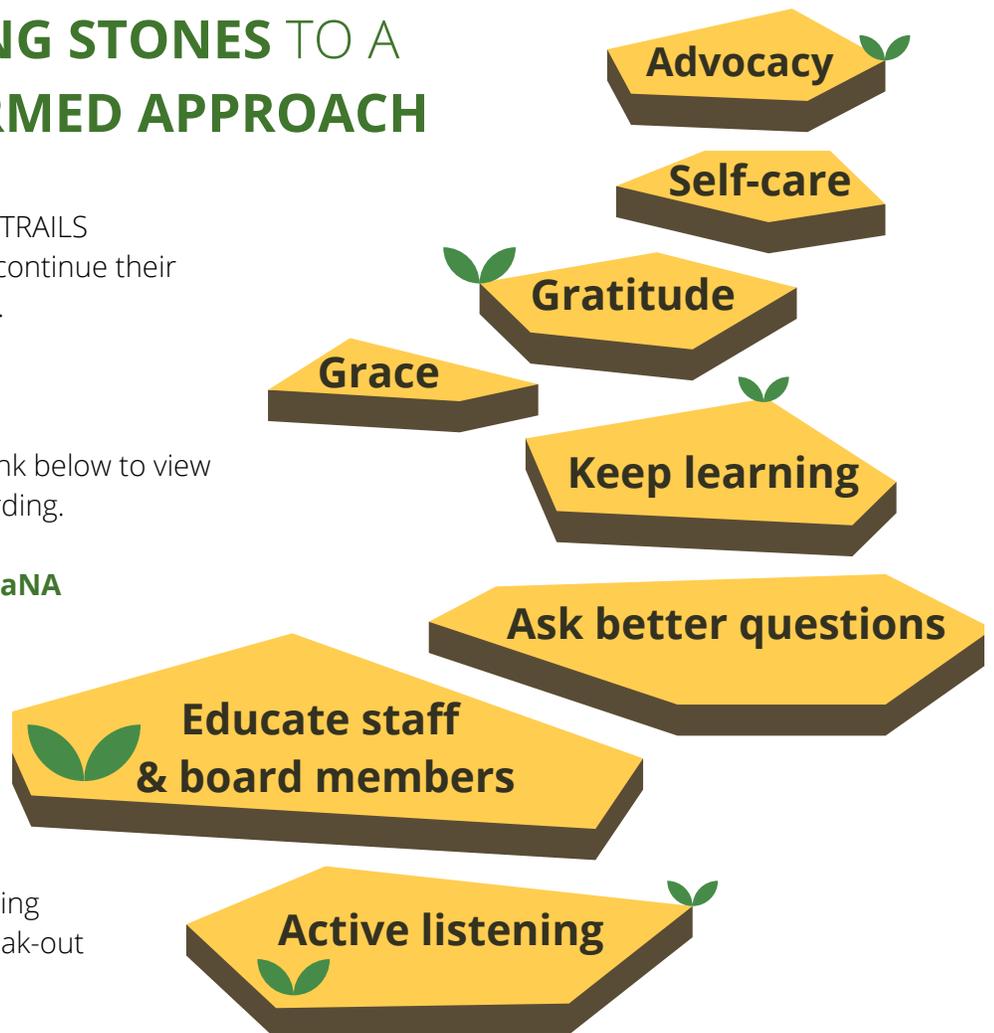
Want to learn more?

Click the trail sign or visit the link below to view the keynote and panelist recording.

<https://youtu.be/2ctmBeeVaNA>



And check out the resources section at the end of this learning capture to find links to our break-out room notes and more.



MORE THAN RESILIENT?

Many TRAILS participants and panelists discussed feelings of discomfort with the word "resilience," especially for people who (through no fault of their own) struggle with developing resilience. Some felt that the term is problematic because it puts responsibility on those who experience trauma to develop resilience. And who is responsible for making us resilient in the first place? Our parents? Teachers? State leaders?

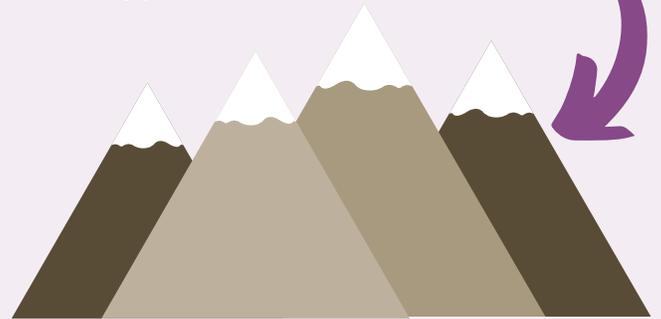
"Just saying 'here is a list of support services' is NOT supportive. If you don't have money for the bus, have multiple children, and are already running on fumes, getting across town to pick up a heavy box of food most likely is NOT going to happen. So often people are judged for not wanting to participate or get services, but it's more that **there is an obstacle that hasn't been recognized.**"

TRAILS Participant

Moreover, "resilience" is often an **after-the-fact label** we apply to people who have already done the hard work of healing from trauma.

In order to be effective and anti-racist in our work, it's critical to look more closely at clearing the obstacles to recovery instead of focusing solely on creating resilience.

Let's clear the barriers instead of asking folks to climb a mountain.



- Systemic Inequity
- Racism
- Workforce Shortage
- Insurance Parity
- Mental Health Stigma
- Transportation
- Poverty
- Food Insecurity
- Homelessness
- Neurodivergence
- Time Poverty
- Incarceration

FINAL THOUGHTS FROM THE PANEL

"Why do we have to be broken to have permission to heal?"

-Mordecai Dixon

"You need to be in a healing place in order to build on your resilience."

-Natalie Bautista

"*What we invest in our soil*" is my symbolism around all the systemic and structural pieces . . . that go towards growing our beautiful flowers—it's really hard for a flower to grow and bloom when the soil hasn't been nurtured."

-Miriam Hernandez-Dimmler

"We've done some real damage when we think about resilience as the story about that super-kid who had all these terrible things happen to them and 'now look, they're a college grad and they're a CEO' or whatever they are. That's not most people's stories; most people are struggling every day with hardship."

-Patti van Eys

"State systems, the government systems, they're all responsible—we're all responsible. We're all supposedly one but that's not the case when there's differences involved and [skin] color is a big one."

-Delfy Pena Roach

"What does resilience mean to the person you're trying to help?"

-Albert Lafond

"What people forget is that resiliency can mean a lot of different things to a lot of different people based on circumstances that they have no control over."

-Tyus Reed

"I think it's easier to think about student behavior as the problem or an inability to be resilient as the problem, rather than looking at our own practices as educators."

-Oriana Ides

TERMS



TRAUMA:

Any event, or series of events, that is experienced as deeply distressing or disturbing. Experiences may apply to a single instance of something upsetting such as a car accident, loss, or natural disaster. It can also refer to more extreme events like abuse, neglect, or violence. Secondary traumatic stress can occur from repeated exposure to the stories of people that have experienced trauma and is common in educators, health & mental health professionals, and first responders.

RESILIENCE:

"Most of us think of resilience as the ability to bend but not break, bounce back, and perhaps even grow in the face of adverse life experiences. The American Psychological Association (2014) defines resilience as 'the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress (para. 4).' While this definition is useful, it does not reflect the complex nature of resilience. Determinants of resilience include a host of biological, psychological, social and cultural factors that interact with one another to determine how one responds to stressful experiences." (Southwick et al., 2014).



RESOURCES

[Understanding ACEs, from the Centers for Disease Control and Prevention](#)

-This infographic provides definitions and statistics about Adverse Childhood Experiences (ACEs), and provides information on how to promote positive childhood experiences.

[Every Child Needs a Champion](#)

-TED Talk with Rita Pierson

WANT MORE?



Join us all year long for trainings, conversations, and learning collaboratives at

<https://nttacmentalhealth.org/trails/>

QUESTIONS?

Request a free consultation with a member of our expert team here!

<https://tinyurl.com/RequestNTTAC-TTA>

Citations:

Southwick, S. M. S., Bonanno, G. A. B., Masten, A. S. M., Panter-Brick, C. P. B., & Yehuda, R. Y. (2014). Resilience definitions, theory, and challenges: interdisciplinary perspectives. *European Journal of Psychotraumatology*. Published. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4185134/>

Trauma. (n.d.). American Psychological Association. Retrieved December 7, 2021, from <https://www.apa.org/topics/trauma>