

Trauma-Informed Awareness Day 2023: Toolkit for Partners

The Illinois
ACEs Response
Collaborative

Health & Medicine
POLICY RESEARCH GROUP

The Illinois ACEs Response Collaborative invites partners across the state to commemorate the fifth annual Trauma-Informed Awareness Day in Illinois on May 25, 2023. Trauma-Informed Awareness Day raises awareness of the impact of trauma and calls for prevention and resilience-building through trauma-informed, healing-centered policy and practice. This year's theme, "Building a Healing-Centered Future: Solutions from the Community", will center the knowledge and experience of community members working to create healing-centered approaches in healthcare, education, the criminal-legal system, and community spaces. In preparation for this year's event, this toolkit provides partners with educational resources, sample social media messaging, and ideas on how to take action!

Here are 3 ways you can get involved:

1. Attend Trauma-Informed Awareness Day 2023

Join us for a day of events featuring keynote speakers and interactive discussions highlighting solutions from the community for a healing-centered Illinois!

Event Agenda

- 10:00 – 11:00am: Opening Session
- 1:00 – 2:00pm: Breakout Session 1 on Health and Education
- 3:00 – 4:00pm: Breakout Session 2 on Criminal-Legal System and Community

Register for one or multiple sessions at hmprg.org/events/tiaday2023.



The banner features a light green background on the left and a dark green background on the right. The main text is in a bold, sans-serif font. At the bottom, there is a row of ten chevron arrows pointing right, with the first three in light green and the remaining seven in a gradient of orange and red.

**BUILDING A HEALING
CENTERED FUTURE**
A DAY OF EVENTS FEATURING SOLUTIONS FROM THE COMMUNITY

The Illinois
ACEs Response
Collaborative
a program of
HEALTH & MEDICINE
POLICY RESEARCH GROUP

MAY 25, 2023
TRAUMA-INFORMED
AWARENESS DAY

Is your organization marking the day with its own event or action? Tell us how [HERE](#) or email mdiaz@hmprg.org and we will share on our pages!

2. Take Action

[Sign your organization on](#) as a supporter for [Senate Bill 646](#) to create a Task Force for a Healing-Centered Illinois!

The Task Force would develop recommendations for designing an equitable statewide strategy for trauma-informed, healing-centered transformation. If enacted, the Task Force would mark a meaningful step towards trauma reduction, prevention, and healing through a statewide coordinated effort. The Task Force's key priorities include coordinating trauma-informed efforts across the state, identifying training needs across sectors, addressing trauma-related data collection gaps, improving data accessibility for the public, and establishing benchmarks to measure state-level progress over time. This work would advance many of the priorities identified in the [Action Plan to Address Childhood Adversity in Illinois](#), developed by a multisector Statewide Working Group and released by the Collaborative in May 2021. Read our [fact sheet](#) to learn more about the Task Force.

3. Spark the Conversation

Encourage your networks to talk about the impact of trauma and build support for trauma-informed, healing-centered policy and practice in Illinois. Use our sample social media posts below to spark the conversation!

Sample Social Media Posts

This year will feature weekly themes focused on health, education, the criminal legal system, and community. Copy, paste, and share the following sample posts each week of the month with your social media followers. Make sure to use #TIAwarenessMonth2023 and tag us!

Facebook: @HMPRGChicago
Twitter: @HMPRG
Instagram: @HMPRG
LinkedIn: HMPRG

Health: May 1st – 5th

- Trauma increases the risk for chronic health conditions like heart disease, cancer, and autoimmune diseases. With trauma-informed (TI) approaches, trauma doesn't need to be someone's destiny. Learn the basics of a TI approach: <https://bit.ly/41PL6jP> #TIAwarenessMonth2023
- Trauma can have long-lasting consequences on physical and mental health. Healthcare providers can prevent and reduce the harmful effects of trauma by adopting a trauma-informed approach in their patient care. Check out this resource by the Center for Health Care Strategies' to learn how: <https://bit.ly/3AmHJ7M> #TIAwarenessMonth2023
- Trauma can impact anyone, including healthcare professionals. Organizational-level trauma-informed approaches can prevent retraumatization and promote staff well-being. Check out this tool by the AMA to learn more: <https://bit.ly/3V2vc2l> #TIAwarenessMonth2023

Education & Youth: May 8th – 12th

- Over 2/3 of youth have experienced trauma by 16—we must provide nurturing relationships to make a difference. Learn how youth-serving organizations can provide healing-centered engagement for kids who have experienced trauma: <https://bit.ly/3oHCZqu> #TIAwarenessMonth2023
- Children who have experienced trauma are at increased risk for academic challenges. Research shows that when schools are trauma-responsive and healing-centered, they see improvements in disciplinary referrals, attendance, and graduation rates. Learn more in this CTIPP report: <https://bit.ly/3Asktp0> #TIAwarenessMonth2023
- Trauma-informed schools provide healing, supportive, and safe environments for all children to thrive. Learn what educators and other school staff can do to support their students and help them reach their potential: <https://bit.ly/3V2wYAR> #TIAwarenessMonth2023

Criminal-Legal System: May 15th – 19th

- A trauma-informed, healing-centered approach necessitates shifting from a punitive approach to one that addresses the root causes of crime and reimagines public safety. Check out the Urban Institute's solutions for policymakers: <https://urbn.is/3HaaOHg> #TIAwarenessMonth2023
- Over 90% of IL juvenile detention facility youth have a diagnosed mental health disorder, often stemming from adverse experiences, which incarceration makes worse. We need restorative justice approaches to help youth heal. Learn more: <https://bit.ly/3Vc711M> #TIAwarenessMonth2023

Community: May 22nd – 26th

- A trauma-informed approach involves addressing historical and systemic inequities that harm communities. We must commit to advancing equity in our policies and systems to foster healthy, resilient communities. Learn more: <https://bit.ly/3n2h25m> #TIAwarenessMonth2023
- We can build a healing-centered future by investing in affordable housing, living wages, quality schools, and accessible healthcare. Check out the Center on the Developing Child's Action Guide for policy solutions: <https://bit.ly/3niPVmm> #TIAwarenessMonth2023
- Healing occurs in meaningful, trusting relationships. To build a healing-centered Illinois, we must work with and center the experiences of communities most impacted by trauma and systems of oppression. Check out this resource by The Praxis Project to learn how organizations can advance community-centered healing through equitable relationships: <https://bit.ly/423juHI> #TIAwarenessMonth2023

Resources & Publications

Health

- [What is Trauma Informed Care? by the Trauma-Informed Care Implementation Resource Center](#)
- [Understanding the Effects of Trauma on Health by Center for Health Care Strategies](#)
- [10 Key Ingredients for Trauma-Informed Care by Center for Health Care Strategies](#)
- [Collective Trauma Toolkit: Respond Effectively as an Organization by the American Medical Association](#)
- [Training Roadmap to Becoming Trauma-Informed for Healthcare Providers by Resilient Georgia](#)

- [Trauma-Informed Toolkit for Health Care Providers by the Illinois ACEs Response Collaborative](#)
- [National Plan for Health Workforce Well-Being by the National Academy of Medicine](#)
- [Resource Compendium for Health Care Worker Wellbeing by the National Academy of Medicine](#)

Education & Youth

- [We Can Prevent Childhood Adversity infographic by the CDC](#)
- [Harvard Center on the Developing Child resource library](#)
- [Supporting Trauma-Informed Schools to Keep Students in the Classroom brief by the National Child Traumatic Stress Network](#)
- [The Healing-Centered Framework for Chicago Public Schools](#)
- [2022 CTIPP Report: Trauma-Informed Schools](#)
- [5 Strategies for Developing a School-Wide Culture of Healing](#)
- [March 2023 webinar: Using Healing-Centered Engagement to Address Youth Trauma & Mental Health](#)
- [Youth Thrive & Healing Centered Engagement Crosswalk: A Focus on Building Young People's Strengths and Healing by Center for the Study of Social Policy](#)
- [Gender-Affirming Care is Trauma-Informed Care by the National Child Traumatic Stress Network](#)
- [Adopting a Trauma-Informed Approach for LGBTQ Youth: Part I by Mental Health Promotion & Youth Violence Prevention](#)
- [Adopting a Trauma-Informed Approach for LGBTQ Youth: Part II by Mental Health Promotion & Youth Violence Prevention](#)
- [Blueprint for Transformation: A Vision for Improved Behavioral Healthcare for Illinois Children February 2023 report](#)

Criminal-Legal System

- [Harm Instead of Healing: Imprisoning Youth with Mental Illness by the Children and Family Justice Center](#)
- [From Crisis to Care: Ending the Health Harm of Women's Prisons by Human Impact Partners](#)
- [State Strategies to Address the Needs of Justice-Involved Youth Impacted by Collateral Consequences by the National Governors Association](#)
- [Holistic Safety Resource Toolkit by Chicago Beyond](#)
- [Prisons Are Traumatizing, But It Is Possible to Reduce Some of Their Harm by the Urban Institute](#)

Community

- [Communications & Coalition-Building Guide: Strategies for Advancing Equity to Build Community Resilience by the Center for Community Resilience](#)
- [Place Matters: The Environment We Create Shapes the Foundations of Healthy Development by the Harvard Center on the Developing Child](#)
- [Training Roadmap to Becoming Trauma-Informed for Communities by Resilient Georgia](#)

- Recognizing Healing-Centered Community Practices as a Complement to Trauma-Informed Interventions and Services by The Praxis Project
- Trauma Informed Community Building: A Model for Strengthening Community in Trauma Affected Neighborhoods
- Trauma Informed Community Building: The Evolution of a Community Engagement Model in a Trauma Impacted Neighborhood
- Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma by the Prevention Institute

Other

- Illinois ACEs Response Collaborative resource library
- Action Plan to Address Childhood Adversity in Illinois May 2021 report by the Illinois ACEs Response Collaborative
- Toolkit: Trauma-Informed Workplaces by CTIPP
- Incorporating Racial Equity into Trauma-Informed Care by Center for Health Care Strategies
- Addressing Trauma as a Pathway to Social Change

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