

Illinois ACEs Response Collaborative: Trauma-Informed Trainings for Organizations

The Illinois
ACEs Response
Collaborative

Health & Medicine
POLICY RESEARCH GROUP

The Illinois ACEs Response Collaborative offers a series of select trainings on adverse childhood experiences, trauma, and trauma-informed care for learners and organizations from a variety of sectors. These trainings can be customized to address the specific outcomes or needs of your organization, while providing the building blocks for a universal language and approach. Trainings begin at 90 minutes per session but can be expanded up to a full-day to give learners a deeper understanding of trauma, trauma-informed principles, and how these concepts can be incorporated in organizational transformation.

Trauma, and Trauma-Informed Care 101: Addressing Trauma & Building Resilience in Communities and Organizations

This training covers the landmark Adverse Childhood Experiences (ACEs) Study, how ACEs and other trauma can impact health across the life course, and how organizations can utilize trauma-informed principles to build resilience and promote thriving across the lifespan in their communities and workplaces.

The course discusses the ACEs study, which highlights the link between childhood trauma and adverse health outcomes in adulthood, such as heart disease and cancer. Additionally, it will examine how trauma may manifest on many levels, including historically and structurally, and how this can impact the health of individuals and communities. These ideas are rooted in the “biology of adversity”, including neuroscience and epigenetics, which tells us why ACEs and trauma can be so powerful.

Participants then learn what they can do to promote resilience, recovery, and thriving individuals and communities within their work. They also discuss what socially-just, trauma-informed capacity building looks like, and methods they can develop to integrate these ideas with staff and coworkers and with the communities they serve.

Objectives

At the conclusion of the training, participants will be able to:

- Define trauma and discuss the Adverse Childhood Experience test and how it ignited the field to examine traumatic experiences of all kinds and their effects on health and social outcomes.
- Understand how trauma can physically change our biology/brains and how that impacts our health and wellbeing.
- Discuss what resilience is and how it can lessen the effects of trauma, as well as how to translate resilience into thriving.
- Understand how to incorporate this knowledge into your work with patients and the community, as well as in your own life at work and home.

Agenda

Topics covered in this training include:

- What is Trauma: Defining Trauma and Why it's Important
- Adverse Childhood Experience (ACE) Study: A Springboard Into Action
- Beyond the Original ACEs: An Expanded Definition of Adversity and Trauma
- The Biology of Trauma: When Adaptation Meets Expectations
- Resilience and Trauma-Informed Care: Integration Into Our Work

Historical and Structural Trauma: Connections to Current Outcomes and Inheriting Resilience

The groundbreaking Adverse Childhood Experiences (ACEs) Study identified the link between individual experiences of childhood trauma, such as abuse or neglect, with adverse health outcomes, such as heart disease and cancer, in adult. However, this study was just the beginning of looking at how trauma can impact people and communities' health and social wellbeing. In the years since, there has been significant study into how collective experiences with trauma can also impact health. This includes historical trauma, such as slavery or the Holocaust, as well as continued community trauma like racism and discrimination.

This training discusses the background of historical and community trauma, as well as how they can impact health outcomes just as strongly as individual experiences can. It also covers how these traumas have become integrated into the systems that direct much of our lives- education, housing, healthcare, and the criminal-legal system- and are perpetuated through implicit biases and explicit prejudices.

The training also reviews why it is so vital to be informed by these multiple levels of trauma when applying trauma-informed practices and resilience building with individuals. It also examines how resilience building methods have historical and community-based origins, and how participants can encourage and learn from them, as well as integrate this knowledge into their own work.

Objectives

At the conclusion of the training, participants will be able to:

- Define historical trauma and community trauma, and discuss how collective experiences have been observed to have an impact on individual health, even in generations far removed from the event
- Understand how these collective experiences also impact how structures and institutions, such as healthcare, education, and the criminal-legal system; have been created and maintained; as well as the biases present within them
- Discuss how collective resilience is also present in individuals and communities. Examine how to incorporate cultural competency and humility into trauma-informed practices, as well why a historical and structural lens is vital when responding to trauma.

Agenda

Topics covered in this training include:

- Trauma Beyond ACEs: An Expanded Definition of Trauma
- Collective Experiences
 - Historical Trauma
 - Community Trauma
 - Implicit Bias
- Health and Social Outcomes: How Historical and Community Trauma Affects Individual Health
- Chicago Connections: Trauma Disparities and Collective Resilience

Moving from Burnout to Wellness for Providers and Advocates

In 2019, more than half of physicians reported experiencing burnout, and data suggest that other healthcare professionals experience similarly high levels. The costs of burnout to provider wellbeing, patient care, and the healthcare system are much too great to ignore, and there are emerging promising practices to review and consider for implementation. With the COVID-19 pandemic increasing the burden on healthcare and social services, it has become imperative for organizations and individuals alike to implement preventative and responsive methods.

The training includes an overview of the history and current definitions surrounding clinician and provider burnout. It will also discuss how this burnout has been magnified in the wake of the COVID-19 pandemic and the current racial justice movement in the United States.

Participants also discuss multi-level, trauma-informed prevention and intervention strategies for clinician and provider burnout. They will examine what socially-just, trauma-informed capacity building looks like in a workplace and how it can inform burnout prevention programs and policies.

Objectives

At the conclusion of the training, participants will be able to:

- Define burnout and discuss its prevalence in the helping and advocacy professions, including healthcare; education; and social services.
- Discuss how burnout in providers affects clients, students, and patients' health & social outcomes.
- Understand how the current burden on these professions has been exacerbated by the COVID-19 pandemic, and discuss specific responses.
- Discuss how to incorporate trauma-informed burnout prevention and intervention methods on an organizational and individual level, and how capacity building for employees leads to healthier staff and communities

Agenda

Topics in this training include:

- Burnout
- Secondary vs. Vicarious Trauma
- Prevalence in Healthcare and Helping Professionals
- How Organizations and Patients are Affected by Professional Burnout and Trauma
- The “Extra Tax”: How Equity Plays a Role in Burnout
- Defining Wellness and Self-Care
- Trauma-Informed Care and Organizational Change
- Methods for Change

Learn More

For more information, or to schedule a training, contact us today:

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