



The Illinois
ACEs Response
Collaborative

a program of
HEALTH & MEDICINE
POLICY RESEARCH GROUP

Build Strong,
Healthy Communities:
*Trainings on Trauma-Informed
Policy & Practice*

PARTNERING FOR A HEALTHY, TRAUMA-INFORMED ILLINOIS

IS YOUR ORGANIZATION TRAUMA-INFORMED?

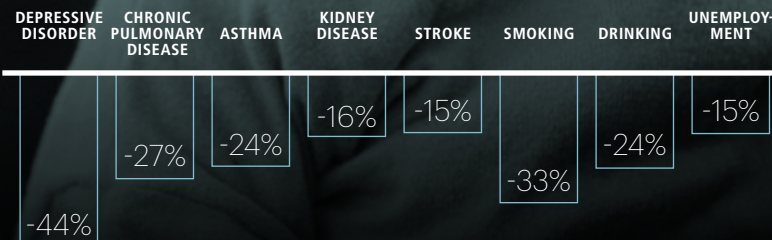
What are Adverse Childhood Experiences?

More than 61% of adults in Illinois have experienced at least one Adverse Childhood Experience (ACE)[†]. ACEs are potentially traumatic events such as abuse, witnessing violence, and experiencing discrimination, that have been linked to poor health and social outcomes later in life. Community experiences such as gun violence, lack of educational or economic opportunities, and poor or unaffordable housing can also have detrimental effects on later outcomes.

There are many things that we can do in our communities, our workplaces, and our homes to prevent adversity in childhood and promote resilience and healing throughout life.

The Illinois ACEs Response Collaborative's (The Collaborative) solutions-oriented trainings and other capacity building supports equip our partners with the knowledge and tools to *transform their organizations, institutions, and communities into environments where all people can thrive.*

PREVENTING ACES CAN YIELD THESE POTENTIAL REDUCTIONS OF NEGATIVE OUTCOMES IN ADULTHOOD:



SOURCE: CDC VITALSIGNS NOV. 2019

[†] SOURCE: ILLINOIS DEPARTMENT OF PUBLIC HEALTH



How can we
shift awareness
to promote
healing in our
communities —
*and ultimately
prevent childhood
adversity?*

Our services are available to any organization both within and beyond the social service and health sector. Recent partners include:

ASIAN AMERICANS ADVANCING JUSTICE
BRIGHT PROMISES FOUNDATION
CENTERS FOR DISEASE CONTROL & PREVENTION
CHICAGO PUBLIC SCHOOLS
COOK COUNTY DEPARTMENT OF PUBLIC HEALTH
ILLINOIS COALITION AGAINST DOMESTIC VIOLENCE
ILLINOIS CRITICAL ACCESS HOSPITAL NETWORK
MCHENRY COUNTY MENTAL HEALTH BOARD
PREVENT CHILD ABUSE ILLINOIS
ROCK FALLS ELEMENTARY SCHOOL DISTRICT
VILLAGE OF SKOKIE BOARD OF HEALTH

We offer three trainings in addition to tailored capacity building support to integrate trauma-informed knowledge into organizations' work. The trainings offered are:

TRAUMA & TRAUMA-INFORMED CARE 101
HISTORICAL & STRUCTURAL TRAUMA
BURNOUT TO WELLNESS for PROVIDERS AND ADVOCATES

The Collaborative's vision is a thriving and equitable Illinois in which individuals, families, communities, and all systems and sectors work together to prevent trauma, heal, and flourish.

Invest in this critical education opportunity *and make a difference.* Read on.

Trauma & Trauma-Informed Care IOI

KEY TRAINING OUTCOMES

safety

trustworthiness

transparency

peer support

collaboration

empowerment

*understanding the role
of culture, history & gender*

We learn how to define trauma and understand the importance of addressing it within everyday systems and communities.
Together, we —

Delve into the Adverse Childhood Experiences (ACEs) Study and the impact of trauma on health and social outcomes

Expand upon the original ACEs framework to include collective experiences of trauma inflicted by historical and contemporary systemic injustices

Understand the biology of trauma and resilience, both of which are informed by our environments and the systems that influence them

Integrate a culture of resilience and trauma-informed practice into your work as an organization and with the communities you serve



KEY TRAINING OUTCOMES

collective resilience & healing

health equity

racial justice

cultural responsiveness

policy & systems change

addressing root causes

TRAINING NO. 2

Historical & Structural Trauma

We examine the collective experiences, including community and historical trauma, that are often so woven into our *past* that it becomes less plain to see *today*. *Together, we —*

Link collective experiences to individual health impacts

Uncover how structures and institutions such as those in the health care, educational and criminal-legal systems, have been created, maintained, and steeped in racism

Strategize ways of honoring the collective resilience of both individuals and communities

Develop structural approaches that inform policy and systems change

Burnout to Wellness for Providers & Advocates

KEY TRAINING OUTCOMES

prevention
awareness
healing
community
work-life balance
self-care
thriving
workplace wellness

We will identify the causes and signs of burnout in professions such as health care, education, and social services. *Together, we —*

Highlight structural inequities that lead to burnout and define systems-induced distress and moral injury

Determine how burnout affects the social and health outcomes of clients, students, patients, staff, and organizations

Review the burden of the COVID-19 pandemic on service professions and some of the field's specific responses

Employ trauma-informed burnout prevention and intervention methods on an organizational and individual level to build healthier staffs and communities

Health & Medicine

POLICY RESEARCH GROUP

The Health & Medicine mission is to promote social justice and challenge inequities in health and health care. We are an independent policy center that conducts research, educates the public, and collaborates with other groups to advance policies and impact health systems to improve the health status of all people.

CONTACT US TODAY

Trainings can be in-person, or virtual.

Trainings can range from 90 minutes to a full day.

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LEARN MORE ABOUT THE COLLABORATIVE

