

Trauma-Informed Awareness Day 2024 Toolkit

The Illinois
ACEs Response
Collaborative

**HEALTH &
MEDICINE**
POLICY RESEARCH GROUP

The Illinois ACEs Response Collaborative invites all Illinoisans to commemorate the sixth annual Trauma-Informed Awareness Day on May 23, 2024. Trauma-Informed Awareness Day spotlights the profound impact of trauma and calls for prevention efforts through trauma-informed approaches and healing-centered policy and practice. Through education, advocacy, and action, this important event brings together advocates, policymakers, and community members to affirm their commitment to creating safe and supportive environments for trauma survivors and work together to integrate trauma-informed, healing-centered principles into all aspects of society.

This year's theme, ***Building a Healing-Centered Future: Uniting for Transformative Action***, underscores the power of collaboration and collective action to address the root causes of trauma and create systems that promote healing and resilience. Together, we can build a future in which well-being and thriving are the norm in all communities across Illinois.

This toolkit provides educational resources, sample social media messages, and ideas on how to get your community or organization involved in Trauma-Informed Awareness Day!

Here are 3 ways you can get involved:

1. Attend Trauma-Informed Awareness Day 2024

On May 23, 2024, the Illinois ACEs Response Collaborative will commemorate the sixth annual Trauma-Informed Awareness Day. Join us from 10:00 to 11:30 a.m. to hear about advancements in trauma-informed, healing-centered initiatives at the state, county, and city levels.

[Register today!](#)

Event Agenda

- Keynote Address
- Panel Discussion: Coordinating Trauma-Informed & Healing-Centered Efforts Across the State
- Health & Medicine Policy Research Group: Opportunities for Action

Is your organization marking the day with an event or action? Let us know about it at mdiaz@hmprg.org, and we will share it on our platforms!

BUILDING A HEALING-CENTERED FUTURE

UNITING FOR TRANSFORMATIVE ACTION



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a program of
HEALTH & MEDICINE
POLICY RESEARCH GROUP

MAY 23, 2024
TRAUMA-INFORMED
AWARENESS DAY

2. Take Action

- Learn about the Chicago Department of Public Health's (CDPH) Office of Violence Prevention's (OVP) new initiative, the Collaborative for a Trauma-Informed Chicago (CTI Chicago). With the Illinois ACEs Response Collaborative serving as the lead convener, this multi-sector effort aims to advance Chicago's long-standing commitment to integrating trauma-informed, healing-centered practices throughout the city. Check out CTI Chicago's [new website](#) to learn more about this transformative initiative and find resources, events, and learning opportunities throughout the city.
- Get involved in the Healing-Centered Illinois Task Force, a new statewide initiative led by the Office of Lieutenant Governor Juliana Stratton. Established through the passage of [SB 646](#), the Task Force brings together key stakeholders to develop strategies and resources to make Illinois a healing-centered state.
 - Attend a meeting of the Task Force. Meetings are open to members of the community and provide an opportunity for public comment. For upcoming meeting information, visit the [Task Force website](#).
 - Join a subcommittee of the Task Force. Stay tuned for an announcement on how to apply for subcommittee membership.
- Join the [Campaign for Trauma-Informed Policy and Practice \(CTIPP\)](#), a grassroots campaign that engages congressional offices in supporting policies, programs, legislation, and appropriations that respond to trauma and promote healing and resilience. Visit <https://www.ctipp.org/ctipp-can> to sign up as an individual or organization.
- Want to help your colleagues or organization adopt trauma-informed, healing-centered practices? Book a training with the Illinois ACEs Response Collaborative! Check out our [training information booklet](#) or contact training@hmprg.org for more details.
- [Sign up](#) for the Illinois ACEs Response Collaborative newsletter to stay connected with us throughout the year! We regularly share important updates on trauma-informed, healing-centered policy news and ways you can get involved in our efforts.

3. Spark the Conversation

Encourage your community or organization to talk about the impact of trauma and the importance of trauma-informed, healing-centered policy and practice in Illinois. Use our sample social media messages below or create your own to spark the conversation! Check out this [new resource](#) by the FrameWorks Institute for ideas on how to craft your messaging.

Share our Trauma-Informed Awareness Day graphic! [Download here.](#)

Sample Social Media Messages

Copy, paste, and share the following sample messages with your social media followers. Make sure to use **#TIAwarenessDay2024** and tag us!

Facebook: @HMPRGChicago

Instagram: @HMPRG

LinkedIn: HMPRG

- The public health impact of trauma is profound yet often overlooked. By understanding and addressing trauma, we can build a stronger, healthier Illinois. Learn more about the health effects of trauma and what we can do about it: <https://shorturl.at/ozBO5> **#TIAwarenessDay2024.**
- Did you know that over 1/3 of Illinois children have experienced at least 1 adverse event? We can mitigate the effects of adversity by promoting healing and protective environments for young people to thrive. Learn how to implement healing-centered principles in your work with youth: <https://shorturl.at/hjzGV> **#TIAwarenessDay2024.**
- Trauma affects more than just the individual - it ripples through entire communities and can have lasting effects for generations. By centering the experiences and wisdom of impacted communities, we can co-create pathways to healing and resilience. Learn about healing-centered work with communities: <https://shorturl.at/bfWYO> **#TIAwarenessDay2024.**
- “A healing-centered approach to addressing trauma requires a different question that moves beyond ‘what happened to you’ to ‘what’s right with you’...” A healing-centered Illinois means prioritizing strengths-based approaches to promote resilience and well-being. Read Dr. Shawn Ginwright’s piece on a healing-centered approach: <https://shorturl.at/iyFG4> **#TIAwarenessDay2024.**
- Community resilience is possible when we invest in equitable, trauma-informed systems and supports like affordable housing, living wages, quality schools, and other essential resources. What does resilience look like in your community? Use the Center for Community Resilience’s worksheet to get your ideas started: <https://shorturl.at/flTVX> **#TIAwarenessDay2024.**

Educational Resources & Publications

Adverse Childhood Experience (ACEs) and Trauma Facts

- [Understanding the Effects of Trauma on Health \(Center for Health Care Strategies\)](#)
- [What are ACEs and How Do They Relate to Toxic Stress? \(Harvard Center on the Developing Child\)](#)
- [Adverse Childhood Experiences \(ACEs\) \(Centers for Disease Control and Prevention\)](#)
- [Historical Trauma and Cultural Healing: Video Series \(University of Minnesota\)](#)
- [The Pair of ACEs Tree \(Center for Community Resilience\)](#)

Trauma-Informed Care

- [What is Trauma Informed Care? \(Center for Health Care Strategies\)](#)
- [10 Key Ingredients for Trauma-Informed Care \(Center for Health Care Strategies\)](#)
- [Trauma-Informed Toolkit for Health Care Providers \(Illinois ACEs Response Collaborative\)](#)
- [Incorporating Racial Equity into Trauma-Informed Care \(Center for Health Care Strategies\)](#)
- [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma \(Prevention Institute\)](#)

Healing-Centered Engagement

- [The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement \(Dr. Shawn Ginwright\)](#)
- [Youth Thrive & Healing Centered Engagement Crosswalk: A Focus on Building Young People's Strengths and Healing \(Center for the Study of Social Policy\)](#)
- [Recognizing Healing-Centered Community Practices as a Complement to Trauma-Informed Interventions and Services \(The Praxis Project\)](#)

Illinois Reports and Resources

- [Blueprint for Transformation: A Vision for Improved Behavioral Healthcare for Illinois Children February 2023](#)
- [Action Plan to Address Childhood Adversity in Illinois May 2021](#)
- [Special Emphasis Report: Adverse Childhood Experiences \(ACEs\)](#)
- [Illinois Department of Public Health: Positive and Adverse Childhood Experiences \(PCEs/ACEs\)](#)

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