

Trauma-Informed Awareness Day: Toolkit for Partners

The Illinois
ACEs Response
Collaborative

Health & Medicine
POLICY RESEARCH GROUP

The State of Illinois has declared May 15, 2019 as Trauma-Informed Awareness Day to highlight the impact of trauma and the importance of prevention and community resilience. [Senate Resolution 99](#), sponsored by State Senators Julie A. Morrison, Laura Ellman, Elgie R. Sims, Jr., and Laura M. Murphy, establishes this important day and promotes two other important strategies: 1) policy decisions enacted by the state legislature should take into account early childhood brain development and the concepts of toxic stress, early adversity, and buffering relationships, and 2) officers, agencies, and employees of the State of Illinois whose responsibilities impact children and adults should learn about ACEs, toxic stress, and structural violence, as well as about trauma-informed care practices that promote healing and resiliency.

The Senate's focus on intervention and investment during early childhood is important for the wellbeing of all people across the state. We are also gratified that the House is pursuing a [similar resolution](#) under the leadership of State Representative Karina Villa.

We are working to make May 15th a meaningful day that recognizes the work our partners are doing across the state and mobilizes new stakeholders to join our efforts. **In this toolkit, you will find some ways you and your organization can support Trauma-Informed Awareness Day on Wednesday, May 15.**

Have an event, activity, or resource you'd like to add to the toolkit? Email cthatcher@hmprg.org. For other questions or to get involved, contact [Lara Altman](#), Director of the Illinois ACEs Response Collaborative at (312) 372-4292 x35 or laltman@hmprg.org. We'd also like to take this opportunity to thank you to our amazing colleagues at the Community Behavioral Healthcare Association for supporting this work in Springfield!

PREPARATION:

- **Share on social media using #TraumaInformedIL**—Sample posts and graphic are below.
- **Share this [Proclamation from the Governor](#)** in support of the day and Mental Health Awareness Month!
- Based in Chicago? Host an **On the Table** Conversation related to trauma, ACEs, and resilience. The Chicago Community Trust's On the Table is an annual forum designed to bring people together to make good things happen. Whether they gather in homes, offices, schools, libraries, restaurants or other spaces, they meet with others to share ideas and explore ways to improve

our region. This year, those conversations will focus on a more inclusive future for our region under Chicago's new leadership. On the Table hosts and their guests will write a Memo to the Mayor. [Learn more here.](#)

- **Host a screening** of [Resilience](#), [Paper Tigers](#), or a great TEDTalk like "[The Science of Adversity and the Case for Systemic Empathy](#)" with the Collaborative's Stan Sonu or "[How childhood trauma affects health across a lifetime](#)" by Nadine Burke Harris.
- **Host a book club** event to discuss *The Deepest Well*, *The Body Keeps the Score*, or *The Boy Who Was Raised as a Dog*.
- Join the Collaborative and the Chicago Department of Public Health for our event, "**Trauma-Approach Spectrum.**"

In observance of
Trauma-Informed Awareness
Day



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Invite you to attend:
**Beyond Trauma-
Informed:**

Advancing Your Organization
Along the Continuum



Attendees will:

- Learn more about the Trauma-Approach Spectrum.
- Discuss how their organization can go from Trauma Aware to Trauma Empowered.
- Network and collaborate with like-minded organizations and advocates.

May 15th, 2019
9:00 AM-12:00 PM

SEIU Healthcare
2229 S Halsted St, Chicago, IL
60608

Register Now

- Build trauma-informed awareness among your networks! [Here is a list of resources](#) developed by the Collaborative and more are available [here](#).
- Not in Illinois? **Contact your state legislators** and tell them you want them to work towards a Trauma-Informed Awareness Day in your state. [Use the language in our resolution as an example.](#)
- **Is your organization marking the day with its own event or action? Tell us how [HERE](#) or email mhiggins@hmprg.org, cthatcher@hmprg.org and we will share on our pages!**

DAY OF ACTION – MAY 15

- On May 15, the Collaborative hopes to amplify the great work of our partners in Illinois and beyond. **Be sure to use #TraumaInformedIL and tag @HMPRG on Twitter, @HMPRGChicago on Facebook.**

- **Live stream:** A statement on Trauma-Informed Awareness Day will be read on the House and Senate floors on May 15th. (Senate live stream is available [here](#); House can be found [here](#).) Updates to come on timing for the statement.
- Send an **eblast** to your networks! Here is sample text:

Please join us in recognizing the State of Illinois' first ever Trauma-Informed Awareness Day on May 15th. Established through the adoption of resolutions in the Illinois Senate and House ([SR99](#) and [HR248](#), respectively), Trauma-Informed Awareness Day calls attention to the impact of trauma and early adversity on individuals, families, and communities. It also promotes the idea that we can work together to prevent trauma and promote resilience, healing, and thriving across our state.

The trauma-informed approach is a powerful framework for community engagement, service delivery, and organizational transformation. It encourages us to integrate the science of adversity throughout all we do and helps us create places of healing that promote resilience instead of re-traumatizing people. Being trauma-informed gives us the tools to shift our perspective from one of "What's wrong with you?" to "What happened to you?" Raising awareness is an important first step in becoming trauma-informed.

Trauma-Informed Awareness Day is especially important to us because... ENTER YOUR PERSONALIZED MESSAGE HERE (1-3 SENTENCES).

The [Illinois ACEs Response Collaborative](#) has shared the following tools and resources for Trauma-Informed Awareness Day:

- Participate on social media using #TraumaInformedIL
- Share educational and movement building resources! Here is one list of resources. Check out the Illinois ACEs Response Collaborative's webpage to learn more
- ADD YOUR FAVORITE IDEA OR RESOURCE FROM OUR LIST

When we join together to be trauma-informed, we are helping to create a more equitable Illinois in which all people can thrive.

SAMPLE SOCIAL MEDIA POSTS:

Use #TraumaInformedIL

Post this content on your social media platforms, or retweet/repost/share from our pages—we will be posting resources and content throughout the week and on the day at facebook.com/HMPRGChicago and twitter.com/HMPRG

- Join us in honoring Trauma-Informed Awareness Day on Wednesday, May 15th by learning about trauma, adverse childhood experiences, trauma-informed care, and how you can support resilient communities across the state! Find resources here: bit.do/TraumaInformedIL #TraumaInformedIL (tag @HMPRG on Twitter, @HMPRGChicago on Facebook)
- What are trauma and ACEs and how do they relate to toxic stress? Here's a great resource from The Center on the Developing Child at Harvard University: bit.ly/2VnCSjy #TraumaInformedIL (tag @HarvardCenter on Twitter)
- Community resilience is the ability of a community to utilize its resources to withstand and recover from difficult situations and entrenched, daily adversities. This Trauma-Informed Awareness Day, Wed. May 15, find out more about how trauma-informed care can support collective resilience and how you can work toward community healing: bit.do/TraumaInformedIL #TraumaInformedIL
- Trauma and Adverse Childhood Experiences are not destiny for individuals or for communities. Visit the CDC for more resources: bit.ly/2H6XeWA #resilience #TraumaInformedIL (tag @CDCgov on Twitter, @CDC on Facebook)



- Do you want to learn how to be a more informed advocate for community resilience and trauma-informed transformation? Join the Illinois ACEs Response Collaborative and the Chicago Department of Public Health for our event, “Beyond Trauma-Informed: Advancing Your Organization Along the Continuum”: bit.ly/2LsmpqM #TraumaInformedIL (tag @ChiPublicHealth on Twitter, @ChicagoPublicHealth on Facebook)
- As health care providers become more aware of the long-term health effects of trauma on physical and mental health, they are increasingly recognizing the value of trauma-informed approaches to care. See how providers serving diverse populations have effectively integrated trauma-informed care throughout their organizations: bit.do/TraumaInformedCareInAction

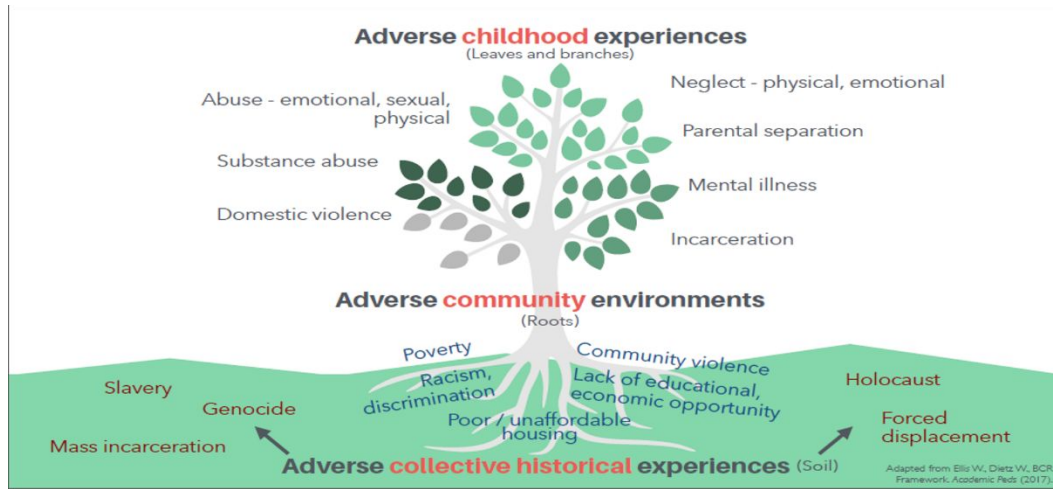
#TraumaInformedIL (tag @CHCShealth on Twitter, @CenterForHealthCareStrategies on Facebook)

- Governor JB Pritzker declared May 15, 2019 as Trauma-Informed Awareness Day in Illinois to highlight the impact of trauma and the importance of prevention and community resilience through trauma-informed care. Learn more about how TI care can help support individuals and communities whose health have been impacted by trauma, adverse childhood experiences, toxic stress, and structural violence: bit.do/TraumaInformedIL #TraumaInformedIL (tag @GovPritzker on Twitter, Facebook)



- Trauma encompasses a range of experiences including systemic issues like violence, racism, and poverty. In one study, 34.5% of adults reported experiencing discrimination based on their race or ethnicity, while others felt unsafe in their neighborhoods during childhood. Learn more about Roy Wade and the Philadelphia ACE study: bit.ly/2V9s18S #TraumaInformedIL
- In IL, research from the Illinois ACEs Response Collaborative has demonstrated that 14% of all adults, and approximately 20% of African American and Hispanic adults, report four or more ACEs. Support #TraumaInformedIL and invest in interventions that help people develop resilience and create systems that promote healing.
- An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. People with high ACE scores are more likely to have autoimmune diseases, depression, work absenteeism, and criminal justice involvement. An ACE score of six or more can shorten the lifespan by 20 years compared to those with zero ACEs. Let's build a resilient and thriving Illinois! #TraumaInformedIL
- High quality resilience interventions—like parent education and coaching, home visiting, and early childhood education—have been shown to lower the impact of trauma and provide a return on investment of 6:1. Let's build a resilient and thriving Illinois! #TraumaInformedIL
- What is Trauma-Informed Care? In this animated video, meet “Dr. Cruz,” who shares what she has learned about caring for patients with exposure to #trauma: bit.do/TraumaInformedCare #TraumaInformedIL (tag @CHCShealth on Twitter, @CenterForHealthCareStrategies on Facebook)
- Just as individuals can be traumatized, so too can communities. Traumatized communities are more than a collection of traumatized individuals. Rather, they are communities that have a

history of disenfranchisement and oppression, and that disproportionately carry the burden of structural violence. Learn more about how you can get informed and get involved: bit.do/TraumaInformedIL #TraumaInformedIL



TRAUMA-INFORMED AWARENESS DAY

Let's build a resilient
and thriving Illinois.



May 15, 2019

#TraumaInformedIL

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Learn more at
bit.do/TraumaInformedIL