

Session #2D

Trauma-Informed Resilience Based Post- Pandemic Approaches



2021 National Prevention Town Hall

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Texas Council on Family Violence
Austin, TX



National Resource Center
on Domestic Violence

preventIPV
tools for social change

Who's Your
Facilitator?

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Mission – The Texas Council on Family Violence (TCFV) promotes safe and healthy relationships by supporting service providers, facilitating strategic prevention efforts, and creating opportunities for freedom from domestic violence.

Focus on Policy, Supporting Service Providers, &
Prevention



The Elephant in the Room Trauma

Trigger Warning

- THE MIND CLAN -

We Need Trauma- Informed Spaces

Navigating simultaneous
pandemics:

- COVID-19
- Systemic racism

Risk factors are high

- Isolation
- Violence
- Poverty
- Disunity in communities



Let's Chat!

How do you define trauma-informed prevention?

In the chat, begin typing your message. Wait to hit send!

Trauma & The Brain

Fight

- Angry expressions
- Control
- Explosive behavior
- Bullying

Flight

- Focus on work/school
- Overthinking
- Difficulty sitting still
- Perfectionism

Freeze

- Difficulty making decisions
- Disassociation
- Isolating
- Numbness

Fawn

- People pleaser
- Lack of boundaries
- Overwhelmed
- In need of approval



Need for Customized Support

- *Meeting stakeholders where they are.*
 - *Responses are multifaceted.*
- *Consider recent and past trauma.*
 - *Engaging an intersectional framework to assess possibilities.*
- *Understanding your blind spots and how to fill those gaps.*



Guiding Principle

An abnormal reaction to
an abnormal situation is
normal behavior

- Viktor Frankl

Why Adopt Trauma-Informed Approaches?



Combatting oppression.



Undoing trauma.



Enhance strengths of people and communities served.



Build trust.



Transfer agency back to stakeholder.



Create safer environments.



Goal of creating safer communities.



Protective
factors?

How is your community
responding?

Share in chat.



Risk
factors?

What are the Elements of Trauma Informed Approaches?



Understanding	Understanding the prevalence of trauma.
Recognizing	Recognizing how trauma impacts individuals.
Assessing	Assessing how trauma has impacted communities.
Avoiding	Avoiding re-traumatization.

How do you engage T.I. approaches in prevention practice?



Creating safety.

Maximizing opportunities for choice and control.

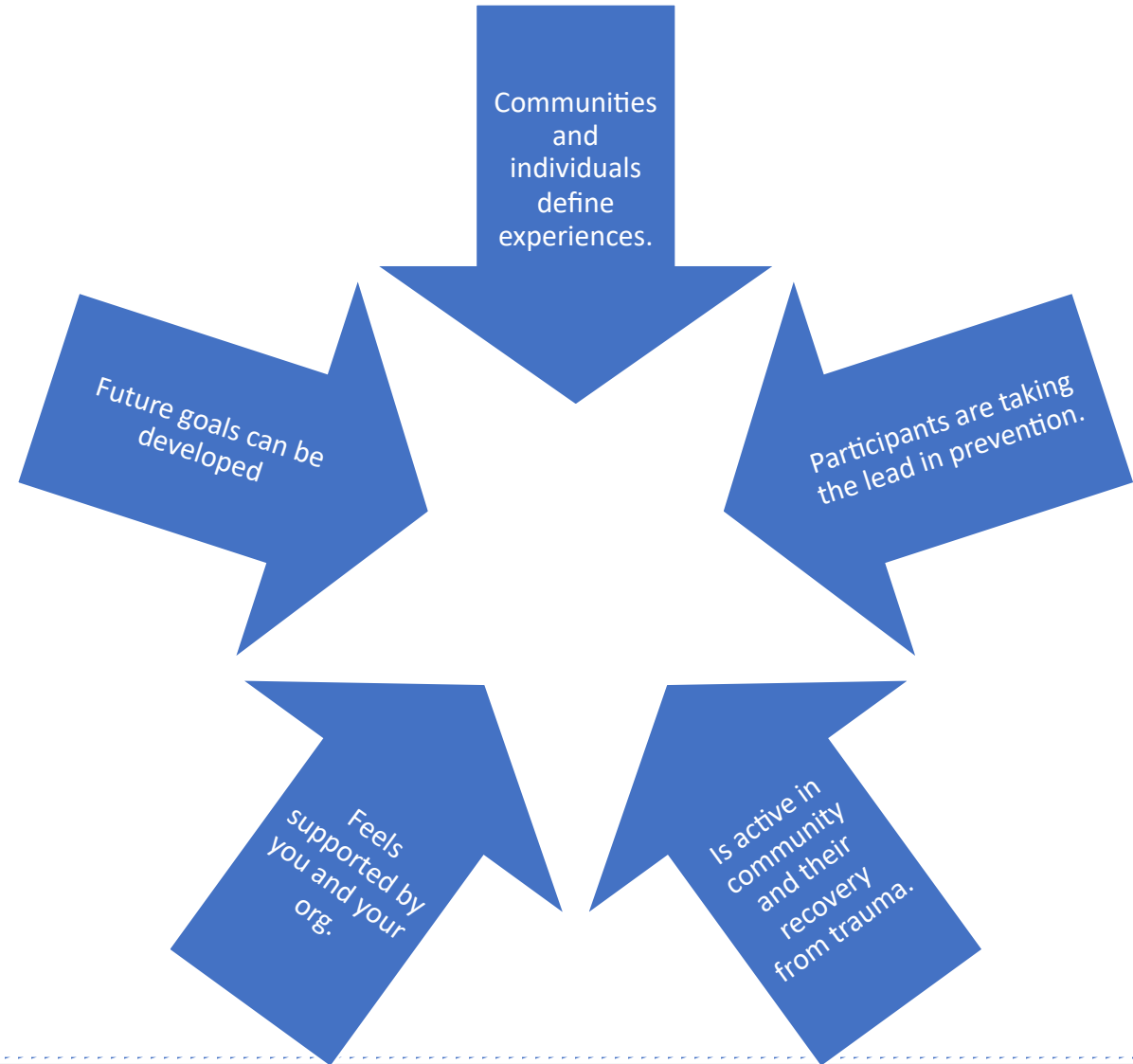
Fostering connections.

Managing emotions and promoting self-reflection.

Intentional endings and follow up

Professional development is key.

Engaging T.I.
Elements
=
Protective
Factors





It Begins with You!

What anchors
you to your
prevention
practice?

- Grounds you?
- A quote, story, or other artistic expression?
- Why is this training important?
- What is your theme or topic?

How are you
showing up?

- Authenticity is key.
- We have all experienced trauma.
- Are you aware of any blind spots?

TRIZ

Engage in trauma-informed practice to make space for innovation





TRIZ: Engage in trauma-informed practice to make space for innovation

1. First alone, then in your small group, compile a list of **to-do's** in answer to:

How can we create spaces that lack safety and connection?

Go wild!



2.

A large empty rectangular box for step 2.

3.

A large empty rectangular box for step 3.



TRIZ: Engage in trauma-informed practice to make space for innovation

1. First alone, then in your small group, compile a list of **to-do's** in answer to:

How can we create spaces that?

Go wild!



2. First alone, then in your group, go down your list and ask:

Is there anything we are doing that resembles in any shape or form to-do's on our list?

Be unforgiving.



3.



TRIZ: Engage in trauma-informed practice to make space for innovation

1. First alone, then in your small group, compile a list of **to-do's** in answer to:

How can we create spaces that?

Go wild!

2. First alone, then in your group, go down your list and ask:

Is there anything we are doing that resembles in any shape or form to-do's on our list?

Be unforgiving.

3. First alone, then in your group, compile the list of what needs to be stopped.

Take one item at a time & ask:

How are we going to stop it? What is your first move?

- Be as concrete as you can.
- Ask, **“What triggers this behavior?”**
- Identify who else is needed to stop it.

Thank you!

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Resources

- TCFV State Plan: <https://texas-state-plan.tcfv.org/>
- Trauma-Informed Care Implementation Resource Center: <https://www.traumainformedcare.chcs.org/resources-for-becoming-trauma-informed/>
- National Center on Mental Health, DV, Trauma, and Mental Health: www.nationalcenterdvtraumamh.org
- NNEDV - Understanding the Importance of Trauma-Informed Care: https://nnedv.org/spotlight_on/understanding-importance-trauma-informed-care/
- Prevent IPV: <https://preventipv.org/>
- National Resource Center on DV: <https://www.nrcdv.org/>

Thank you!

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