

# Join Snohomish County's CARE Movement & Work Towards Becoming a Restorative and Trauma Informed Organization

Snohomish County is committed to building sustainable restorative trauma informed organizations. Over the last four years, we have trained over 45 organizations to become designated Restorative Trauma Informed sites. Please consider becoming a Train the Trainer Champion for your organization.

To see who is a part of this check out our [Interactive Map of CARE Organizations](https://arcg.is/01CSfW)  
<https://arcg.is/01CSfW>

## Our CARE Organizational Principles are:

- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment, Voice, & Choice
- Resiliency
- Cultural, Historical, & Gender Awareness



For More Information or  
Technical Support  
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## 2023 Cohort 5 Registration

- All trainings will be held virtually
- Training dates will be Tuesday and Thursday Mornings 8:30 AM-12:30 PM for five consecutive weeks starting February 28th
- Two orientation dates available
  - January 24th 9:00AM-10:00AM
  - January 26th 1:00PM-2:00PM

## What does the CARE Movement include?

- Helping develop organizational Trauma Informed Leadership Teams (TILT)
- Monthly learning collaboratives
- Access to many trainings to support your work
- Ongoing technical assistance and support from Snohomish County behavioral health staff
- Diversity and Restorative Practice trainings
- Shared language, intention, and training with other organizations
- Growth, Practice and Strategy deep TILT work



**care**

BUILDING COMMUNITY  
THROUGH COMPASSION

# Training Dates and Times

## What is Trauma Informed Care

February 28th

### Presented By:

**Liza Patchen-Short** works at Snohomish County in the Human Services Behavioral Health Division as the Children's Mental Health Liaison.

**Laura Mote** works at Snohomish County in the Human Services Behavioral Health Division as a Mental Health Community Support Specialist.

### Why be a Restorative Trauma Informed Care Organization?

## Operationalizing Racial Equity

March 2nd

**Tony Nabors** is the Founder and Principal Consultant of Racial Equity Insights <https://www.racialequityinsights.com>

### Why is operationalizing racial equity important?

We will focus on key areas that every organization must prioritize in order to effectively and authentically incorporate racial equity into the organization's DNA. Anti-racist learning must go beyond mere education--it must translate into institutional action.

## Self-Care/Secondary Traumatic Stress

March 7th

### Presented By:

**Lindsey Greene** is a Community Educator with Coordinated Care of Washington, Inc.'s Apple Health Core Connections program.

### Why is understanding self-care and secondary traumatic stress important?

Caring for yourself is not selfish, but rather an ethical obligation to working with humans. We will learn about personal self-care, organizational self-care and how this ties to resilience building. We will also dive deep into Secondary Traumatic Stress and burnout and explore ways to mitigate the effects.

## Trauma 101 & Adverse/Positive Childhood Experiences

March 9th

### Presented By:

**Erin Wood** is the Safety Center Program Manager for the Northwest Educational Service District 189, and a Licensed Mental Health Counselor. She specializes in trauma-informed prevention and intervention strategies for healthy youth, schools, and communities.

### Why is it important to understand trauma and resiliency?

Trauma affects an individual's behavior, feelings, relationships and view of the world in profound ways and often times leads to physical and emotional problems, impaired learning, and undesirable behaviors. Resilience is the ability to bounce back from adversity. Laurence Gonzales says it best "*We live on, but we also live with.*"

# Training Dates and Times

## Restorative Practices

March 14th

### Presented By:

**Mary Cline-Stively** is a licensed trainer for the International Institute of Restorative Practices. She is also the Chief Executive Officer for Childstrive.

### Why is it important to use restorative practices in Trauma Informed Care ?

An emerging social science that studies how to *strengthen relationships* between individuals as well as social connections within communities.

## Implementation Science & Adult Learning

March 16th

### Presented By:

**Mary Cline-Stively** is a licensed trainer for the International Institute of Restorative Practices. She is also the Chief Executive Officer for Childstrive.

## Self-Care & Secondary Traumatic Stress Deep Dive

March 21st

### Ask the trainer questions

**Lindsey Greene** is a Community Educator with Coordinated Care of Washington, Inc.'s Apple Health Core Connections program.

## Trauma 101 & Adverse Childhood Experiences (ACEs) Deep Dive

March 23rd

### Ask the trainers questions

**Erin Wood** is the Safety Center Program Manager for the Northwest Educational Service District 189, and a Licensed Mental Health Counselor. She specializes in trauma-informed prevention and intervention strategies for healthy youth, schools, and communities.

## What is Trauma Informed Care Deep Dive, CARE TILT with panel

March 28th

You will have an opportunity to ask previous cohort champions questions about developing and hosting their Trauma Informed Leadership Teams (TILT).

## CARE Panel, Learning Collaboratives, Overall Structure, Questions, and Closing

March 30th

You will have the opportunity to ask previous cohort champions about the entire CARE experience.