

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 three 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>

Our CARE Organizational Principles are:

Safety

Trustworthiness & Transparency

Peer Support

Collaboration & Mutuality

Empowerment, Voice, & Choice

Resiliency

Cultural, Historical, & Gender Awareness



2021 Cohort 4 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 October 5th
- There will be an introductory session on August 18th from 9:00 AM -12:00 PM

For More Information Contact:

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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



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THROUGH COMPASSION

Training Dates and Times

What it means to be a CARE Champion

August 18th

9:00 AM–12:00 PM

We will review the agreement between you/your organization and the county and answer any questions, and talk about logistics of the training.

Trauma Informed Care

October 5th & 7th

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 is the Mental Health Community Support Specialist with Snohomish County Behavioral Health for the Denney Juvenile Justice System.

Why be a Restorative Trauma Informed care Organization?

Trauma informed, restorative principles aim at insuring environments and services to be welcoming, healing, and provides a sense of belonging to all by building relationships through trust and connection.

Equity & Intersection of Trauma Informed Care

October 12th

Presented By:

Tami Farber, is a Leader, Organizer, Educator, Facilitator, Coach, Change Agent and Truth Seeker. She is a Consultant and Life Coach at *Racing to Equity Consulting Group* in Arlington, WA.

Why is the Intersection of TIC and Equity so important?

As we approach our work to be Trauma Informed practitioners and organizations it is important to understand the complex cultural, social, economic and political forces that impact the lives of our children, families and communities .as a way to identify the root cause of Trauma.

Restorative Practices

October 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 TIC?

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



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Training Dates and Times

Trauma 101 & Resiliency

October 19th & 21st

Presented By:

Heather Perry is a Community Educator with Coordinated Care of Washington, Inc.'s Apple Health Core Connections program.

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

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.*"

Adverse Childhood Experiences

October 26th & 28th

Presented By:

Joe Neigel is Monroe School District's Prevention Services Manager. He is recognized across Washington State as an expert speaker on the topics of substance abuse prevention, Adverse Childhood Experiences and evidence-based prevention kernels.

What started led us to Trauma Informed Care

A health examination, which ultimately assessed the social effects of traumatic childhood experiences over one's lifespan that measured abuse, neglect, and household dysfunction. The ACE study found links between ACEs and adult health risks, often leading to chronic health conditions.

Self-Care & Secondary Traumatic Stress

November 2nd & 4th

Presented By:

Heather Perry is a Community Educator with Coordinated Care of Washington, Inc.'s Apple Health Core Connections program.

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

Why is Self-Care and Secondary Traumatic Stress important in Trauma Informed Care?

Simply put, self-care practices are the things we need to do to maintain our happiness, our health, and the ongoing development of our mind. Self-care is an ethical obligation to ourselves and the people we work with. Secondary Traumatic Stress refers to PTSD related symptoms caused by indirect exposure to traumatic material.



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