



Vell STL



Presentation to the MO Department of Mental Health Commission August 2016

Overview

- Setting the Stage
- History
- Accomplishments
- Highlights
- What's Next
 - Priorities
 - Sustainability

Looking Into the Future

- What is DMH's role in the future in regards to trauma?
- What resources are needed to fulfill this role?
- What are some of the top priorities for mental health?
- What are some of the top priorities for other systems?



Why Trauma Informed

- Trauma has been identified as one of the major public health issues of our times
- It can change the trajectory and understanding of mental health as well as physical health
- Can be addressed through the public health model using universal promotion and prevention strategies as well as interventions
- It is enmeshed with some of our biggest social issues and challenges

A Little History

2009 – Early Adopters initiative begins

 2012 – Trauma Responsive Training Curriculum and manual developed

Held first State Trauma Roundtable Meeting

- 2014 Begin provision of trauma informed consultation
- 2015 Partnership with Regional Health Commission/Alive and Well STL

Principles of Trauma Informed Care



Trustworthiness Collaboration





The MO Model

Developed by the Trauma Roundtable state team

- Build consensus and language around trauma informed
- Guide for general public to assess organizations
- Guide for organizations as well as systems work
- Creates a continuum to reflect the journey

http://dmh.mo.gov/trauma/

The Journey

Trauma Informed is not a destination but a journey



Trauma Awareness

Understand trauma prevalence and consider the impact on the target population

- Conference presentations
- Large group trainings train the trainer in Trauma Awareness (AWSTL, Trauma Matters KC)
- DMH, AWSTL and Resilient KC Websites
- Media –increase understanding in the community that good health is dependent on physical and emotional well-being (AWSTL) and Resilient KC (Our Stories Matter campaign)

Trauma Sensitive

Explore and build consensus around the principles, how they will be applied and prepare for change

Media – Motivate citizens to take action that improves their own emotional health as well as families and friends (AWSTL)

Engaging business community – KC Trauma Matters Chamber of Commerce

Training of CD staff to Child Welfare Toolkit

CD creating trauma specialists

Creating Trauma Ambassadors in the Community (AWSTL and Resilient KC)

Engagement of community groups (BSA – AWSTL)

Trauma Responsive

Change the culture to highlight the role of trauma. In all areas re-think the routines and infrastructure

Media – Two prime time shows on people experiencing toxic stress and trauma and ways to address (AWSTL)

Trainings – smaller groups targeting people's responses to trauma and how to support those with lived experience (Trauma Responsive Curriculum)

Engagement of organizations and sectors (education, healthcare, corrections, early childhood, domestic violence) on some level of continuum Individual and learning collaborative trainings and consultation to organizations on becoming trauma informed

- Development of Policy Guidance tools
- Development and dissemination of toolkits

CD Central Office Trauma Committee and creating local committees

CD addressing secondary trauma of staff

Examine outcomes

Trauma Informed

Trauma-responsive practices are the norm and has become so accepted and embedded that it no longer depends on a few leaders. Work with other partners to strengthen collaboration around being trauma informed.

Growing partnership between DMH, Resilient KC and AWSTL

Working with legislative leaders

Recognition at the national level of work being done in state

Highlights

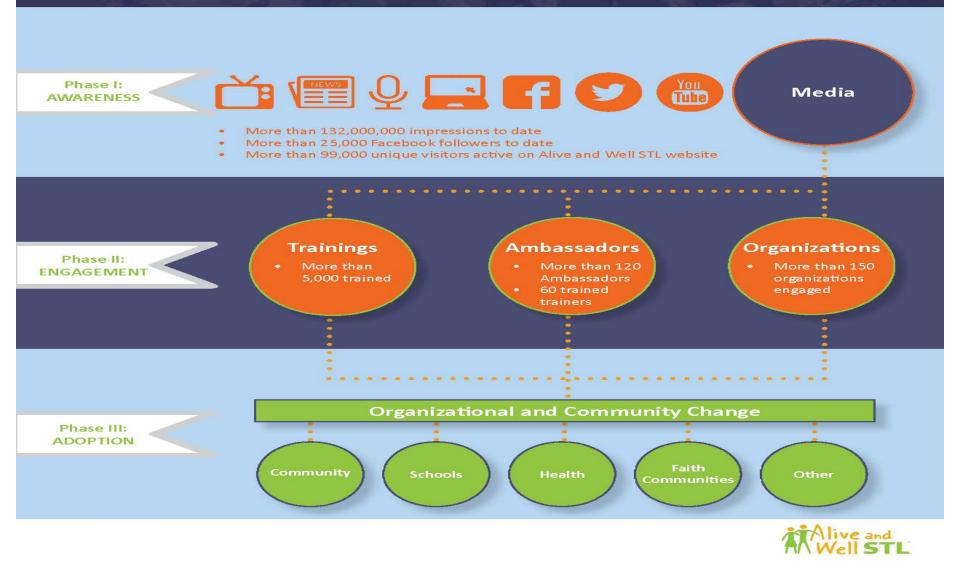
AWSTL/RHC – the media story

Trauma Matters KC – law enforcement

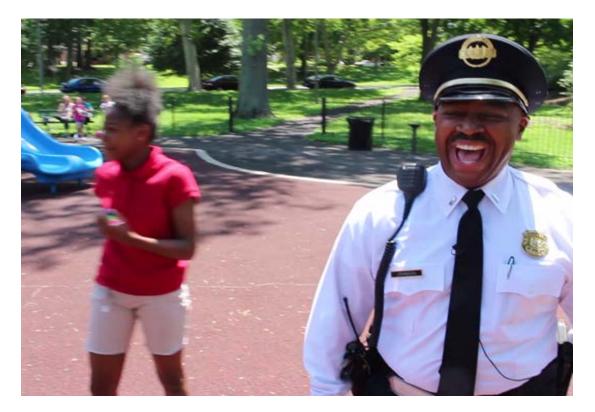
 Resilient KC - Engagement of Business Community



Alive and Well STL is a community-wide effort focused on reducing the impact of **stress and trauma** on our health and well-being.



Police program empowers children to say no to gangs and violence



http://www.ksdk.com/news/health/alive-and-well/police-program-empowers-children-to-say-no-to-gangs-and-violence/238585291

Highlight

- Trauma Matters KC
 - Building Resilience: Surviving Secondary Trauma
 - Yoga for First Responders
 - Warriors Ascent
 - Family Centered Programs
 - Mindfulness Training (soon)
 - Other Programming





FOR A GREATER KANSAS CITY

RESILIENTKC

•15 counties •2200 businesses •300,000 regional employees •133 Healthy KC Certified Companies (2015) •250 Healthy KC Certified Companies (2016)

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The Future

Priorities

Outreach and Support to First Responders How can we build on the KC LE Self-care training? Outcomes By community By service sector Sustainability How do we grow and maintain?

Resources

DMH Trauma webpage http://dmh.mo.gov/trauma/

St. Louis Regional Health Commission/Alive and Well StL http://www.stlrhc.org/work/alive-well-stl/

> Trauma Matters KC http://www.marc2.org/traumamatterskc/

Resilient KC http://www.kcchamber.com/Resilient-KC/Home.aspx

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QUESTIONS AND DISCUSSION