

Safe Long Beach Trauma-Informed Training Fact Sheet

Safe Long Beach

In May 2014, the Long Beach City Council adopted the Safe Long Beach Violence Prevention Plan (*Safe Long Beach*), to address a broad safety agenda aimed at reducing all forms of violence, including domestic abuse, child abuse, elder abuse, hate crimes, bullying, gang violence, and violent crime. *Safe Long Beach* forges relationships across organizations and disciplines to implement a comprehensive strategic action plan which incorporates the below listed programs to reduce and prevent violence in families, schools, and neighborhoods.

To achieve the goals of *Safe Long Beach*, the City has implemented several programs aimed at reducing violence, increasing awareness, and providing resources and assistance. These include:

- *Safe Families*
- *Safe Schools*
- *Safe Communities*
- *My Brother's Keeper*
- *My Sister's Keeper*
- *Human Relations Commission*

The Safe Families Grant

In fall 2015, the U.S. Department of Justice Office of Juvenile Justice and Delinquency Prevention (OJJDP) awarded a Youth Violence Prevention Expansion Grant (*Safe Families Grant*) to the City of Long Beach. The *Safe Families* initiative is designed to deconstruct the intergenerational cycle of violence and enhance protective factors through the use of evidence based programs and data driven results. The Safe Families grant improves service delivery to children exposed to violence through training, education and community awareness.

The *Safe Families Grant* has two goals and related objectives:

- Goal 1: Increase awareness and education of children exposed to violence within the community and among service professionals.
 - *Objective 1:* Develop and implement a Citywide family strengthening and children exposed to violence awareness campaign focused on stakeholders in high-crime police beats.
 - *Objective 2:* Provide trainings on children exposed to violence and trauma-informed best practices to social service providers serving clients in Central and North Long Beach.
- Goal 2: Improve service delivery for children exposed to violence through organizational and systems change.
 - *Objective 1:* Increase use of evidence-based, trauma-informed practice tools among service providers in Long Beach.
 - *Objective 2:* Conduct trauma-informed screenings and assessments, and provide services to children/youth exposed to violence.
 - *Objective 3:* Enhance organizational capacity of local service providers by increasing formal collaborations.

What is trauma?

According to the Substance Abuse and Mental Health Service Administration (SAMHSA), the term 'trauma' refers to life experiences that cause intense physical and psychological stress reactions. Trauma can arise from a single, or multiple events, or a set of circumstances experienced by an individual as physically or emotionally harmful, or threatening and that have lasting negative effects on the individual's physical, social, emotional or spiritual wellbeing (SAMHSA, 2012).

Trauma-Informed Trainings

- *Trauma-Informed 101 Training*

This one-hour training provides attendees general knowledge of trauma and traumatic stress, an understanding of the physical, emotional and behavioral symptoms associated with trauma exposure, increased knowledge of long term effects of trauma exposure (including the ACEs Study) and resiliency, and increased knowledge of how to respond in trauma sensitive ways.

“By recognizing that traumatic experiences and their corollary tie to behavioral health problems, front line professionals and community-based programs can begin to build a trauma-informed environment across the continuum of care. Key steps include meeting client needs in a safe, collaborative and compassionate manner; preventing treatment practices that retraumatize people with histories of trauma who are seeking help or receiving services; building on strengths and resilience of clients in the context of their environment and communities; and endorsing trauma-informed principles in agencies through support, consultation, and supervision of staff” (SAMHSA, 2014, p. 3).

(Presented by The Children’s Clinic and Wayne Munchel, LCSW)

- *Trauma-Informed Screening and Assessment Training*

This seven-hour training provides attendees with a “trauma-informed approach to the delivery of behavioral health services, which includes an understanding of trauma and an awareness of the impact it can have across settings, services, and populations” (SAMHSA, 2012, p. xix). Attendees will also be trained on Traumatic Events Screening Inventory for Children (TESI-C), the Child Post Traumatic Stress Disorder Symptom Scale (CPSS), the adult Life Events Checklist (LEC) and the Post Traumatic Stress Disorder Checklist (PCL) for adults. Training is recommended for MSWs, MFTs, LCSWs, case managers, clinicians, counselors, and other similar type positions. *This training meets the qualifications for seven hours of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences. The California State University, Long Beach School of Social Work is an approved provider of continuing education, per Section 1887.4.3. of the Code.*

(Presented by the Long Beach Trauma Recovery Center)

- *Trauma-Informed Agency Training*

This four-hour training provides trauma-informed instruction to the agency’s entire staff (e.g., receptionists, intake personnel, direct care supervisors, administrators, peer supports, board members). “Trauma informed care is an essential ingredient in organizational risk management; it ensures the implementation of decisions that will optimize therapeutic outcomes and minimize adverse effects on the client and, ultimately the organization” (SAMHSA, 2012, p. 9).

The three key areas training will include:

1. “Realizing the prevalence of trauma;
2. Recognizing how trauma affects all individuals involved with the program, organization, or system, including its own workforce;
3. Responding by putting knowledge into practice by fully integrating knowledge about trauma into policies, procedures, practices and settings” (SAMHSA, 2012, p. 4).

(Presented by The Children’s Clinic)

**If you or your agency would like to attend/request a training,
please fill out a request form at: www.lbvpp.com**

**If you have any questions, please contact Christina Boatwright at (562) 570-5841
or Christina.Boatwright@longbeach.gov.**