

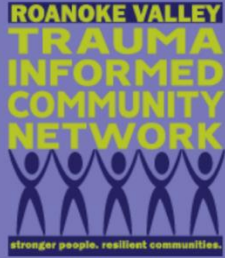
## Minds Together Virtual meeting , Sept 1, 2022

### Meeting Notes

Decca Knight, who was our guest and the presenter at our Minds Together Meeting on Thursday, September 1, 2022, has provided the following resources in reference to her presentation.

Here is the info I promised. I enjoyed working with your group. :)

1. It is important to realize that a 1.5 hour presentation does not make an organization trauma-informed. The trauma-informed journey can take many years, multiple trainings, and strategic initiatives. To learn more about SAMHSA's framework for creating a trauma-informed organization go [here](#).
2. Link to RVTICN's page and newsletter sign up [here](#), Facebook [here](#), and Instagram [here](#).
3. RVTICN Trauma-Informed Infographic [here](#) (PDF) or [here](#) (PNG).
4. Please ask your staff to fill out the following survey. We really appreciate your feedback. [Trauma Basics Workshop Survey](#)
5. Links to helpful videos:
  1. Flipping Your Lid: <https://vimeo.com/109042767>
  2. Brene Brown: Video: <https://www.youtube.com/watch?v=1Evwgu369Jw>
6. Resources for Youth:
0. [Childhood Resource Handout](#)
  1. [ACEs assessment questions](#)
  2. [Impact of childhood trauma on adulthood](#)
  3. [Epigenetics infographic](#)
7. [Great Richmond Scan TICN resources](#)
8. Resiliency & Self Care:
0. Roanoke Prevention Alliance Resiliency Checklists ([child](#) and [adult](#))
  1. [Self Care Wheel](#)
  2. [Blank Self Care Wheel](#)
9. Mental Health Supports
0. [National Hopeline Network](#) 1-800-SUICIDE
  1. [National Suicide Prevention Lifeline](#) 1-800-273-TALK
10. Attached infographic on how to move from a trauma-inducing organization to a trauma-informed organization



### **Trauma Inducing**

An organization that lacks basic safety, trust, and collaboration. High toxic stress for clients and staff.

### **Trauma Aware**

Some fundamental understanding of trauma in different parts of the organization.

### **Trauma Informed**

Using trauma-informed practices as the lens for policy and building culture.

### **Trauma Responsive**

Preventing trauma and actively building resilience with staff and clients

## **SPECTRUM OF TRAUMA INFORMED PRACTICE**