



RESOURCES FOR
HUMAN
DEVELOPMENT

Trauma Informed, Care in 2019 *Now What?*

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Resources for Human Development

Keynote Presenter
Sandra L. Bloom, MD.



May 8
2019

Dr. Sandra L. Bloom



Dr. Sandra L. Bloom is a Board-Certified psychiatrist, graduate of Temple University School of Medicine and currently Associate Professor, Health Management and Policy at the Dornsife School of Public Health, Drexel University. From 1980-2001, Dr. Bloom served as Founder and Executive Director of the Sanctuary programs, inpatient psychiatric programs for the treatment of trauma-related emotional disorders and during those years was also President of the Alliance for Creative Development, a multidisciplinary outpatient practice group. Dr. Bloom is recognized nationally and internationally as the founder of the Sanctuary Model. Between 2005 and 2016 over 350 social service, juvenile justice and mental health organizations were trained in the Sanctuary Model.

Dr. Bloom is a Past-President of the International Society for Traumatic Stress Studies and author or coauthor of a series of books on trauma-informed care: *Creating Sanctuary: Toward the Evolution of Sane Societies* published in 1997 with a second edition in 2013; *Destroying Sanctuary: The Crisis in Human Delivery Service Systems* published by Oxford University Press in 2010 and *Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care*, published by Oxford University Press in 2013. She is currently co-chairing a new national organization, CTIPP – The Campaign for Trauma-Informed Policy and Practice whose goal is to advocate for public policies and programs at the federal, state, local and tribal levels that incorporate up-to-date scientific findings regarding the relationship between trauma across the lifespan and many social and health problems (<http://ctipp.org>). Since 2012, Dr. Bloom has also served as Co-chair for the [Philadelphia ACEs Task Force](#). Dr. Bloom's [website](#) and her many publications can be downloaded from that site.

What's the big deal about Trauma?

Sometimes it seems as if “trauma” is everywhere. Certainly social service delivery systems now are supposed to become “trauma-informed” but is this just another fad? Why is it such a big deal and what does it really mean? In this keynote, Dr. Sandra Bloom, one of the pioneers of the field and the founder of the Sanctuary Model, will endeavor to explain just why this is such a critical issue and how important it is that helpers become not only trauma-informed but go even further and become “trauma responsive”.

Now What?

Course Description

As the National Council on Behavioral Health states: An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, spiritual. The ACE Study revealed that the economic costs of untreated trauma-related alcohol and drug abuse alone were estimated at \$161 billion in 2000. The human costs are incalculable.

For social workers and other allied professionals addressing trauma is now the expectation, not the exception, in behavioral health systems. Understanding and addressing trauma is a critical component for community providers to improve the quality and impact of behavioral health services, increase safety for all, reduce no-shows, enhance client engagement, and avoid staff burnout and turnover.

As we move beyond theory and jargon, this conference will focus on a deeper dive into the practical application of Trauma Informed Care: one person at a time, one provider at a time. The conference will reinforce the importance of the awareness of the impact of trauma on individuals and systems AND offer concrete steps for organizations and individuals to become Trauma Informed.

Learning Objectives

Participants will:

- Learn and understand the importance of changing individual attitudes and behaviors to facilitate a systemic paradigm shift to create trauma-informed organizations.
- Learn the key components of The Sanctuary Model.
- Gain an experiential understanding of the implementation and importance of Trauma-Informed Care from multiple perspectives, including participants, providers, peers, and payers.
- Identify new innovations in technology to enhance trauma treatment.
- Assess the benefits of using art, music and movement therapy in conjunction with traditional talk therapies in trauma treatment.



Register Here

This conference has been submitted for 5.75 credit for the CEU by the PA Board of Social Workers, Marriage and Family Therapists, and Professional Counselors. Approval is pending.

Agenda

8:15-9:15am **Registration**

9:15-9:30am **Opening Remarks | Introduction**

King | Mott Room

9:30-10:30am **Panel Discussion**

King | Mott Room

Trauma Informed Care from Multiple Perspectives-Peers, Participants, Providers, and Payors

We are all stakeholders and have a role in creating and sustaining trauma informed environments. This panel will discuss all the views that need to be considered as we move forward as one large community in our efforts to embrace, experience, and fund a Trauma Informed landscape.

Panelists

Sheila Hall-Prioleau, MS, CPS, FPS

Program Director, Creating Increased Connections

Laura DiRiggi, MSW

Director of Integrated Clinical Consultation Services, DBHIDS and CBH

Mike Usino, MHS

Director, Hope House Crisis Residence and New Perspectives Crisis Services

Sean White, CPS

Peer Specialist, Team Arrive

10:30-10:45am **Break**

10:45-12:30pm **Keynote Address**

King | Mott Room

What's the Big Deal about Trauma? by Sandra Bloom, MD

Sometimes it seems as if "trauma" is everywhere. Certainly social service delivery systems now are supposed to become "trauma-informed" but is this just another fad? Why is it such a big deal and what does it really mean? In this keynote, Dr. Sandra Bloom, one of the pioneers of the field and the founder of the Sanctuary Model, will endeavor to explain just why this is such a critical issue and how important it is that helpers become not only trauma-informed but go even further and become "trauma responsive".

12:30-1:15pm **Lunch (provided)**

King | Mott Room

1:30-2:30pm **Break out sessions:**

Workshops A: Trauma in Action

Creating Trauma-informed Spaces and Places

Mott Room

Presenter Leah Forest, Environmental Design Specialist, RHD

One of the fundamental ingredients for coping with trauma is a feeling of safety. But making a space feel safe is not the only thing that can be done to establish a place that is conducive to healing. This colorful and lively presentation will show examples and ideas of many aspects to consider when creating cultures and environments that promote recovery, stability, and health.

1:30-2:30pm Peer Support in Trauma-Informed Care

Malala Room

Presenters

- Jose Cruz, Divisional CPS Coordinator, RHD – Philadelphia Behavioral Health and Housing Division
- Greg Martin, Regional Director, RHD – Philadelphia Behavioral Health and Housing Division

There is extraordinary power in peer support services to improve the experience and outcomes of people seeking and using behavioral health services. Certified Peer Specialists work to promote wellness, reduce stigma, increase access to care, enhance life skills, provide education, and walk side-by-side with individuals as they build or rebuild meaningful lives in their communities. This session will focus on a peer's role their impact on service delivery and trauma informed care. Presenters will also address the unique needs of the peer in the work setting as it relates to trauma.

The Need for Anti-Racism Efforts in Trauma Informed Care

King Room

Presenters

- Mary Thornton-Bowmer, DNP, MSN, CRNP, FNP-BC, Family Nurse Practitioner
- Diana Hartley-Kim, MSW, LSW, Operations Director
- Kathleen Metzker, MPH, Director of Integrative Health and Mind Body Services

The Stephen and Sandra Sheller 11th Street Family Health Services/FPCN began implementing the Sanctuary Model in 2012. As we embarked on becoming trauma informed, we explored the role of power and privilege and we learned it is essential to name and address the impact Racism plays in this complex system. This discussion will include the history of this evolution at 11th Street, where we are now, where we are going and our individual and collective responsibility to bring this to the forefront of our efforts towards change and growth.

SMART (Sensory Motor Affect Regulation Training) Program

Annex Room

Presenters

- Debra Abrams, MCAT BC/DMT Unit Director, RHD Stepping Stones Partial Hospital Program
- Alex Ruch, MPH, CHES, Outcomes Analyst, Philadelphia Behavioral Health & Housing Division
- Sandra Holloway MA R-DMT LPC LBS

The "SMART" model is an evidence supported and trauma informed approach that uses sensory and motor activities in a specially designed space or, in mobile interventions to help children become more regulated and have an increased ability to tolerate daily stressors without losing control. The "SMART" program at RHD's Stepping Stones has implemented the "SMART" model along with a specially designed sensory room. This model utilizes an array of therapeutic equipment, such as weighted blankets, balance boards, fitness balls, large cushions, and spinning boards to increase regulation, facilitate attachment-building and allow for embodied processing of traumatic experiences. Participants will learn about healing the effects of trauma through sensory and motor activities, how to implement the "SMART model" in diverse settings, designing an evaluation to generate meaningful outcomes and learn sensory and motor activities through interactive practice.

Men of Understanding

Fishman Room

Presenter

Kassim Butler, Certified Peer Specialist and CEO of Men of Understanding

Come see the moving, award winning documentary "Men of Understanding" with a follow up question and answer period with filmmaker, Kassim Butler.

2:30-2:45pm Break

2:45-3:45pm Break Out Sessions:

Workshops B: Integrative Approaches

The Value of Art Therapy in Trauma Informed Treatment

Fishman Room

Presenter Sara Kodish-Eskind, MA Therapist, RHD Womanspace Philadelphia

Participants will explore the rationale for and the benefits of integrating Art Therapy into trauma informed treatment programming. Discussion will include connections between processing trauma and Art Therapy interventions. This breakout session will include an experiential art making process, no art making experience is needed to participate.

Trauma-Informed Yoga

Maya Angelou Room

Presenter Elyse Hibbs, LSW, RYT, Therapist, RHD Womanspace Philadelphia

This session will focus on learning the effectiveness and evidence for yoga as a trauma treatment modality. Participants will be able to experience yoga poses, breath work, and meditation exercises to use with clients and for their personal self-care.

Animal Assisted Therapy for Trauma Survivors

Mott Room

Presenter Paula Kielich, Pals for Life

Trauma can cause challenges that often include difficulty with self-regulation, grounding, social interactions, relationships, and self-confidence. Animals have been increasingly recognized as a valuable support system for social and emotional growth and healing. Learn more about Animal Assisted therapy and meet some of Pals for Life's very special animal friends!

Music Therapy & Trauma:

Annex Room

Finding a way to express when words are failing

Presenter Seamus O'Connor, MA, MS, MT-BC Therapeutic Liaison RHD-Lower Merion Counseling and Mobile Services

This workshop will integrate creative approaches to trauma informed care. Participants will be presented with case examples of music therapy as the modality of choice in addressing significant trauma. Participants will be offered the opportunity to be a part of the creative music process in order to understand the benefits from a person centered approach to care.



Considering Trauma-Informed Care Through an Occupational Therapy Lens

King Room

Presenters

- Julia Huntington, MS, OTR/L
- Nuriya Neumann, MS, OTR/L
- Sarah Blaise, OTS
- Megan Sharp, OTS
- Contributor: Lydia Navarro-Walker, OTD, OTR/L, CLA

Occupational therapy (OT) is a client-centered, holistic profession that considers an individual's past experiences, present circumstances, and plans for the future when designing interventions and goals. This interactive breakout session will explore principles of OT and trauma informed care (TIC), challenging participants to reframe their thinking about behaviors that may be difficult or confusing. This moves the caregiver's perspective from what's wrong with you? toward what happened to you? and ultimately, what's right with you?-- placing emphasis on a strength-based, trauma-sensitive approach to care. Participants will discuss and practice ways to use OT strategies and TIC principles to support clients through meaningful participation in daily routines and valued activities.

3:45-4pm Closing and CEU/Attendance Certificates



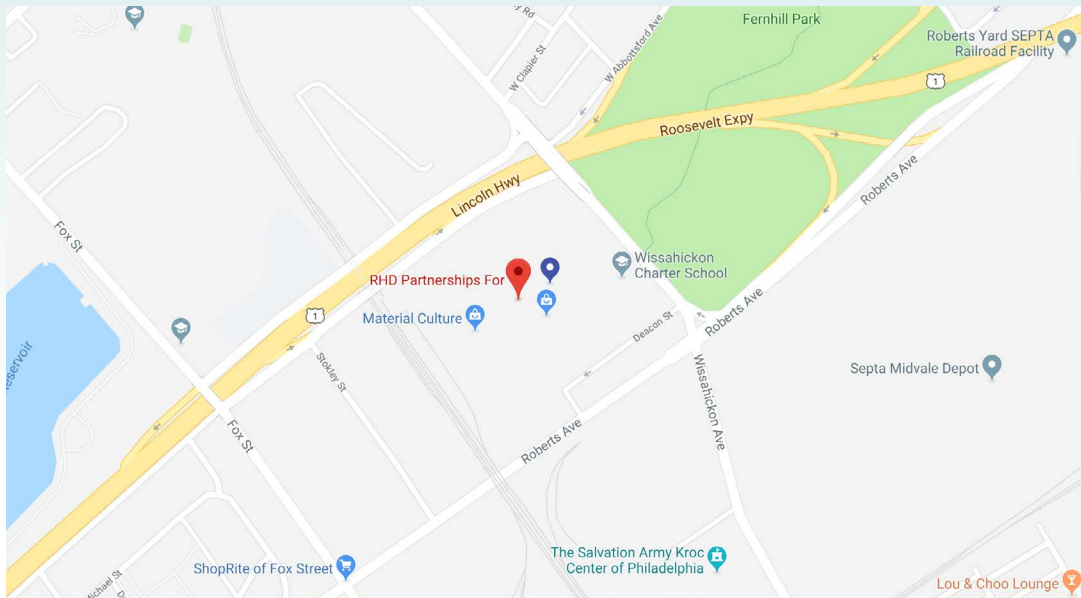
Past Workshops



Now What?

May 8, 2019 from 9am-4pm EDT

Click Here To Add To Calendar



RHD Address

**4700 Wissahickon Avenue Suite
#126, Philadelphia PA, 19144**

RHD Parking Lot

**2664 S. Abbottsford Ave,
Philadelphia, PA 19144**

