



Trauma-Informed Care Presentations and Trainings

Trauma is extremely prevalent in modern life. About six in 10 men and five in 10 women experience at least one trauma in their lives.¹ Understanding trauma and its impact, as well as how to care for ourselves and others in a trauma-informed manner, helps lessen those effects and promotes a healthier quality of life.

Cultivating a trauma-informed workplace encourages a safe environment where both people and productivity can thrive. To share information about trauma-informed care and its applications, the Texas Health and Human Services Commission Office of Mental Health Coordination (OMHC) provides training within the agency and externally to state and local partners.

Each of the following OMHC presentations and trainings may be customized for specific audiences or programs:

Trauma-Informed Care:

Overview of trauma and trauma-informed care.

Trauma-Informed Practice:

Application of trauma-informed principles in the workplace.

Trauma, Resilience & Self-Care:

Overview of trauma and how to respond to its impact.

Compassion Fatigue & Self-Care:

How working in a trauma-impacted role affects the worker and how to respond to the impact.

Self-Care for Helpers:

Overview of self-care and how to incorporate it into each day.

Trauma and Intellectual and Developmental Disabilities:

Overview of trauma and how it impacts those with intellectual and developmental disabilities.

Trauma-Informed Care and the Aging Population:

Overview of trauma-informed care and considerations for use with the aging population.

Attendees share their experiences:

"Very enlightening and can connect it to everyday life with people we live with, work with and socialize with."

"Explained in easily understood terms."

"Your content on burnout and managing stress – going through the tunnel and allowing yourself to feel those feelings – that was such a valuable presentation."

"Concise and nice visuals to go with everything. Great job. Loved this!"

To learn more and schedule a training, email Holly Fullmer, Trauma-Informed Policy and Training Specialist, at:

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¹ *Source: *Va.gov: Veterans Affairs. How Common is PTSD in Adults?* (2018, Sept. 13), ptsd.va.gov/understand/common/common_adults.asp.



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