

# Trainings & Workshops

## Two Hour Trainings

Introduction to Trauma and Trauma-Informed Care  
Trauma-Informed Strategies  
Overcoming Adversity and Building Resilience  
Pushout Film Screening and Discussion  
Stewards of Children



## One and a Half Hour Trainings

Brain Architecture Game  
Resilience Film Screening and Discussion  
Cultivating Authentic Community Engagement  
The Importance of Building Long-Lasting Relationships on the Road to Self-Sustainability  
The Impact of Trauma Exposure on Professionals  
Self-Care & Wellness

## One Hour Trainings

Collective Impact: The Role of Individuals and Systems in Developing Resilient Communities  
Trauma-Informed Supervision  
EveryDay Strong  
Mandated Reporting



# Descriptions

## Two Hour Trainings

### Introduction to Trauma and Trauma-Informed Care

- This training provides foundational learning around the topics of trauma and trauma-informed care. We will define trauma, discuss the many types of trauma/adversity, explore the impact of trauma on the brain and behavior, introduce resilience, and discuss SAMHSA's 4 Rs of trauma-informed care.

### Trauma-Informed Strategies

- This training introduces the 6 Principles of a Trauma-Informed Approach. Using these principles, participants will learn strategies for creating physical & psychological safety, developing collaborative & supportive relationships, empowering others through voice & choice, and addressing systems of oppression.

### Overcoming Adversity and Building Resilience

- This training will provide a brief review of trauma and its impacts as well as introduce the 7 Cs of building resilience. Participants will learn about adverse and positive childhood experiences as well as strategies for building individual and community resilience.

### Pushout Film Screening and Discussion

- PUSHOUT is a feature length documentary that takes a close look at the educational, judicial, and societal disparities facing Black girls. The documentary confronts the ways in which the misunderstanding of Black girlhood has led to excessive punitive discipline, which in turn disrupts one of the most important factors in their lives, their education.

### Stewards of Children

- Stewards of Children® is an evidence-informed, award-winning training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

# One and a Half Hour Trainings

## Brain Architecture Game

- This is an interactive tabletop experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, and what consequences it has for society. This activity is optimized for groups and needs at least 45 minutes to fully play and learn. It can be done as an independent workshop or incorporated as a part of other trainings.

## Resilience Film Screening and Discussion

- Resilience is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent toxic stress.

## Cultivating Authentic Community Engagement

- Guided by her lived and professional experience, Behavioral Health Community Organizer Tamika Daniel facilitates this supportive workshop for organizations to discuss how to engage community voice with authenticity and intentionality.

## The Importance of Building Long-Lasting Relationships on the Road to Self-Sustainability

- Join Greater Richmond SCAN's Behavioral Health Community Organizer, Tamika Daniel, for an interactive conversation based on her life experience with building the types of relationships that are supportive in accomplishing goals. The conversation will include challenges and barriers to supportive relationships and offer ways to overcome these.

## The Impact of Trauma Exposure on Professionals

- This training will help participants identify symptoms and warning signs of traumatic stress as well as learn the differences between three common trauma exposure responses: secondary traumatic stress, compassion fatigue, and burnout. We will discuss strategies for responding to trauma exposure and provide resources that professionals can use to mitigate the impact of trauma exposure and improve wellness.

## Self-Care & Wellness

- This training will help participants develop an understanding of how stress and trauma affect our state of well-being. We will explore wellness and self-care practices and tools that help promote emotional regulation, compassion, empathy, and calm in our environments. In addition, we will examine ways to create healthy boundaries to establish safe and positive relationships with the self and with others.

# One Hour Trainings

## Collective Impact: The Role of Individuals and Systems in Developing Resilient Communities

- Explore the history and current landscape of trauma-informed community networks (TICNs) across Virginia and the role of Greater Richmond SCAN as the creator of the first TICN and coordinator for the VA TICNs. Topics discussed include how to create and sustain a TICN, accomplishments and outcomes at the local and state-wide level, and TICNs connection to policy and advocacy.

## Trauma-Informed Supervision

- Trauma-informed supervision explores the role of a supervisor in supervision, how to create a psychologically safe supervisory environment, and how to identify and offer support to staff experiencing vicarious trauma.

## EveryDay Strong

- EveryDay Strong equips caring adults with training and tools to support the mental health and wellness of children, aged 8 to 18. The program promotes a simple, research-based framework that any caring adults can use to help build a sense of safety, connection and confidence in young people.

## Mandated Reporting

- This training covers the requirements of a mandated reporter and the process of how and why we report child abuse; how to spot the signs and symptoms of child abuse in both in-person and virtual settings; and strategies for preventing child abuse.

To learn more or request a training, fill out our interest form at [bit.ly/GRSinterest](https://bit.ly/GRSinterest) or scan the QR code

