

If you want to go fast, go alone.
If you want to go far, go together.



Building a Resilient &
Trauma-Informed Community

Welcome! We're glad you're here.

- Lacie Ketelhut, MS, CHES, Senior Consultant & brilliant tactical thinker, Gundersen Health System
- Sarah Johnson, MS, LPC, Mental Health Director & dreamer, La Crosse Area Family YMCA



Poll:

What is your professional role?




menti.com:


How
are
you?



Session Objectives

- Learn the five conditions of Collective Impact and how it guides the RTIC effort in addressing complex social problems.
 - Discuss the benefits of a relationship-based community learning model for developing collaborative solutions.
 - Gain a framework for mobilizing partnerships across different sectors of the community to rally around a common agenda for collective actions.
- 

Session Agenda

- The Need and Finding our Why as a community
 - Community Models we use to guide Collaborative Change
 - Overview of our RTIC Framework
- 

The Need & Finding Our Why

Objective: Finding the value in our collaborative “why” we do this work



Some definitions, briefly:

Adverse Childhood Experiences: ACEs are an accumulation of adverse experiences in childhood. The more ACE situations a child encounters (abuse, neglect, household challenges), the higher the risk to experience negative health and well-being outcomes as an adult.

Resilience: The ability to thrive, adapt and cope despite tough and stressful times. ACEs are common but do not have to represent a lifelong risk factor. By fostering resilience, we can reduce risk and help people recover from ACEs when the right supports are in place.



Ripples of Impact



Alcoholism and abuse

drug use

smoking



ACE's

suicide attempts

eating disorders

intimate partner violence

multiple sexual partners

COPD

Depression

STDs

liver disease

heart disease

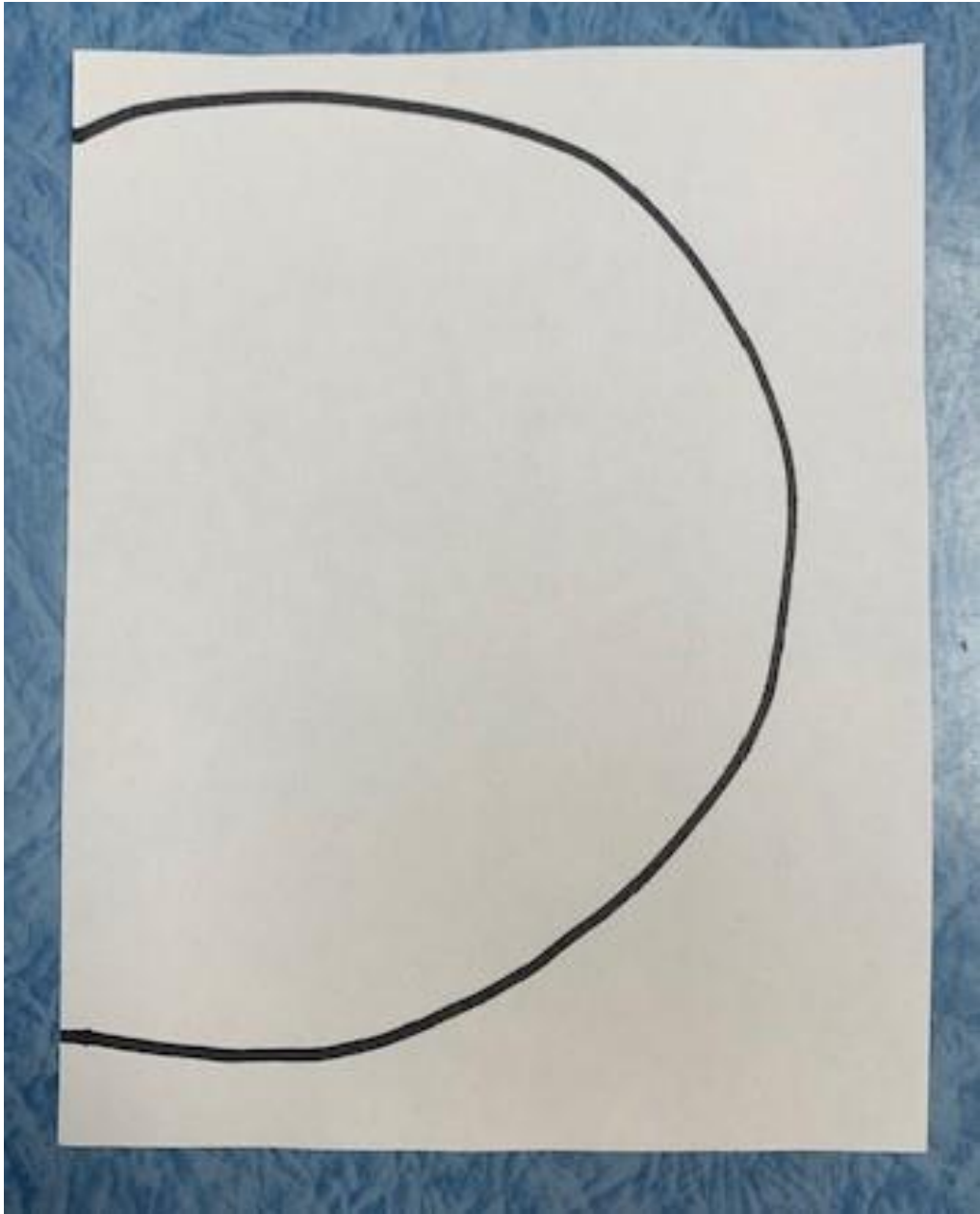
obesity

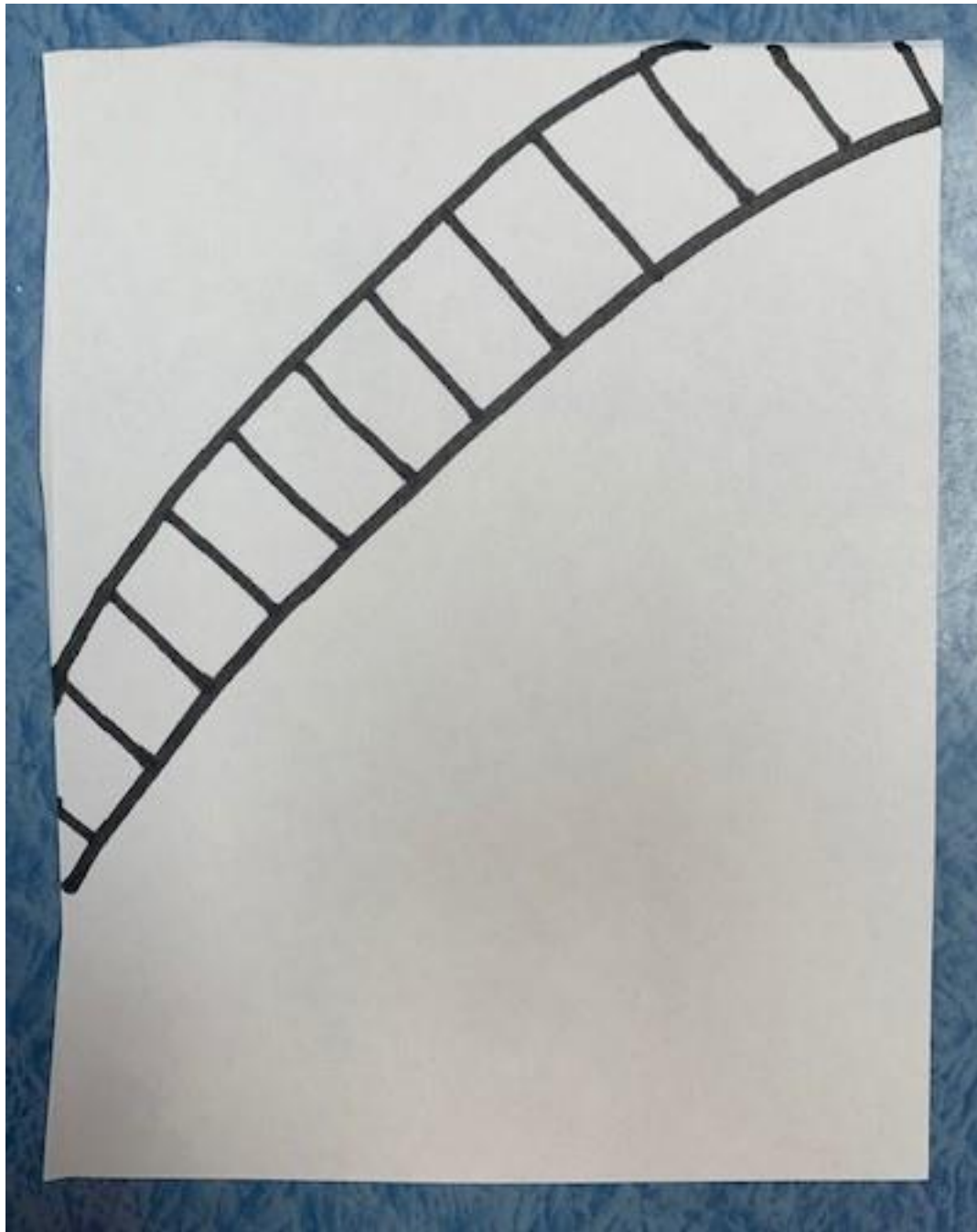
Trauma as a Complex Social & Public Health Problem

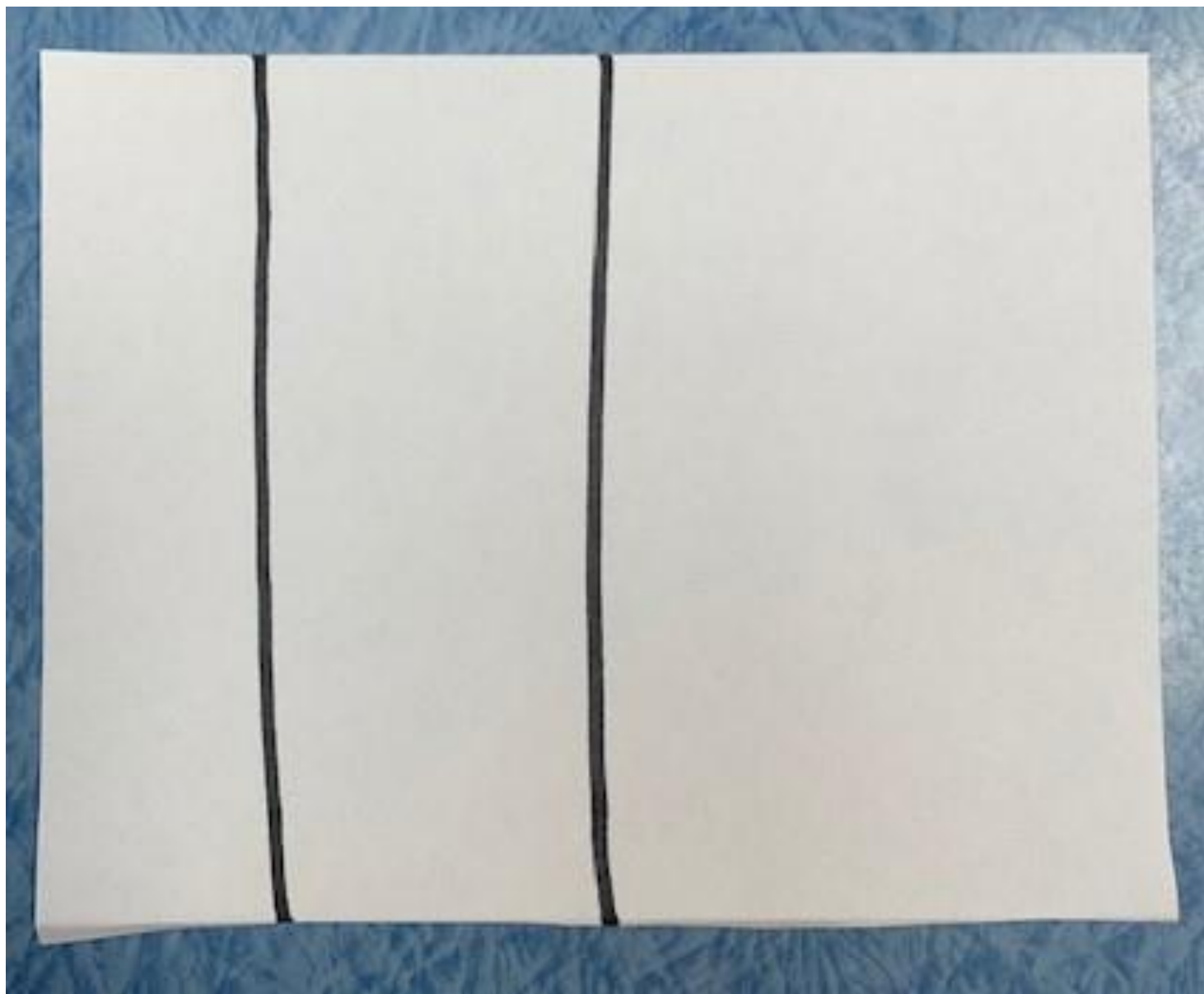
The impact of childhood trauma is a complex problem.

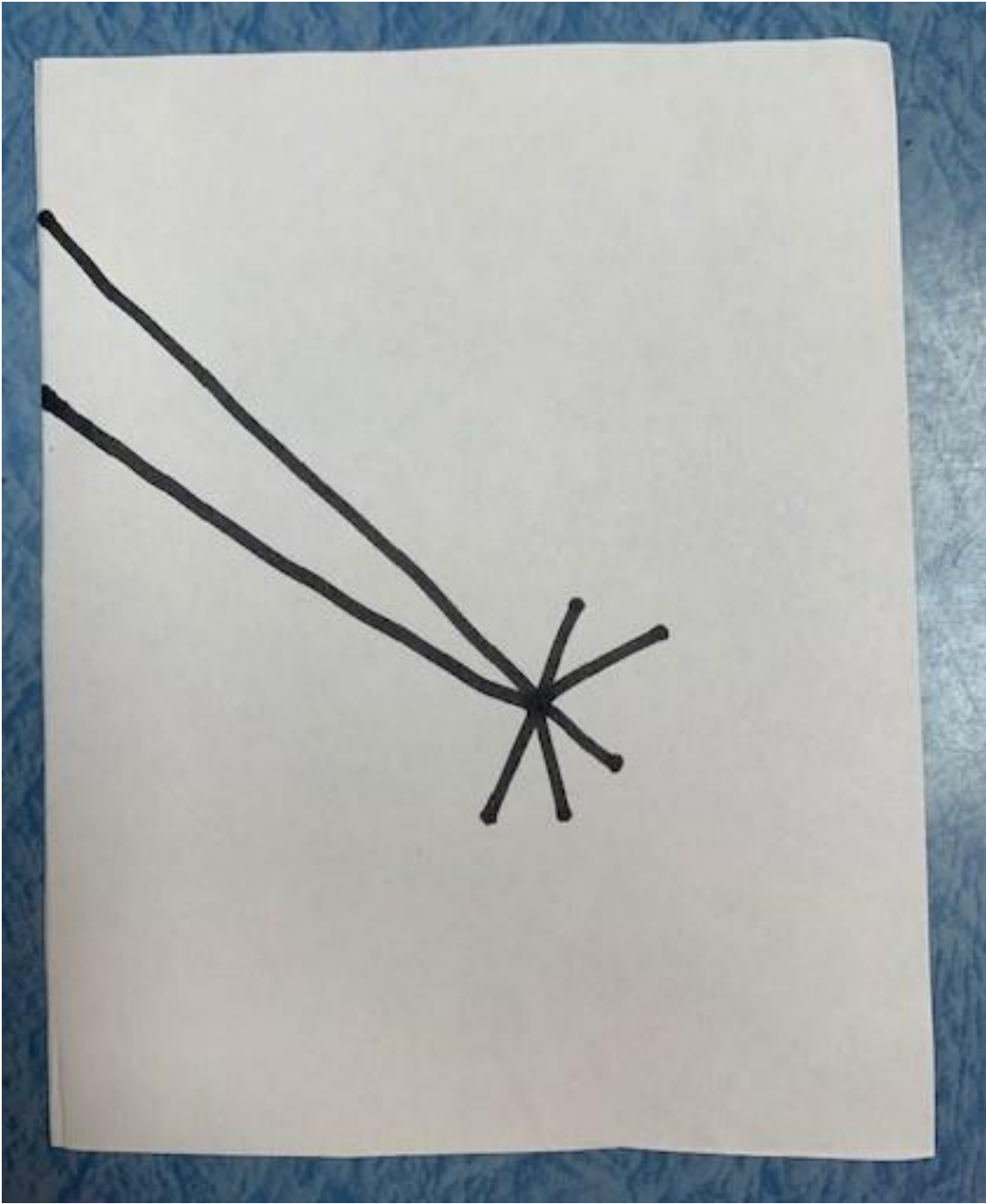


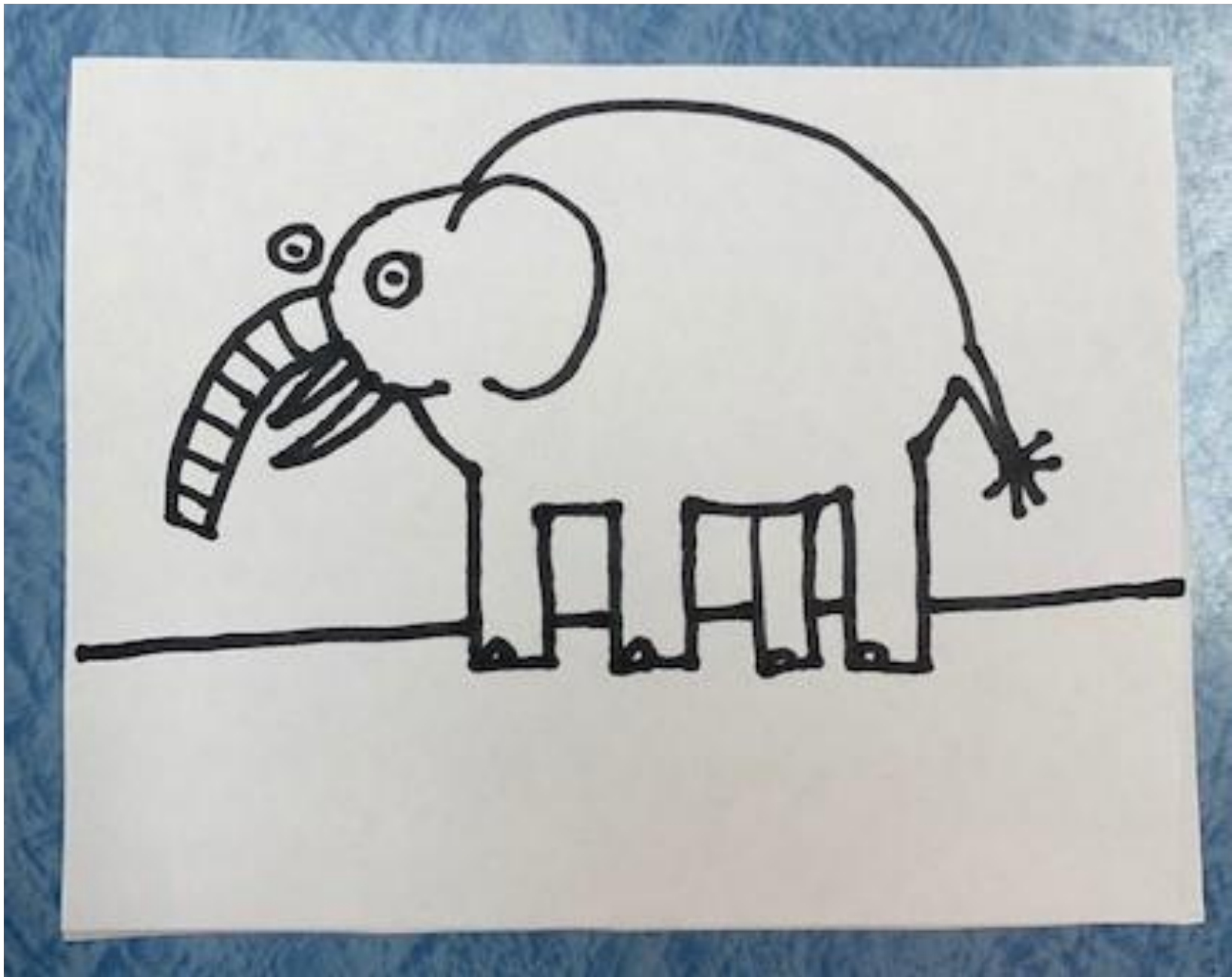
Therefore, we need a fitting change model that guides community-level change for addressing complex problems.

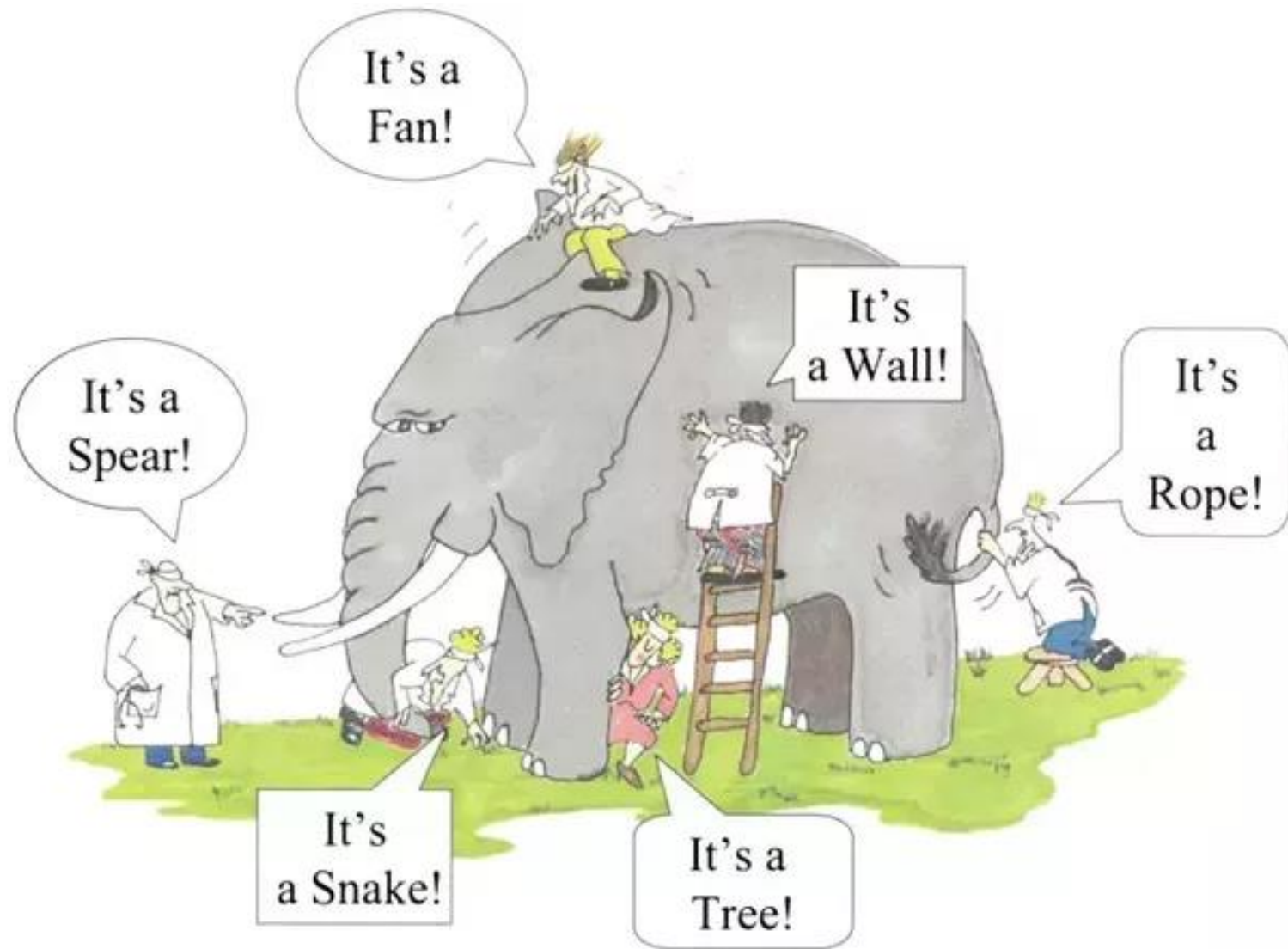












Our Community's *WHY RTIC?*

ACEs influence adult health

More ACEs lead to an increased risk for poor mental and physical health outcomes.

Trauma-Informed Care (TIC)

A perspective shift that promotes recovery and acknowledges the role of trauma in someone's life.

Resilience can help

Resilience is the ability to bounce back. With appropriate supports and help, people can heal and thrive despite past experiences.

Healing takes a village

Together, we are working to disrupt the cycle, strengthen resilience and restore lives. A whole community effort is needed to build a place that is connected, healthy and resilient.



Sharing your Why



Where is the roadmap?

Objective: Understand the model guiding change for creating a Resilient and Trauma-Informed Community



Poll:

How familiar are you with
the Collective Impact model?



Collective Impact:

The commitment of a group of important actors from different sectors to a common agenda for solving a specific social problem.



Creating a Resilient & Trauma-Informed Community Requires System-Level Change

Systems: A set of things working together as parts of a mechanism or an interconnecting network; A complex whole

“**Systems thinking** is a discipline for seeing wholes. It is a framework for seeing interrelationships...for seeing ‘patterns of change’ rather than static ‘snapshots’.”

Peter Senge, Senior lecturer in Leadership and Sustainability at the MIT Sloan School of Management

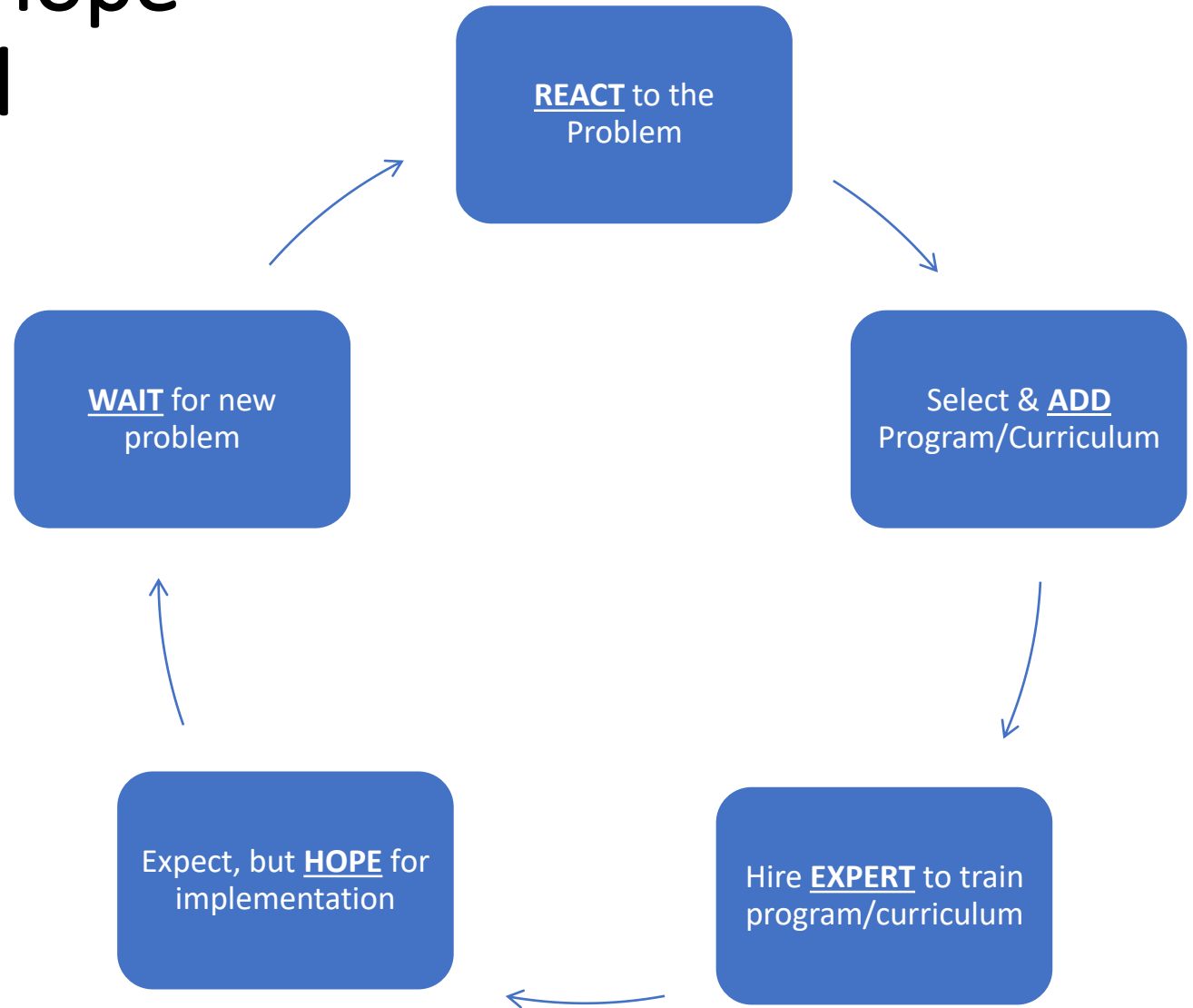


Leaving Old Roadmaps

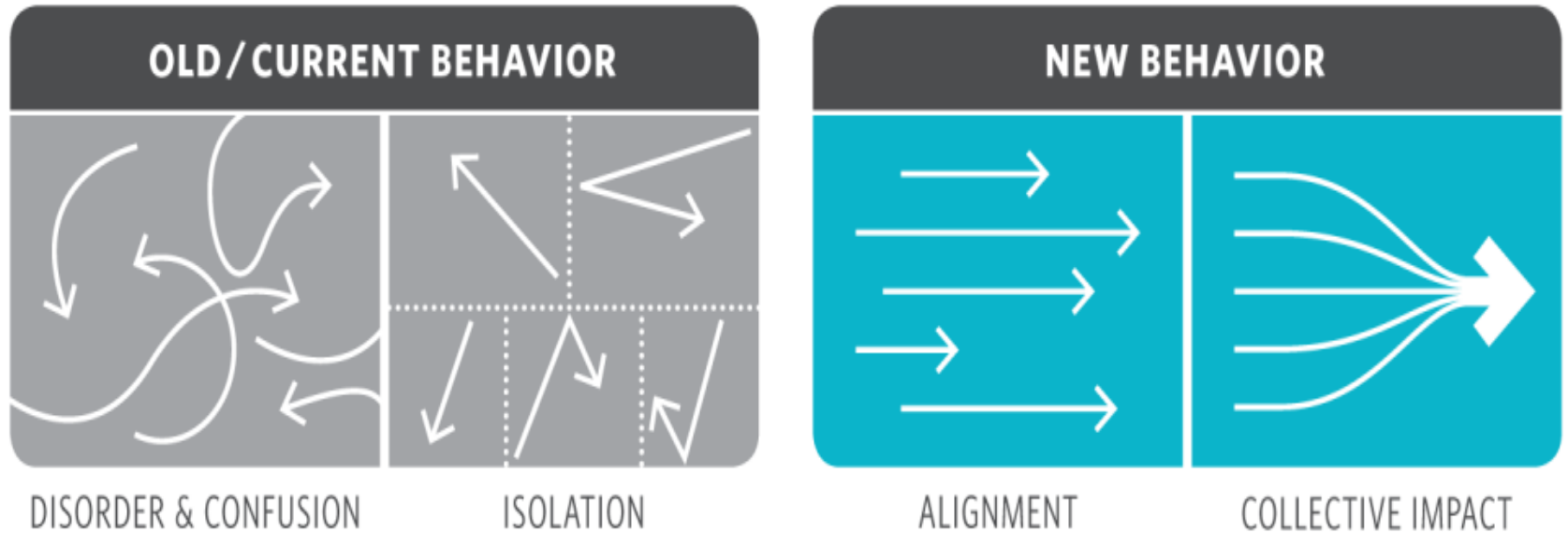
- Moving from 'Traveling Alone' to 'Traveling Together'
- Moving from 'Train and Hope' to 'Formula for Success'



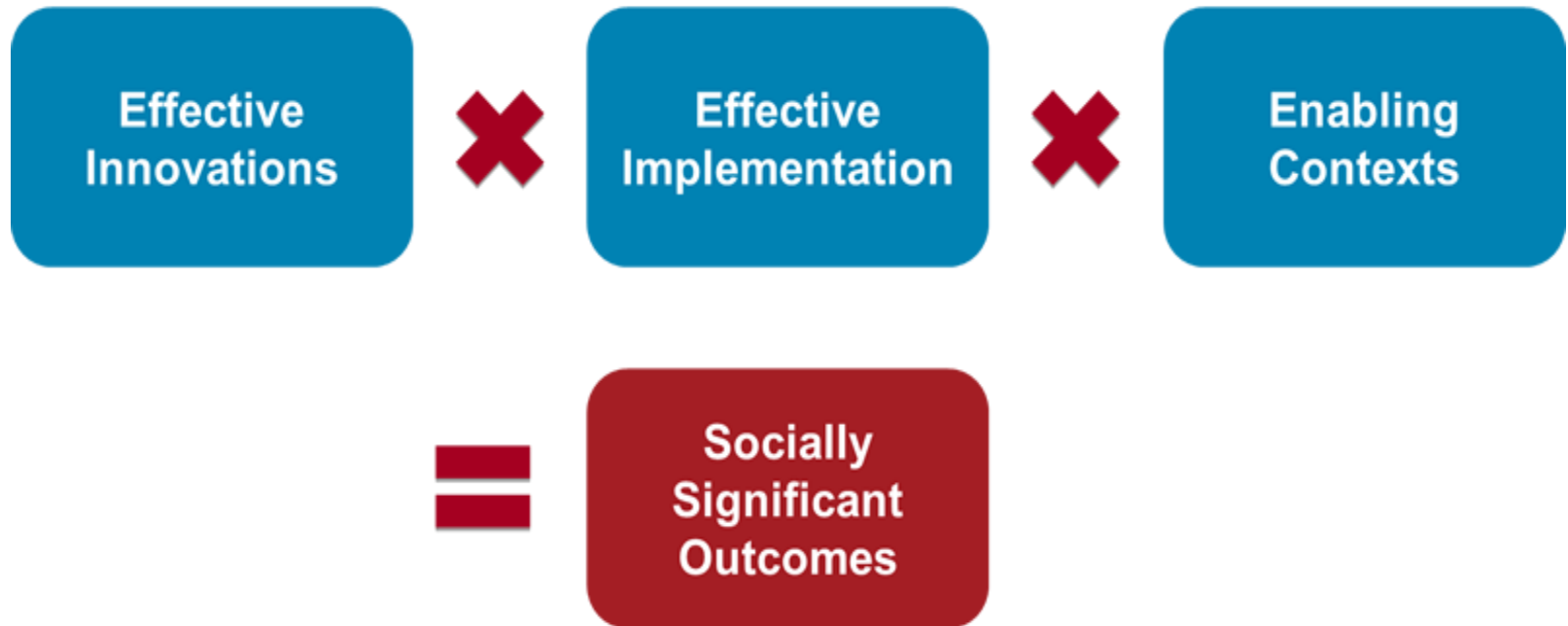
“Train and Hope” Model



Mobilizing a Trauma-Informed Community through **Collective Impact**



Formula for Success



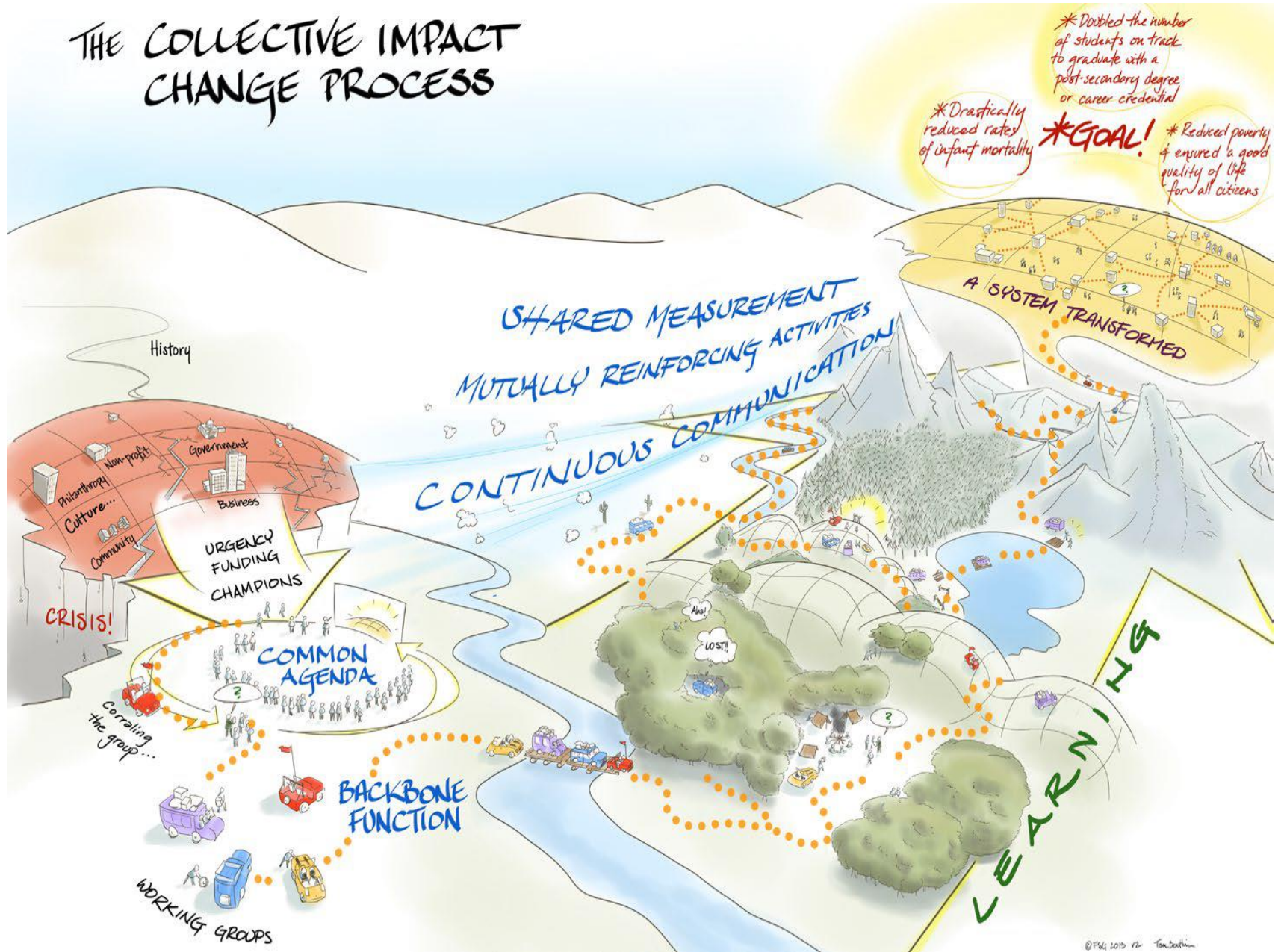
Applying the *Formula for Success* to Community Change



Creating a Resilient & Trauma-Informed
Community ***is a process, not a product.***



THE COLLECTIVE IMPACT CHANGE PROCESS

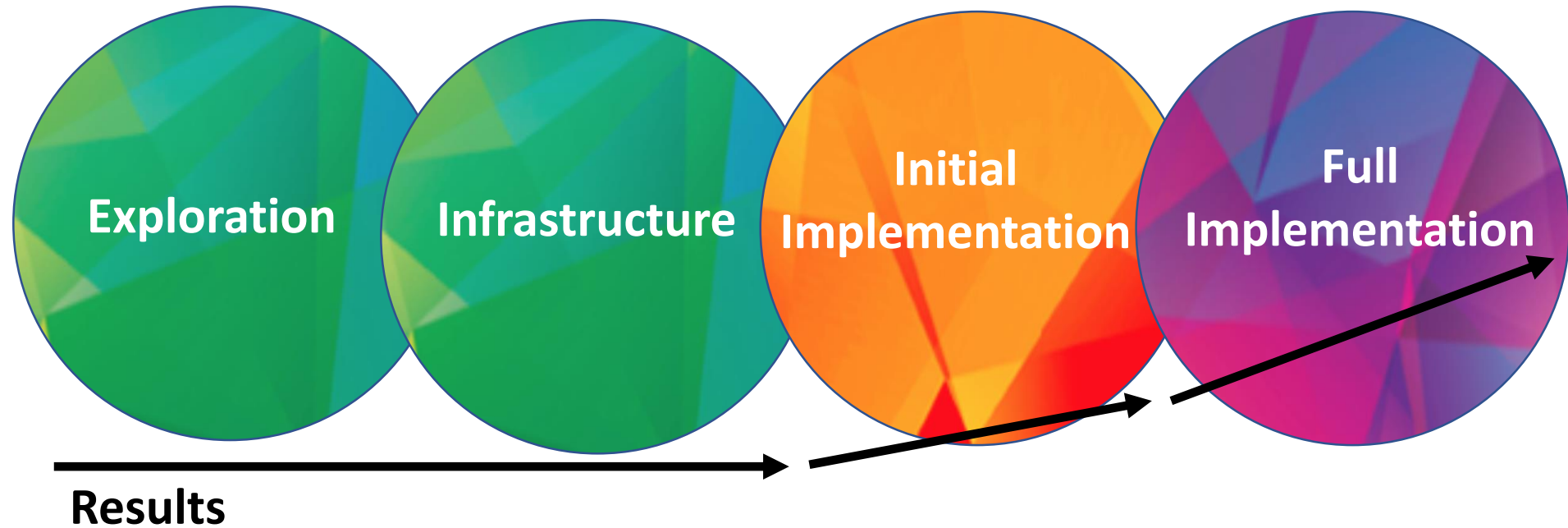


Building a Resilient and Trauma-Informed Community

Objective: A framework that includes four phases of implementation



Four Implementation Phases



We Started in the Foundation: Creating Conditions for Community Change



Goals for the Foundation

- Increase knowledge of ACEs, TIC, Resilience & Collective Impact
- Build infrastructure to support collaborative work among partners
- Engage Champions as community partners

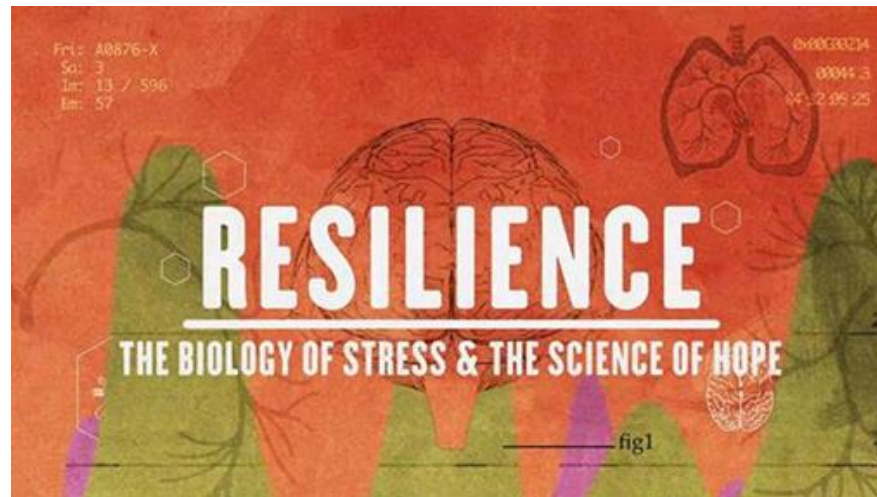
Foundation Content of RTIC

Adverse Childhood Experiences

Trauma-Informed Care

Resilience

Collective Impact



RTIC Champion Network

As of September 2020, **+250** cross-sector Champions representing **50** organizations/entities have completed RTIC Orientation for Champions training

Role of Champions:

- 1) Lead the integration of trauma-informed care within their organization or area of work and...
- 2) Engage in collective systems change work with community partners

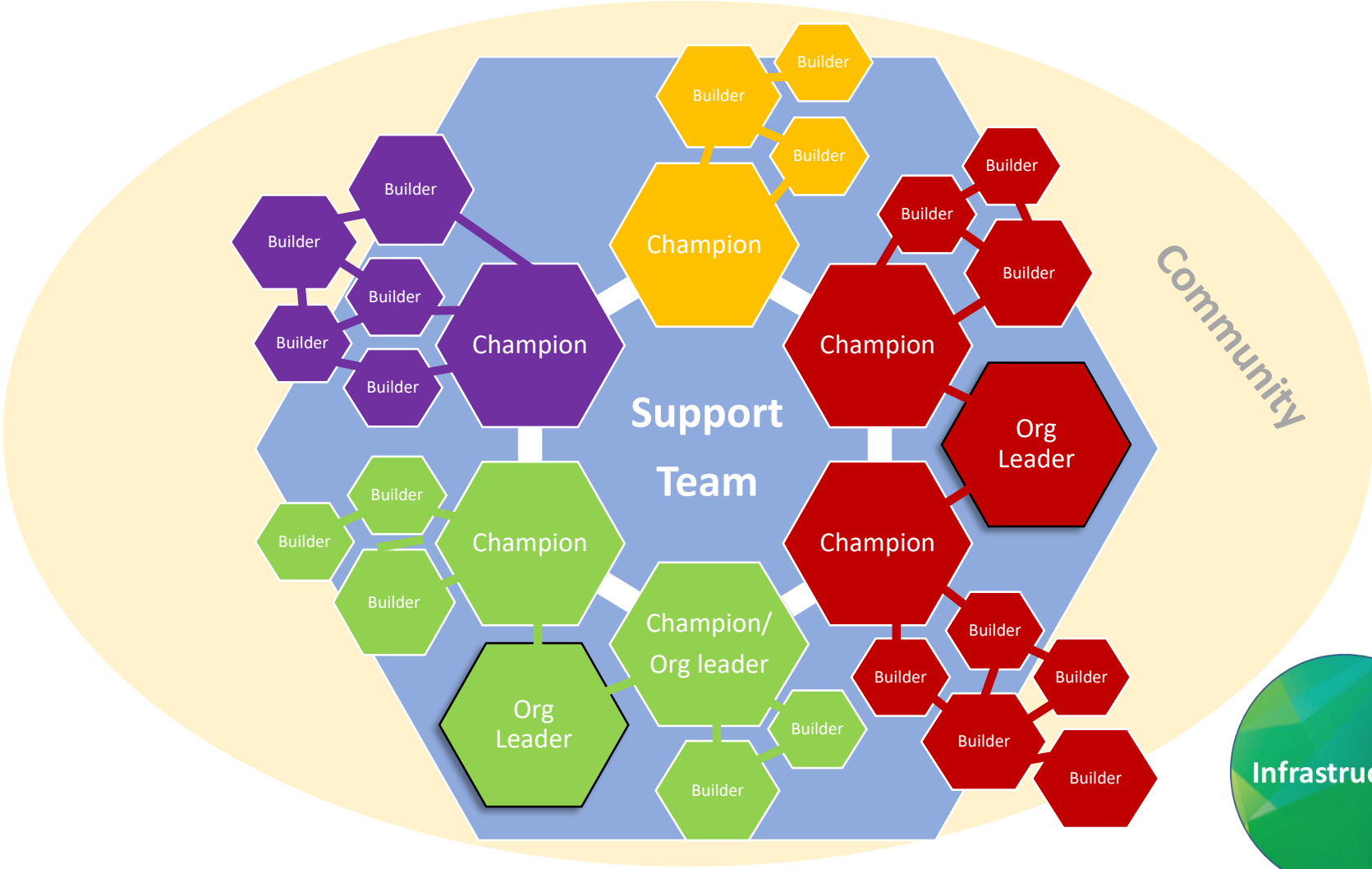


Sectors Engaged in the Community Effort

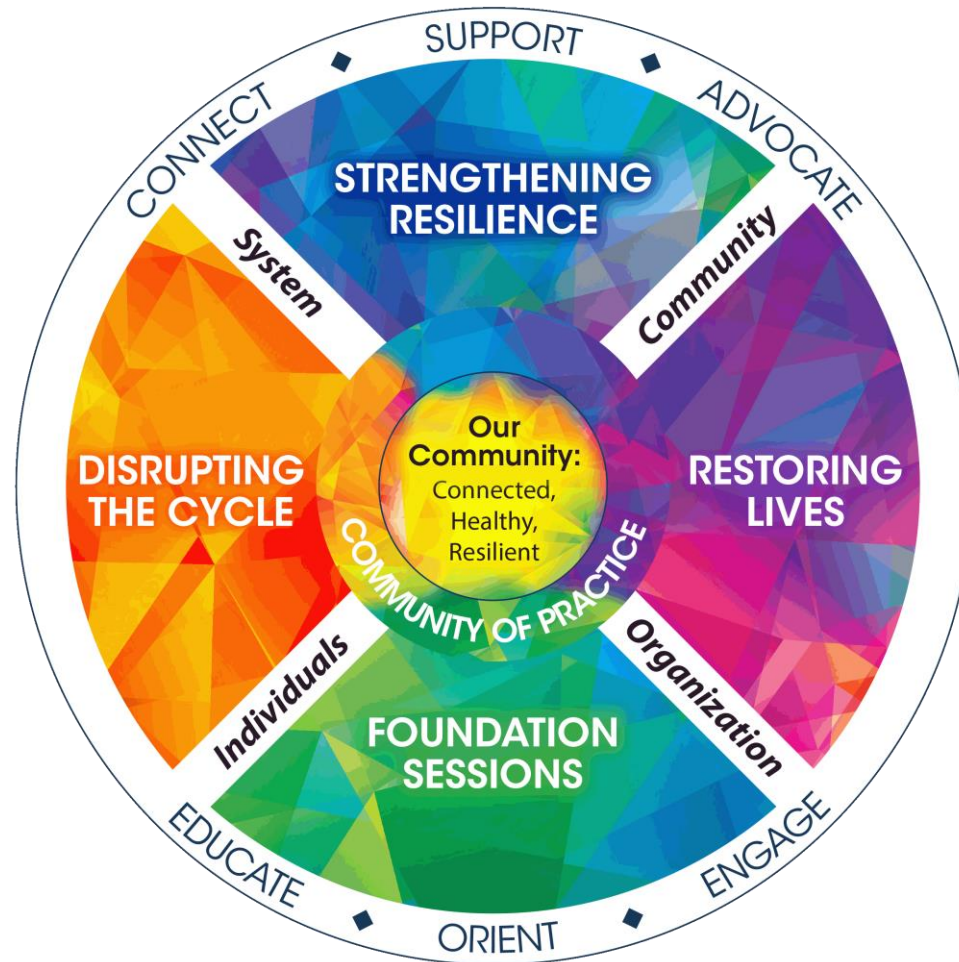
- Early Childhood
- Education PK-12
- Higher Education
- Youth Serving Organizations
- Non-Profit
- Government
- Elected Officials
- Healthcare
- Faith-based
- Law Enforcement
- Civic Volunteer
- Neighborhood Associations
- Business
- Media
- Mental Health Providers



Building Community Infrastructure



Role of Support Team/Backbone during *Foundation Phases*



Impact of Foundation

A photograph of a male doctor with glasses and a stethoscope around his neck, wearing a light blue checkered shirt, examining a young girl with long red hair. The girl is sitting and looking towards the doctor. The background shows a clinical office with a printer and a sign on the wall.

**ACEs/TIC:
A Shift in
Perspective**

**Dr. David Gerhard, MD, Pediatrics
shares his trauma-informed
perspective shift story.**

Watch the video [▶](#)

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Monday - Thursday	8 a.m. - 7 p.m.
Friday	8 a.m. - Noon
Weekend & Holidays	8 a.m. - Noon

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360-796-3333

SUNDOWN
HOSPITALS

Impact of Foundation

To Improve Youth Mental Health,
La Crosse Project Teaches
Community About The Impact Of
Trauma

Leaders Say Building A Trauma-Informed
Community Will Help Reduce Stress For Kids,
Teach Healthy Coping Skills

By Hope Kirwan, Wisconsin Public Radio
Published: Monday, January 27, 2020, 6:00am



Partner Impact Letters

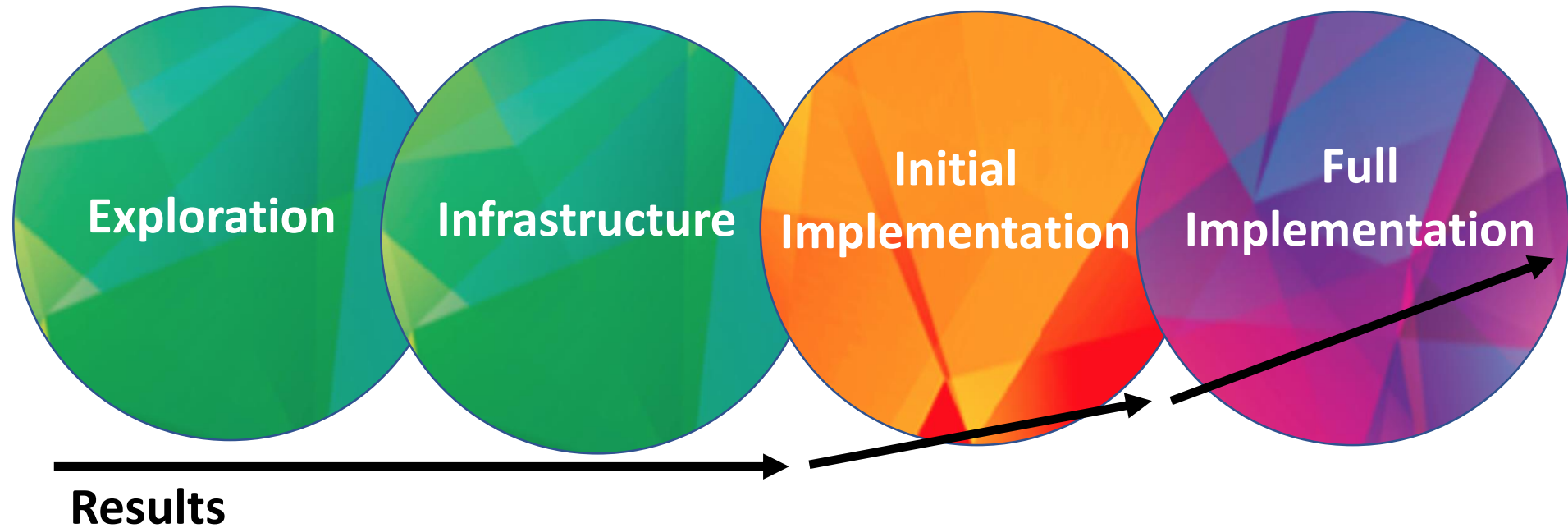
Youth-Serving Organization Partner: “As a result of the relationships and mindset that we have been nurturing as a part of the RTIC effort, we have begun to collaborate with community partners in a new way.”

Human Services Partner: “...true community collaboration is hard, sometimes uncomfortable and slow going. However, the payoff is immense, impactful and lasting...we have responsibility to break away from our siloed, fractured systems, and find ways to collaborate at new levels if we want sustainable change. The RTIC initiative has given us new and supportive hope.”

Health Department Partner: “I truly believe RTIC is changing the culture in a way I have not seen or known possible. Addressing the various levels of community, systems, organizations, and individuals is the ultimate challenge and a goal that RTIC has in its cross hairs; I believe it will achieve change at all levels.”



Four Implementation Phases



The Action Phases:

Initial Implementation - *“Learning Together”*
Full Implementation – *“Doing Together”*

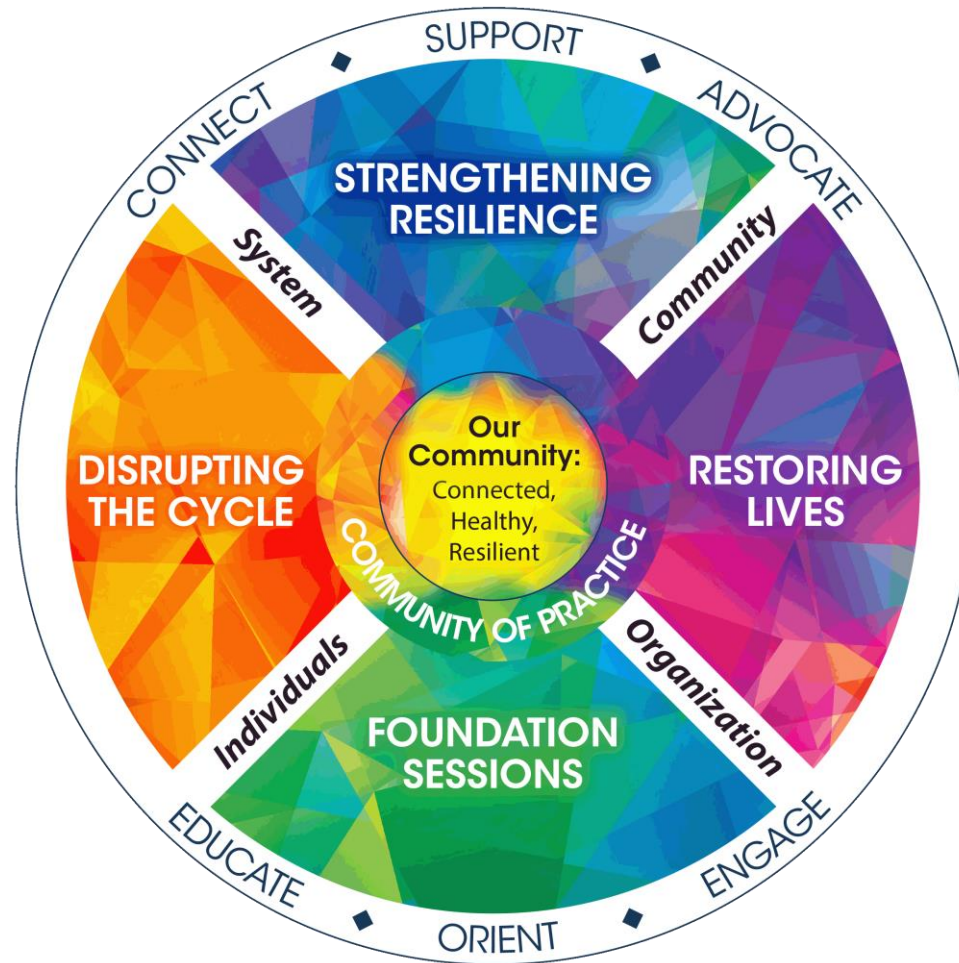


What the Work Looks Like in a Resilient and Trauma-Informed Community

Resilient Organizations – Effective Partnerships – Efficient Systems



Role of Support Team/Backbone during *Action Phases*



Supporting Trauma-Informed Organizations

RTIC Strategies and Interventions Planning Guide

Section 1 & 2

RTIC Principles

Applying the six trauma-informed principles to practices,
procedures and policies



Trauma-Informed Community built on Effective Partners and Efficient Systems

What does collaborative community work look like?

RTIC Strategies and Interventions Planning Guide
Section 3 & Explaining RTIC System Strategy Teams



Full Implementation

“Doing Together”

**“When the Process of Changing How We Work Together
becomes the Solution”**

Transforming the community system through active
and on-going collaborative partnerships to
Disrupt the Cycle, Strengthen Resilience & Restore Lives



Building Towards Collective Actions

Initial & Full Implementation



Community partnerships built in the **Foundation** leads to....

strategy development through “collective seeing, learning & doing” to **Disrupt the Cycle, Strengthen Resilience & Restore Lives**

www.resilientcommunitieswi.com

Thank you for your attention!

If you want to go fast, go alone.

If you want to go far, go together.

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