

TRAUMA-INFORMED TRAINING AND RESOURCE DIRECTORY

As a result of the Healthy By Design Coalition DE-STRESS grant project (2014-2017) several resources were created to help move trauma-informed care forward in our community. Below you will find descriptions and links to specific resources. All resources linked in this document are available for use at no cost.

We understand that over time items may need to be adapted or updated. We ask that any adapted resources are acknowledged verbally and in writing with the message: “Developed in collaboration with the Healthy By Design Coalition”. Please contact the Healthy By Design Manager at info@hbduc.org with any specific questions regarding use of these resources.

Introductory Trauma-Informed Care Training

About

An introductory training was created that explores trauma, adverse childhood experiences (ACEs), and the 5 domains of trauma-informed care. A slide deck was created to help over 20 trainers across Billings become certified to teach this 1.5 hour course. The slide deck under “resources” below is the master deck of all possible slides trainers use when delivering this training.

Resources

Slide Deck

- [Master Slide Deck](#)

Handouts

- [Top 10](#)
- [Finding Your ACE Score](#)
- [Fallot and Harris 5 Domains Worksheet](#)

Sector Specific and Secondary Training

About

Beyond introducing the basics, many training slide decks were created for a specific audience or purpose. These trainings go further into the topic of trauma and look at specific skills to respond. Some of the skills explored include: self-care, de-escalation, and motivational interviewing.

Resources

Slide Decks

- [Social Service](#)
- [Health Care - General](#)
- [Health Care - Patient Care](#)
- [Schools and Childcares](#)
- [Child Welfare Systems](#)
- [Criminal Justice](#)
- [Addressing the Impact of Divorce](#)

Handouts

- [Self-Care Assessment](#)
- [Maintenance Self-Care Worksheet](#)
- [Emergency Self Care Plan](#)
- [When You Are Under Stress](#)

Organizational Assessment Toolkit

About

A local toolkit was created to provide local organizations clear steps to assess their strengths and gaps in providing trauma-informed services using the five domains of trauma-informed care. Influenced by the many available models of assessment on the market, this toolkit follows a 6-month process that aims to help entities create a plan of action through staff and client surveying and a staff-led integration team.

Resources

- [Organizational Assessment Toolkit](#)
- [Electronic Staff Survey Instructions](#)

ACEs Public Awareness Campaign

About

In order to raise general awareness of ACEs across our community, a successful social marketing campaign was developed and implemented. In order to introduce this sensitive topic to the general public, we created several resources to help deliver this message. In addition to utilizing the digital files below, we also are currently able to provide printed materials at no cost.

Resources

- [Website Landing Page \(HBDYC.org/ACE\)](#)
- [ACE Introduction Video – 60 seconds](#)
- [What Do You Carry? - Rack Card FRONT](#)
- [What Do You Carry? - Rack Card BACK](#)
- [What Do You Carry? - Poster](#)

ACEs Organizational Training Awareness Campaign

About

To help organizations promote internal training opportunities for their staff, various materials were created. All resources below are free to be used when delivering training to your organization.

Resources

Email Outreach

- [Training Email Messaging Template](#)
- [Email Image Female 1](#)
- [Email Image Female 2](#)
- [Email Image Male 1](#)
- [Email Image Male 2](#)

Flyer/Handout

- [Training Card Handout Template](#)
- [Training Flyer Template Female 1](#)
- [Training Flyer Template Female 2](#)
- [Training Flyer Template Male 1](#)
- [Training Flyer Template Male 2](#)

Mindfulness for Stress Reduction Program

About

A six-week mindfulness for stress reduction curriculum was adapted for the needs of health care professionals working in busy medical settings. Modeled on the Mindfulness Based Stress Reduction (MSBR) program by Jon Kabat-Zinn, PhD., the program provides exposure to mindfulness meditation practice. While this program is no longer offered, the curriculum handouts are available for download.

Resources

- [Mindfulness Curriculum Handout](#)

Organization and Resource Referral Directory

About

In order to better disseminate local resources electronically in one central location, grant partners assisted in the development of our local 211 system. Utilizing a nationally supported system, we entered data and improved the user experience of our state-wide system. In 2019 Yellowstone County implemented call services and community members are now able to dial 211 on their phones and talk with trained staff who can guide them to local resources.

Contact

United Way of Yellowstone County
2173 Overland Ave, Billings, MT 59102
406-272-8509 bludwig@uwyellowstone.org

Resources

04/15/2019

- Montana211.org

Walla Walla Mental Health Clinic

About

Walla Walla University – Billings Campus opened up their student based mental health clinic April 2015. With continued funding post-grant we are excited to have this affordable resource for counseling services on the south side of billings.

Contact

Walla Walla Mental Health Clinic
2520 5th Ave. S, Billings, MT 59101
406-254-0308 wwwu-billingsmhc@wallawalla.edu

Resources

- [Mental Health Clinic Website](#)