National Trauma Campaign News

Navigating COVID-19 Relief Funds and Opportunities for Collaboration for a Trauma-Informed Nation

National Trauma Campaign Update

When the National Trauma Campaign launched in February, there was a huge need for trauma-informed and resilience-focused policies and practices around the country. The coronavirus pandemic is contributing to the already dire need for this change we set out to make. The National Trauma Campaign Core Team has developed toolkits and resources to continue to grow our efforts during this time. We invite you to check out our COVID-19 Action Toolkit and COVID-19 Resources to support COVID-specific advocacy and tools to use during this time. We have been advocating for CARES Act dollars to be spent in states to develop/bolster trauma-informed programs, with the greatest opportunity currently being in the education system due to the more than $3 billion allocated to states through the Governor’s Emergency Education Relief Fund.

A big win for the Campaign was the bipartisan Dear Colleague letter that was drafted by Representative David Trone and signed by 22 total U.S. Representatives, advocating for $100 million dedicated to trauma-informed programs. This request includes money to make schools trauma-informed in response to new needs of children and youth during and following this pandemic, as well as funding to support the mental health and wellness of first responders, health care workers, and their families. The National Trauma Campaign network played a major role in circulating this Dear Colleague letter to Congresspeople and their staff around the country! Great work!

Save the Dates!

Do you have questions/thoughts about trauma-informed advocacy, policy developments, or how you can help advance the National Trauma Campaign?

Join the Campaign Core Team for “office hours” the third Wednesday of each month (CTIPP CAN call days) at 4-5 PM ET! We will be in touch with a Zoom link for 6/17 soon.

TRAUMA IS COMMON, PERVERSIVE, AND EXPENSIVE... AND THERE IS HOPE.

JOIN THE NATIONAL TRAUMA CAMPAIGN TODAY!

#TRANSFORMTRAUMA
#TRANSFORMCHILDHOODTRAUMA
The CARES Act authorized various funding streams to address mental health needs due to COVID-19. The Campaign urges you to work with state and local leaders to install a trauma-informed approach. It’s important to act immediately—state and local leaders are making decisions about how to use those funds right now.

New Campaign resources are available to help you influence federal funding in your state!

- **Building Community Resilience (BCR) Collaborative** has developed a guide to navigating COVID relief funding from all federal agencies: [COVID-19 Response Legislation Key Provisions](#).

- The Campaign partnered with Saint Francis Ministries to develop this education guide that focuses on the Education Stabilization Fund that has sent flexible federal funding to your state. The Fund permits state and local school systems to address mental health needs and provide social-emotional supports: [Information and Tools for Directing Flexible Federal Education Funds to Support Trauma-Informed Classrooms and Systems](#).

- **Infographic** and video from STARR Commonwealth: Use this image and/or video to quickly share the message of the widespread impact of trauma and the cost-savings if addressed.

- **This sample letter to your Governor** can be customized to reach the Governor’s office about having a trauma-informed response to the pandemic. [This article](#) about Governor Tom Wolf (PA), who just announced his state will become fully trauma-informed.

- **NYS Trauma-Informed Legislature Initiative Toolkit:** Liaisons and campaign participants will benefit from lessons learned in New York by their ACEs team. In one year, they successfully reached many NY legislators by an intentional educational outreach about trauma-informed care.

- The blog post [Energizing a Trauma-Informed Response to COVID-19: An Opening to Seize Within Current Federal Funding](#) provides background and can be shared with state and local decision makers as a way to open the conversation.
Humans are remarkably resilient. We at the CTIPP National Trauma Campaign Core Team are continuing to engage with advocates, legislators, providers, and survivors as our world navigates the pandemic. We continue to be struck by the inspiring stories people have shared about the creative ways they have found to cope, connect, and collaborate to continue moving forward in the COVID-19 era. **There is power in storytelling.** Stories can help advance trauma-informed legislation as they resonate with policymakers and also instill hope by reminding us that within each of us are unique tools and strengths that we may mobilize to emerge from challenging times stronger than ever before.

As we continue to grow our grassroots movement to educate and activate our Congresspeople—and, ideally, our entire nation—around advancing trauma-informed change, we encourage you to share your personal accounts of how a trauma-informed approach has made a positive difference for you. We hope that, by creating a meaningful dialogue around how new possibilities can emerge when we honor lived experience, others will feel empowered to join the movement to advance awareness of and sensitivity to the ways in which trauma can indelibly impact a person throughout their entire life.

By engaging in this collaborative effort together, we can collect and disseminate these lessons learned to illuminate to legislators and stakeholders how a trauma-informed approach will bolster individual and collective resiliency to create a healthier, stronger America. **Click below to learn more and to share your stories with The Campaign!**

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**Moving Resiliently Through COVID-19**

Take up to 3 minutes to share what you are feeling/thinking, how you are coping, creative adaptations you have noticed, or whatever else related to navigating the pandemic you might like to share. **Watch the short video at the top of the page for guidance!**

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**Trauma Transformed**

Please take up to 3 minutes to share your stories of transforming trauma and insights on new possibilities that have emerged as a result of implementing trauma-informed policies and practices. **Watch the brief video at the top of the page for some direction/inspiration!**

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We invite you to tell your story in this format **only if you feel safe** doing so. Similarly, as you view others’ shared stories, please know that there may be discussions around topics that you may understandably be activated by. Resources to help you keep yourself safe and manage distress are available on the FlipGrid pages linked in the screenshots above.
You matter. Thank you for accepting the role of Local Liaison and for advocating to create a trauma-informed Congress.

Living in this unprecedented time may bring up a variety of different feelings, emotions, and expressions. We acknowledge your tremendous efforts as you balance work and home life while playing the additional role of Local Liaison during a pandemic, and we encourage you to practice self-compassion and self-care as we work together to advance collective compassion and collective care. To support you in nurturing your wellbeing, we have provided a brief, self-guided mindfulness activity below.

Whether you are sitting, standing, or lying down, bring attention to what may make you feel centered and grounded. Whether it is your foot/feet, your sit bones, or your back, imagine that part of your body is safe and steady, supporting you being centered and grounded.

Bring awareness to your breath. Simply notice it. Is it shallow and fast? Is it deep and slow? Is it in between? Just notice the breath. If other thoughts arise, acknowledge them, and bring your focus back to your breath. When you are ready, bring your awareness to each inhale and each exhale. If you would like you can attach a word to each inhale and each exhale. Some examples:

- **Inhale**… I am safe.
- **Exhale**… I am steady.
- **Inhale**… I matter.
- **Exhale**… I care.
- **Inhale**… kindness.
- **Exhale**… love.

As you end your mindful moment, take one more focused **inhale** through your nose and **exhale** through your mouth. It can be difficult to find a few moments to catch your breath, especially right now. We hope the mindful moment provides you with respite as well as a reminder that we are grateful for you and that you matter.

Stay well and take good care,

Your National Trauma Campaign Core Team

#TransformTrauma  #TransformChildhoodTrauma