

National Trauma Campaign News

Springing into Action to Advance Trauma-Informed Change

The American Rescue Plan Act: Make Your Community Trauma-Informed

Your voice and your actions are needed. The American Rescue Plan Act of 2021 (ARPA) offers tremendous opportunities for ensuring that various public systems are equipped to identify and respond to the predictable effects of trauma caused during this pandemic era. Congress acknowledged the toll that the pandemic has taken on emotional health and well-being. A word search for “mental health” highlighted the term 30 times throughout the lengthy bill. State and local leaders, like you, can advocate for the resources in the ARPA to be used to support systems-level interventions as part of pandemic relief and recovery.

Some examples include (bill section references provided):

- **K-12 Education:** Present a plan to your state and local education decision makers for training and supporting every adult in school settings on how to recognize signs of trauma in children and each other and respond appropriately (Section 2001, Elementary and Secondary School Emergency Relief Fund).
- **Early Childhood:** Make sure your state’s child care leaders and providers know the training, technical assistance and supports that work to address the “mental health needs of children and employees,” which is an allowed use of the funds. (Section 2202, Child Care Stabilization Funding).
- **Hospitals, Clinics, Treatment Providers, Pediatrician Offices:** Convince decision makers to apportion funds to provide training, technical assistance and support that results in health care professionals and personnel in all settings knowing how to identify and respond to the effects of trauma in their daily interactions with patients, family members, and one another (Sections 2701, 2702, 2703, 2705, 2707, 2711, 2712, 2713, Subtitle H – Mental Health and Substance Use Disorder).
- **Community-Based Mobile Crisis Services:** Encourage your state leaders to opt in to the five years of federal financing for Community-Based Mobile Crisis Intervention Services that require a team of health care professionals who “are trained in trauma-informed care, de-escalation strategies and harm reduction.”
- **Family Strengthening:** Work with state leaders to ensure that the unprecedented increase in resources to prevent child maltreatment and stabilize families are delivered through trauma-sensitive approaches, programs, and environments (Sections 2205, Child Abuse Prevention and Treatment Act, and 9101 Emergency Assistance to Families Through Home Visiting Programs).

More generally, the flexibility provided in the bill offers the possibility that leaders can coordinate resources toward the shared goal of ensuring all relevant public systems are trauma-sensitive.

The National Trauma Campaign has a [bill summary](#) available and will be hosting a webinar on May 6th at 1pm Eastern to share more details on the ways provisions in the bill can be directed toward addressing trauma and building resilience. [You can register for the webinar here!](#)

Statement Condemning Anti-Asian Racism

The coronavirus pandemic has been used as yet another vehicle to foment anti-Asian sentiment in our nation and across the globe. While [details about the shootings in Atlanta are continuing to emerge](#), it appears that the broader context comprises a continuation of a historic and traumatic upsurge of anti-Asian discrimination and violent racist attacks we have all bore witness to of late.

[Since more than 160 years ago, when people of Asian descent arrived in the US, anti-Asian violence and oppression has been embedded in America's history.](#) In the last year, major cities nationwide saw a startling and significant uptick in interpersonal and structural racism toward Asian Americans and Pacific Islanders (AAPI) spurred by [divisive, inaccurate, and harmful rhetoric](#), particularly by some of our political leaders, around the COVID-19 pandemic. Experts estimate that [anti-Asian hate crimes rose by an astonishing 149% in 2020](#), with the group Stop AAPI Hate recording [at least 3,795 reports of hate-fueled incidents](#) against AAPI in the last year, and that [AAPI women were more than two times as likely to report incidents than men](#). Indeed, racialized misogyny is the lived experiences of many AAPI women, and we must combat the fetishization and objectification of Asian women by diagnosing it accurately.

A robust and growing body of research indicates that experiencing [race-based traumatic stress can have substantial mental and emotional health impacts](#). The anxiety and anguish among the AAPI community in response to this shared trauma is palpable, and [we cannot be complicit](#). CTIPP stands with AAPI across the country who have been impacted by these ongoing xenophobic attacks that have led to an increase in the number of AAPI who feel unsafe, and commits itself to honoring those lost through meaningful action that will help extinguish the hate and violence inflicted upon AAPI.

Our action will consider how to best call on policymakers and stakeholders to invest in linguistically-accessible and culturally-responsive services as well as dismantle the [white supremacist frameworks](#) that have continued to allow this traumatization and re-traumatization inflicted upon AAPI to persist. With the knowledge that understanding historical trauma and how it impacts AAPI experiences is a key component of cultivating a more just and equitable sociopolitical landscape, CTIPP's staff, board, and advisors will strive to educate ourselves on the history of racism and perpetuated views of "forever foreigners" to understand the lived experiences of AAPI persons, who have to constantly claim their status as American citizens. We will create spaces to actively listen to AAPI communities and honor what they are saying that they need from our policymakers to move toward healing and flourishing.

If there is a policy initiative that you believe will support this effort to foster resilience and healing in the face of trauma and structural violence against AAPI, please [contact us](#) so we can consider how to include it in future calls to action.

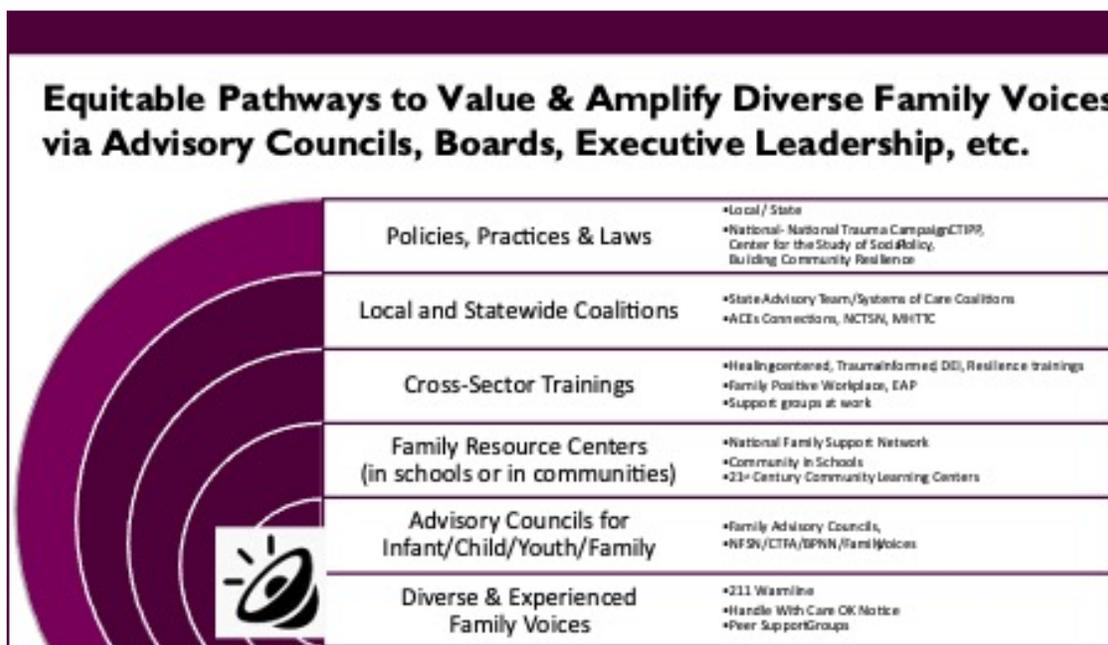
Those seeking more information on what they can personally do right now to fight violence and racism against AAPI may find [this PBS article](#) to be a good starting point. UC Davis has also compiled [a robust list of resources](#) for understanding and addressing racism against AAPI.

Walking the Walk: Mobilizing Stimulus Funds for Equitable Pathways

Now is a unique time in history. The pandemic has provided seismic disruptions that are clearing a path to shift our culture upstream. So many people and communities have been talking about the needs for decades. Are you willing to walk the walk?

Now that Congress has passed the next round of stimulus funds, states must continue to mobilize and incorporate these upstream approaches into strategic plans and budgets. Your role as a community advocate is a critical bridge between leadership teams and families in crisis. The relationships and trust that you have cultivated over the years is often the missing piece to create healing-centered systems.

As more of an emphasis is put on the importance of cross-sector initiatives, which increase coordination, we encourage you to think big and be bold in your advocacy. How can you use these examples in your communities to establish transformative relationships? What is resonating with your communities to help improve outcomes for children and families? How can you create equitable pathways to value and amplify diverse family voices? These cross-sector initiatives create a positive ripple effect and are worthy of funding.



* Key cross-sector initiatives that create an equitable leadership pipeline of leaders with lived experience include: 211, Handle With Care, peer support groups (families), parent advisory councils, support groups at work, family resource centers, and healing-centered cross-sector coalitions (local, state, national) that can incorporate a continuous quality improvement effort of policy, practice and legislation.

On Unity

During 2020, amidst the challenges of a global pandemic, the National Trauma Campaign was launched. Today, we celebrate that its network currently includes nearly 500 members spanning all 50 states and continues to grow! To date, the Campaign has operated with minimal funding and with volunteer labor only. Creating buy-in, along with fostering collaboration, participation, and community ownership, have been the cornerstones for building community acceptance as we prepare for the tasks ahead.

However, sadly, adding to the challenges of COVID-19, the world is a divided place. As members of the National Trauma Campaign, by promoting trauma informed care individually and collectively, this network has an opportunity to prioritize empathy, kindness, and hope as the “plumb line” for building resilient communities in the future. These are necessary ingredients for dialogue, problem-solving, and change.

From the Adverse Childhood Experiences (ACEs) study we have learned that the lasting effects of childhood trauma can be mitigated and that what is fact does not have to be fate. Let us also refuse to accept that division must be our fate. The late Senator Edward Kennedy said, *“What divides us pales in comparison to what unites us.”* Unity can be defined as two or more people or groups joining together to act as one. Through participation in the National Trauma Campaign, there is an opportunity to stand united as one against unaddressed trauma occurring across the lifespan.

Exposure to violence is a national crisis that affects approximately two out of every three of our children. Each year, millions of children currently residing in the United States can expect to have their lives touched by violence, crime, abuse, and psychological trauma. In 1979, U.S. Surgeon General Julius B. Richmond declared violence a public health crisis of the highest priority, and yet 42 years later that crisis remains. The financial costs of children’s exposure to violence are astronomical. The financial burden on public systems, including child welfare, social services, law enforcement, juvenile justice, and, in particular, education, is staggering when combined with the loss of productivity over children’s lifetimes.

It is time to ensure that our response to children’s exposure to violence is a united one. Whether you are an educator, in healthcare, serving in the justice system, or professional of any kind, let us unite as one against trauma negatively affecting children’s lives any further. Let us sound as one voice reaching out to our state and federal legislators on this important issue. Let us rise above division and refuse to allow violence to deny any person their right to physical and mental health services or to access any pathway needed for becoming successful students, productive workers, supportive parents, responsible family members, and contributory citizens.

Member Spotlight: Kimberly Ladd

Kimberly Ladd is a mother, wife, friend, and fierce advocate for trauma-informed care, particularly as it relates to addiction and treatment systems in our country. She has been growing greater recognition after stepping away from her corporate job in 2018 to start the Maury County Prevention Coalition, a 12-sector community organization focused on collaboration, education and advocacy to promote resilience, facilitate recovery and prevent substance use disorder for future generations. Her story was recently published in [People Magazine](#), though she felt their work of upstream prevention was underemphasized, the notoriety is significant.



Kimberly's interest in policy and advocacy began as a result of witnessing the impact opioids had on her own family. Having experienced opioid addiction herself, then subsequently struggling to find treatment for her daughter who was late-term in her pregnancy at the time, fueled Kimberly to action.

Witnessing firsthand the stigma, lack of treatment resources, and disconnected systems of care led her to organize a community town hall to raise awareness and connect people to services that eventually led to the birth of the organization.

Committed to a proactive approach to prevention, Kimberly believes trauma-informed communities can work together toward creating a shared vision for promoting child and family well-being and ensuring that all families can access the support they need to reach their potential.

"I like to remind myself and others it takes a village to raise a child it takes a community to help one reach their potential. Community-based strategies that target two-generational, whole-family systems that build protective factors of resilience are worth investment," she says.

Kimberly's story is just one of many that help move people toward greater compassion and willingness to work toward trauma-informed systems. In addition to sharing her own story, Kimberly wants to help others share theirs and add to the chorus of advocates around the world. "The stories we tell about ourselves have a major impact on the outcomes we see."

The National Trauma Campaign invites you to share your story as we work to bring together stories of trauma and resilience to show how these issues broadly impact so many individuals, families, and communities. We invite you to [submit a post](#) about your own story and why you joined the Campaign, and to read the growing list of stories on our [Share Your Story page](#).

CTIPP CAN Calls

The **CTIPP Community Action Network (CTIPP CAN)**, held the **third Wednesday of each month from 2:00 PM - 3:30 PM EDT**, is a monthly remote presentation open to all.

CTIPP CAN presentations have two objectives:

- ◆ During the first half-hour of CTIPP CAN calls, representatives from the CTIPP National Trauma Campaign and distinguished guests report on developments on trauma-informed legislation under consideration in Congress and opportunities for advocacy.
- ◆ During the remaining hour, speakers present on issues of importance to those involved in promoting trauma-informed programs at the Federal, State, and local levels.

CTIPP CAN Call-In Information



Link to join using the Zoom app on your computer, tablet, or smartphone:
<https://us02web.zoom.us/j/742183645>

Phone number to join by calling in on your phone:

Dial **+1-929-205-6099**

Then, when prompted, enter **742 183 645** as the Zoom Meeting ID

Upcoming CTIPP CAN Topics:

April 21st: Leaders from two states that have created statewide trauma-informed plans and established statewide offices to implement the plans - the New Jersey ACEs Action Plan and HEAL PA (New Jersey's and Pennsylvania's statewide plans respectively) - will present on the process of creating a comprehensive statewide initiative and where their work is going.

May 19th: three CTIPP Board members (Marsha Morgan, Mimi Graham, and Sandy Bloom), along with other experts in the field (Steve Brown and Steve Kaufman) will present on the analysis that organizations can use to determine if their organization is trauma-informed, and if not, where along the spectrum their organization is.

June 16th: presentations on three very different schools that have implemented trauma-informed initiatives that not only significantly reduced suspensions and teacher turnover, but changed the entire culture of the schools. We will also have a presentation from the Alliance Against Seclusion and Restraint, which advocates to eliminate these practices in schools.

Campaign Office Hours

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

Join the Campaign Core Team for our monthly "office hours," held from 4:00 - 5:00 PM ET each month right after the CTIPP CAN calls. [Click here to join us!](#)



Online Film Festival & Discussion

The [National Trauma Campaign](#) has partnered with [PACEs Connection](#) and [the Relentless School Nurse](#) to host the [Transform Trauma with ACEs Science Film Festival](#). The films chosen for this series focus on generational, historical, racial, and vicarious trauma as well as individual-, community-, and systems-level healing and change. With the pandemic and collective efforts to address racial trauma and healing, we hope to stimulate collaborative conversations related to preventing and healing trauma and inspire trauma-informed change.



The next community discussion will center on the film [Wrestling Ghosts](#), [streaming for free on PACEs Connection on June 12th and 13th](#).

Joining us for the community conversation on **June 15th at 7pm ET** will be Ana Joanes, director/producer of *Wrestling Ghosts*, who is deeply dedicated to inspiring conscious action and systemic change through film.

To join in on the discussion, [pre-register here!](#)

Mindful Moment

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness **S.N.A.C.K.**! Here's how to do it:

S

STOP

Just stop whatever you're doing. Stopping, by definition, requires us to begin again. We can *always* begin again.

N

NOTICE

What is happening within and around you?

A

ACCEPT

This is a tricky one—whatever it is you're struggling with (time, kids, sleepiness, frustration), acknowledge it for what it is, without judgment.

C

CURIOUS

Ground yourself with questions about your experience and environment: *What am I feeling? What do I need right now?*

K

KINDNESS

Respond to yourself and others with kindness and observe how that helps things get back on track.

Adapted from content from [mindful.org](https://www.mindful.org) and <https://www.carlanaumburg.com/>

Please consider [making a donation to support the Campaign!](#)

Donations will be made to the 501(c)(3) organization CTIPP and are 100% tax deductible. Your generosity helps support the Campaign infrastructure to ensure federal policies support recognizing, preventing, and responding to trauma.