



**Trauma Informed Work
Group of Barry County**

A Collaborative Community Project
Sponsored by Barry County Great Start

Building a Trauma Aware & Informed Barry County

DEB TIMMERMAN & BILL MATTSON

Introductions



Bill Mattson, Executive Director
Family Support Center of Barry County



Deb Timmermann, Chief Resilience Officer
Deb Timmermann & Associates, LLC

History of the Trauma Informed Workgroup

- Great Start Collaborative work group committee (2018)
 - 17 key partners – GSC, ISD, Prevention Partner, Health Department, CMH, United Way, 3 PCP clinics, 4 school districts, CASA, DHHS, and community foundation
- Research on grant funding through Michigan Health Endowment Fund (2019) proposed deliverables included:
 - Trauma Assessment Tool
 - Education Events
 - Resource List

History of the Trauma Informed Workgroup

- Denial of 2020 MHEF Grant
- COVID-19 & a change in workgroup leadership
- Reimagining of a MHEF Grant Proposal (2021)
 - Community Voice (6 townhalls planned)
 - Educational Offerings (12 sessions planned)
 - Community Impact (database of people screened, List of resources in Barry county)
- \$40,000 Grant Awarded from MHEF

Re-imagining the Group

- Shift in Mindset from a medical professional focused set of deliverables to a community building mindset
- Most “bang” for the buck/hour available
- Measurement of aces and zip codes of trauma assessed patients to Community engagement & community education

Community Voice Process

- We defined community to include all citizens of Barry County.
- We engaged the community in a “Community Building” mindset. This mindset used the following strategies:
 - Leverage and strengthen social networks
 - Engage citizens in planning and vision setting
 - Leverage community capacity to solve collective problems
 - Collaborate with systems and organizations to improve social and community outcomes
- This engagement was through a series of 5 townhall meetings.

Collaborators

- COLLABORATED WITH OVER FORTY-FIVE (45) AGENCIES AND MANY INDIVIDUAL COMMUNITY RESIDENTS
- LOCAL BANKS, CTM DESIGNATED PREVENTION PARTNER, COMMUNITY ACTION AGENCY, COMMUNITY MENTAL HEALTH AUTHORITY, COUNSELING AGENCIES, COUNTY COURT, COURT APPOINTED SPECIAL ADVOCATE, DEPARTMENT OF HEALTH & HUMAN SERVICES, DOULAS AGENCY, EMS, FAITH-BASED RESOURCE AGENCIES, GREAT START COLLABORATIVE, GUN LAKE TRIBE, HASTINGS SCHOOL DISTRICT, HEALTH DEPARTMENT, INTERMEDIATE SCHOOL DISTRICT, MICHIGAN WORKS, AGENCIES FOCUSED ON RESILIENCE BUILDING & STRESS REDUCTION, PUBLIC LIBRARY, SHERIFF'S OFFICE, AND, THE UNITED WAY.

Events & Community Exposure

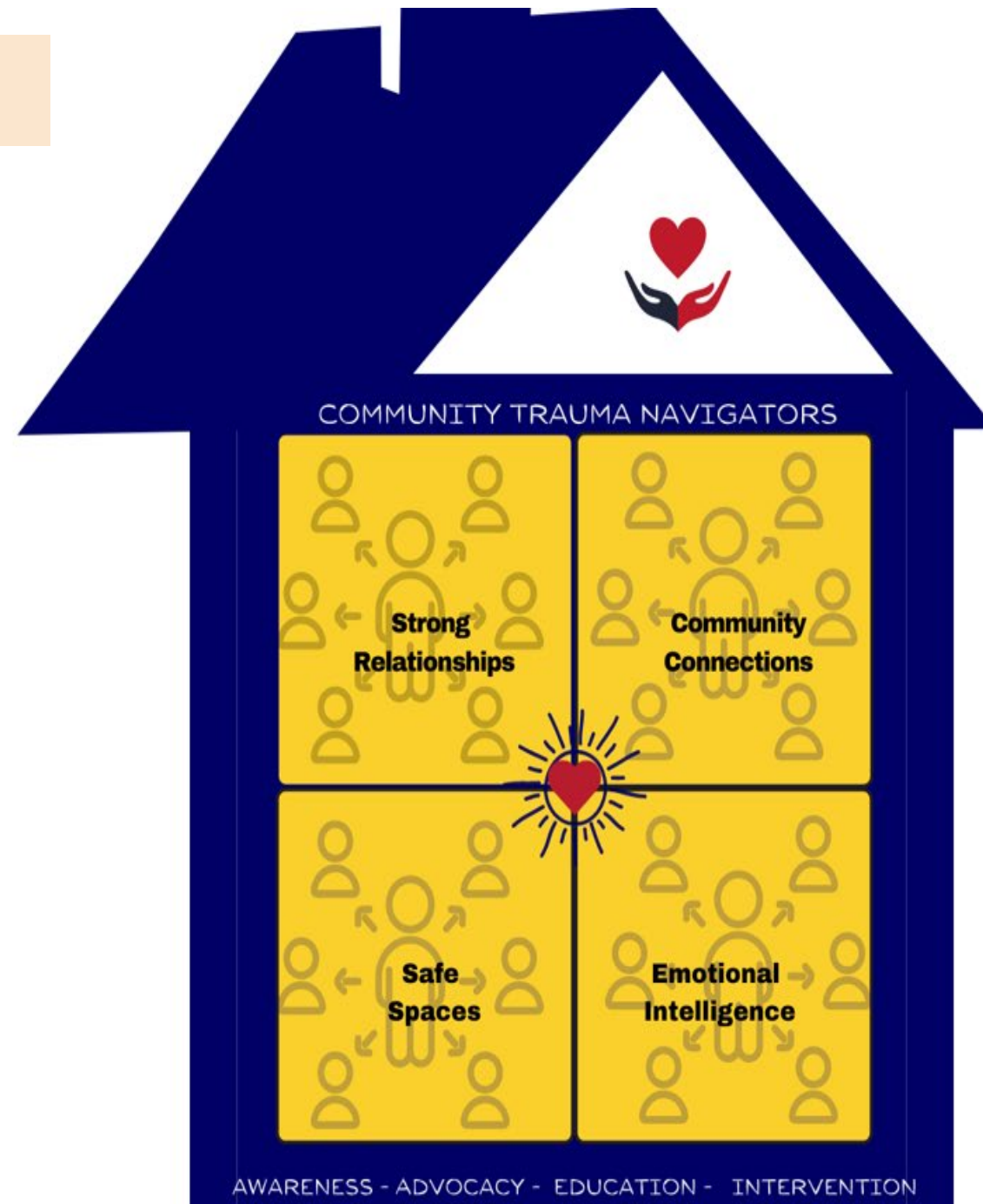
Over the grant period we provided free of charge to the community

- 17 community yoga sessions
- 4 mental wellness nature walks
- a trauma related book study at the local library
- 2 presentations on “Tools for Stress Reduction”

Over the grant period we hosted 34 educational events

- N.E.A.R. Science (Neuroscience, Epigenetics, ACEs, and Resilience)
- ACEs 101 (Adverse Childhood Experiences)
- Positive Childhood Experiences (PCE)
- Michigan ACEs
- Community Champion Training of Trainers
- Resilience Building
- Stress Reduction.

MiACE 2023 Conference Poster
Presentation



Deliverables

Violence
Self-Harm
Depression
Phobias
Anxiety
Eating Disorder
PTSD
Anger
Compulsive Behavior
Shame
Pain
Nightmares
Guilt
Fear
Low Self-Esteem
Inability to Trust
Trauma

STRESS REDUCTION

TO TAKE CARE OF OTHERS, YOU MUST FIRST CARE FOR YOURSELF.

MEDITATION

Practice mindfulness by staying present in the moment, and, engage in meditation to calm the mind and reduce anxiety.

DEEP BREATHING EXERCISES

Practice deep breathing to trigger the relaxation response by trying box breathing or 4-7-8 breathing.

REGULAR EXERCISE

Engage in physical activity to release endorphins, by finding activities you enjoy, whether it's walking, jogging, yoga, or dancing.

HOBBIES & LEISURE ACTIVITIES

Engage in activities you enjoy to take a break from daily stressors. Pursue hobbies that bring you joy and relaxation.

FACEBOOK.COM/TRAUMA_AWARE_BARRY_COUNTY_WORKGROUP

BUILDING A TRAUMA AWARE BARRY COUNTY

What the Community Needs to Know About Psychological Trauma

By increasing public awareness about psychological trauma, Barry County can foster a more supportive and compassionate locale for residents who have experienced trauma. This awareness can contribute to the creation of trauma aware Barry County that prioritizes empathy, healing and understanding. The community can build trauma awareness by understanding:

Wide Range of Experiences: Trauma can result from various experiences, including abuse, accidents, natural disasters, violence, or loss. It is not limited to specific events and can affect anyone.

Individual Responses Vary: People respond to trauma differently. There is no "typical" reaction, and individuals may experience a range of emotional, psychological, and physical responses.

Common Reactions: Trauma can lead to symptoms such as anxiety, depression, nightmares, flashbacks, hypervigilance, and avoidance behaviors. These reactions are the individual's way of coping with the distressing experience.

KEY DEVELOPMENTAL TRAUMA
Trauma Informed Community
Barry County
Barry Great Start
workgroup

Dealing with psychological trauma is a complex process that requires support, and various coping strategies. Here are some general strategies for individuals coping with trauma:

Establish a Support System
Share your feelings with friends and family.

Practice Self-Care
Engage in self-care activities that promote mental well-being.

Relaxation Techniques
Use mindfulness meditation, deep breathing, or progressive muscle relaxation to reduce stress and anxiety.

Know Yourself
Understand your trauma and its effects on your life.

Set Realistic Goals
Break down large tasks into smaller, manageable pieces.

Find Healthy Outlets
Engage in self-care outlets like art, writing, or journaling.

Maintain a Routine
Establish a structured daily routine to provide a sense of predictability.

SCAN ME

Scan for Trauma Informed Resources

Barriers

- Covid
- School Superintendent changes
- Lack of time by medical professionals and medical system
- Lack of capacity by local school districts
- No ownership in the community process (fired for not doing job)

Outcomes

- GSC dropped the idea of Trauma Inf WG
- Industries had their own spin on impacting the trauma issue
- Non-leadership members with no decision-making power.
- FSC built trauma awareness into educational process
- CMH is doing more (e.g., CBHC)
- Connected with Tuft's which is in business of making money
- Barry Courts, West Mi Works
- Secondary trauma (WMW)

Conclusion

- Passion vs. Vision
- Would we do it again? how would we do it?
- Non-profit mentality of doing it on the cheap.
It needed to be someone's job.

Questions??