



# FROM TRAUMA TO RESILIENCE: Fostering Hope through Trauma-Informed Care

Early life experiences are the foundational building blocks for development, learning, and health throughout a person's lifetime. Trauma can have a long-term effect on well-being and functioning for children, adults, families, and our community.

Gundersen National Child Protection Training Center has developed a new training on adverse childhood experiences (ACE) and trauma-informed care (TIC).

## Purpose

The purpose of training is to increase the community's collective ability to support individuals who have experienced traumatic events through the provision of supportive trauma-informed strategies and services.

## On-site group training options include

### ACE and Trauma-Informed Care Overview (90 minutes)

#### Introduction to ACE research (2.5 hours)

Participants will gain an:

- Understanding of the impact of trauma on development
- Increased understanding for working with challenging behaviors

## Opportunities for Impact

### Early learning

Knowledge about ACEs can help early learning professionals better understand parent's and children's behaviors. This is especially important because interventions are the most impactful with young children.

### Faith-based

Understanding the impact of ACEs on multiple generations can help leaders and volunteers in faith-based organizations better support the mind, body and spirit of individuals, families and communities.

### Healthcare

When considering that childhood experiences influence individuals' long-term health, information about ACEs provides healthcare professionals the opportunity to better understand, assess and support patients, and prevent future health concerns.

### K-12 education

Receiving training about ACEs can help educators and administrators better understand children's behaviors, develop appropriate interventions and help prevent risky youth behaviors.

### Community and youth-serving

Understanding ACEs can help community-based and youth-serving organizations effectively serve the needs of the community by providing quality resources and referrals, and devising new strategies to manage population health.

#### Trauma-Informed Care training (2.5 hours)

Participants should have a basic understanding of ACE research. The training incorporates lecture and interactive exploration through group discussion and activities, facilitated conversations and problem solving.

Participants will:

- Engage in the promotion of resilience
- Identify practical Trauma-Informed strategies

#### Comprehensive Trauma-Informed Care training (7.5 hours)

The training incorporates lecture and interactive exploration through group discussion and activities, in-depth facilitated conversations and problem solving.

Participants will:

- Learn in-depth information on ACE research and TIC
- Engage in the promotion of resilience
- Identify practical Trauma-Informed strategies

*Class limited to 30 participants and includes printed manual for each participant (\$600 value).*

**For more information or to reserve on-site training, contact Danielle Luckner at [dlluckne@gundersenhealth.org](mailto:dlluckne@gundersenhealth.org) or (608) 775-1104.**

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