



Training & Technical Assistance Menu

At the Community Health Commission of Missouri (CHCM), we provide training and technical assistance (TA) to help organizations and communities implement Equity-Centered Trauma-Informed Care (EC-TIC).

We offer a wide range of trainings to meet the needs of individuals, organizations, and communities.



Visit our website:

www.chcmmissouri.org



Equity-Centered Trauma Awareness Workshop

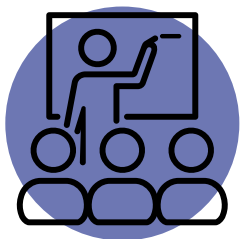
Consists of a one-time, 2-hour facilitator-led workshop concluding with a one-year certification

The EC-TIC workshop follows the **Missouri Model for Equity-Centered Trauma-Informed Care**, a practice-informed structured approach guiding participants through the five stages of implementation. CHCM will provide an equity-based experiential framework to increase the skills and knowledge base of learners, paraprofessionals, and practitioners in social services by providing an in-depth exploration and awareness of EC-TIC.

The EC-TIC workshop examines different types of traumas and their impact on cognitive development and health outcomes. Students will learn to apply a trauma-informed lens, shifting perspectives from **"What's wrong with you?"** to **"What happened to you?"** to foster empathy and healing. Through interactive discussions, attendees will gain practical tools to respond to trauma with understanding and support. Participants are encouraged to integrate what they have learned into their practicum experience and throughout their careers.

Participants will:

- ✓ Understand and define Equity-Centered Trauma-Informed Care, principles, stages, and significance in fostering healing and resilience.
- ✓ Analyze different types of trauma and their impact on individuals, families, communities, and health outcomes.
- ✓ Understand the concept of the Pair of ACEs (Adverse Childhood Experiences).
- ✓ Apply a trauma-informed lens to interactions and decision-making processes in on-the-job settings to foster trust and incorporate resilience-building strategies to prevent burnout.



Equity-Centered Trauma Awareness Workshop: Train-the-Trainer

Consists of a one-time, 16-hour facilitator-led training concluding with a two-year certification as a CHCM-certified trainer

This Train-the-Trainer training prepares facilitators to deliver EC-TIC education to diverse audiences effectively. Participants will deepen their understanding of **trauma, systemic inequities, and social determinants of health** while learning how to foster inclusive, culturally responsive learning environments. Through ethical hands-on practice and access to comprehensive facilitation tools, trainers will gain the **confidence and resources** needed to lead impactful, equity-centered, trauma-awareness workshops in their communities.

The training includes Continuing Education credits from an accredited academic institution. Refresher training is offered at the two-year mark. This option is most suitable for program coordinators and workforce education and training leadership.

Participants will:

- ✓ Equip trainers with the knowledge and confidence to effectively deliver workshops on Equity-Centered Trauma-Informed Care (EC-TIC) and its principles, steps, and stages to diverse audiences.
- ✓ Explore the intersection of trauma, systemic inequities, and social determinants of health, ensuring facilitators can communicate these concepts clearly and effectively.
- ✓ Learn how to foster inclusive, culturally responsive, and anti-oppressive learning environments that prioritize equity in trauma-awareness education.
- ✓ Develop strategies to evaluate participants' understanding, retention, and application of Equity-Centered Trauma-Informed Care concepts to ensure effective training outcomes.
- ✓ Gain access to comprehensive facilitation guides, curriculum materials, and interactive strategies to engage participants in meaningful discussions and applications of EC-TIC.
- ✓ Collect and analyze data to measure success and develop continuous improvement strategies for facilitating and delivering EC-TIC workshops.



The Missouri Model for Trauma-Informed Schools

CHCM (previously Alive & Well Communities) co-developed the Missouri Model for Trauma-Informed Schools with DESE (Department of Elementary and Secondary Education). This model provides a structured roadmap for schools to become trauma-informed and foster resilience among students and staff.

We offer:

- » Workshops introducing the “Missouri Model”.
- » Healing Circles for Educators & School Staff to support mental well-being and resilience.
- » Long-Term Partnerships with school districts to implement the Missouri Model at scale.



The Missouri Model for Trauma-Informed Healthcare Institutions

Healthcare institutions play a critical role in responding to trauma—not only in patients but also in their own workforce. CHCM supports hospitals and healthcare organizations in integrating the Missouri Model for Trauma-Informed Healthcare, ensuring trauma-responsive policies, practices, and care environments.

Partnership with CHCM to implement the Missouri Model for Trauma-Informed Healthcare can include:

- » “The Missouri Model for Trauma-Informed Healthcare Institutions” introductory workshop
- » Site visits
- » Healing Circles for leadership and clinical staff to support mental well-being and resilience.
- » Long-Term Partnerships with leadership and clinical staff to implement the Missouri Model at scale.



Community Empowerment Workshops

Designed as a three-part series of two-hour workshops

01 Know-Thyself – We're More Than Our Experiences

This workshop provides a comprehensive understanding of chronic trauma and toxic stress, examining their profound effects on individuals' well-being and development. Participants will learn to analyze behaviors through a trauma-informed lens, fostering deeper empathy and insight. Additionally, the session introduces the concept of the Pair of ACEs (Adverse Childhood Experiences), highlighting the interconnected impact of childhood adversity and systemic challenges.

02 Self-Care is the Best Care

This workshop focuses on developing self-awareness to better understand personal thoughts, emotions, and behaviors while cultivating self-regulation skills to manage emotions effectively. Participants will explore the importance of self-care, learn practical strategies for maintaining well-being, and design a personalized self-care plan to support long-term resilience and balance. Through guided reflection and interactive activities, attendees will leave with tools to sustain their mental and emotional health.

03 Together We Triumph Over Trauma

This workshop explores the impact of community trauma and its collective effects on individuals and groups, fostering a deeper understanding of shared experiences. Participants will learn about the principles and practices of community care as a pathway to healing and resilience. Through guided discussions and action planning, attendees will identify a pressing community issue and take initial steps toward meaningful change.



Healing Circles

Available for community members, school staff, healthcare workers, and organizations.

CHCM's Healing Circles provide a safe and supportive space for individuals to explore healing, build resilience, and strengthen community connections. Rooted in equity, compassion, and shared experience, these circles offer a structured yet flexible environment where participants can reflect, process, and grow together.

Through guided discussions, storytelling, and collective support, CHCM fosters an atmosphere of trust and empowerment, allowing individuals to navigate their healing journey in a way that honors their lived experiences and promotes long-term well-being.