

www.chcmissouri.org/training

Training & Technical Assistance Menu

Community Health Commission of Missouri (CHCM) provides training and technical assistance (TA) to help organizations and communities implement Equity-Centered Trauma-Informed Care (ECTIC).





Equity-Centered Trauma Awareness Workshop

This workshop examines the different types of trauma and their impact on health outcomes, and cognitive development — how a person thinks and understands the world around them. Participants 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.



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

This Train-the-Trainer workshop prepares facilitators to effectively deliver education to diverse audiences. Participants will deepen their understanding of trauma, systemic inequities, and social drivers of health while learning how to foster inclusive, culturally responsive learning environments. Through 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 Missouri Model for Trauma-Informed Schools

The Missouri Model for Trauma-Informed Schools helps create safe, supportive, and healing-centered environments for students and staff. Developed by CHCM at the request of the Missouri Trauma Roundtable and later adopted by DESE, the model provides a clear roadmap to become a trauma-informed institution. Schools and districts can partner with CHCM through introductory workshops, site visits, educator Community Support Circles, and long-term support to bring the model to life across their district.



The Missouri Model for Trauma-Informed Healthcare Institutions

The Missouri Model for Trauma-Informed Healthcare Institutions helps hospitals and clinics create care environments that respond to trauma and promote well-being for both patients and staff. Co-developed by CHCM, the Missouri Hospital Association, and the Perinatal Quality Collaborative, the model strengthens trauma-responsive policies, practices, and organizational culture. Healthcare partners can engage with CHCM through introductory workshops, site visits, Community Support Circles, and long-term implementation support.



Community Empowerment Workshop Series

Series 1: We're More Than Our Experiences (2 hours)

Provides a comprehensive understanding of chronic trauma and toxic stress, examining their profound effects on individuals' well-being and development.

Series 2: Self Care is the Best Care (2 hours)

Focuses on developing self-awareness to better understand personal thoughts, emotions, and behaviors while cultivating self-regulation skills to manage emotions effectively.

Series 3: Together We Triumph Over Trauma (2 hours)

Explores the impact of community trauma and its collective effects, fostering a deeper understanding of shared experiences.



Community Support Circles

CHCM's Community Support Circles offer intentional spaces for reflection, connection, and collective care. Flexible in design, these circles can support partners navigating change, uncertainty, or stress, while also providing community members a space to process trauma and move toward healing.

Each gathering centers trust, belonging, and shared humanity. Whether focused on addressing harm, strengthening relationships, or facilitating meaningful dialogue, CHCM creates environments where participants feel supported and respected.

We offer a wide range of trainings to meet the needs of individuals, organizations, and communities. Learn more at www.chcmmissouri.org/training

Why Training Matters

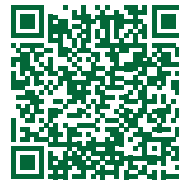
Trauma and toxic stress are deeply intertwined with systemic inequities—and they have lasting impacts on health, learning, relationships, and opportunity. Without intentional, equity-centered approaches, institutions may unintentionally reinforce harm.

By embedding EC-TIC into systems, we help communities not only recover – but transform.



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To learn more details about each training and technical assistance, or request training package pricing, visit our website.