



Northwest (HHS Region 10)

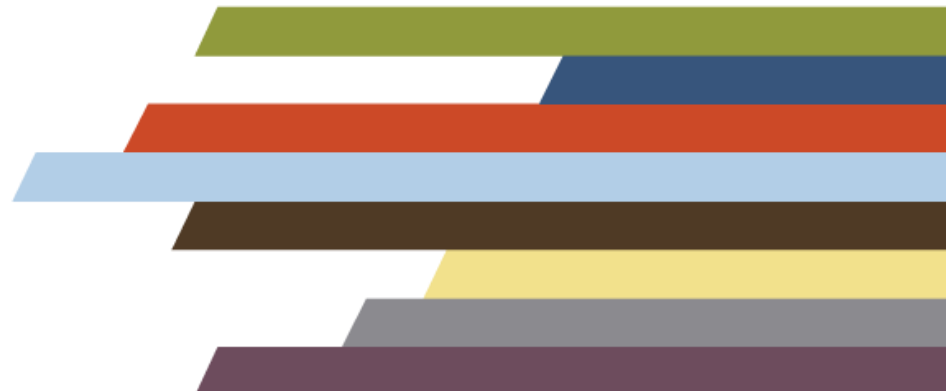
MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The Parallel Process: Trauma-Informed Considerations for Individuals and Organizations

Webinar Series

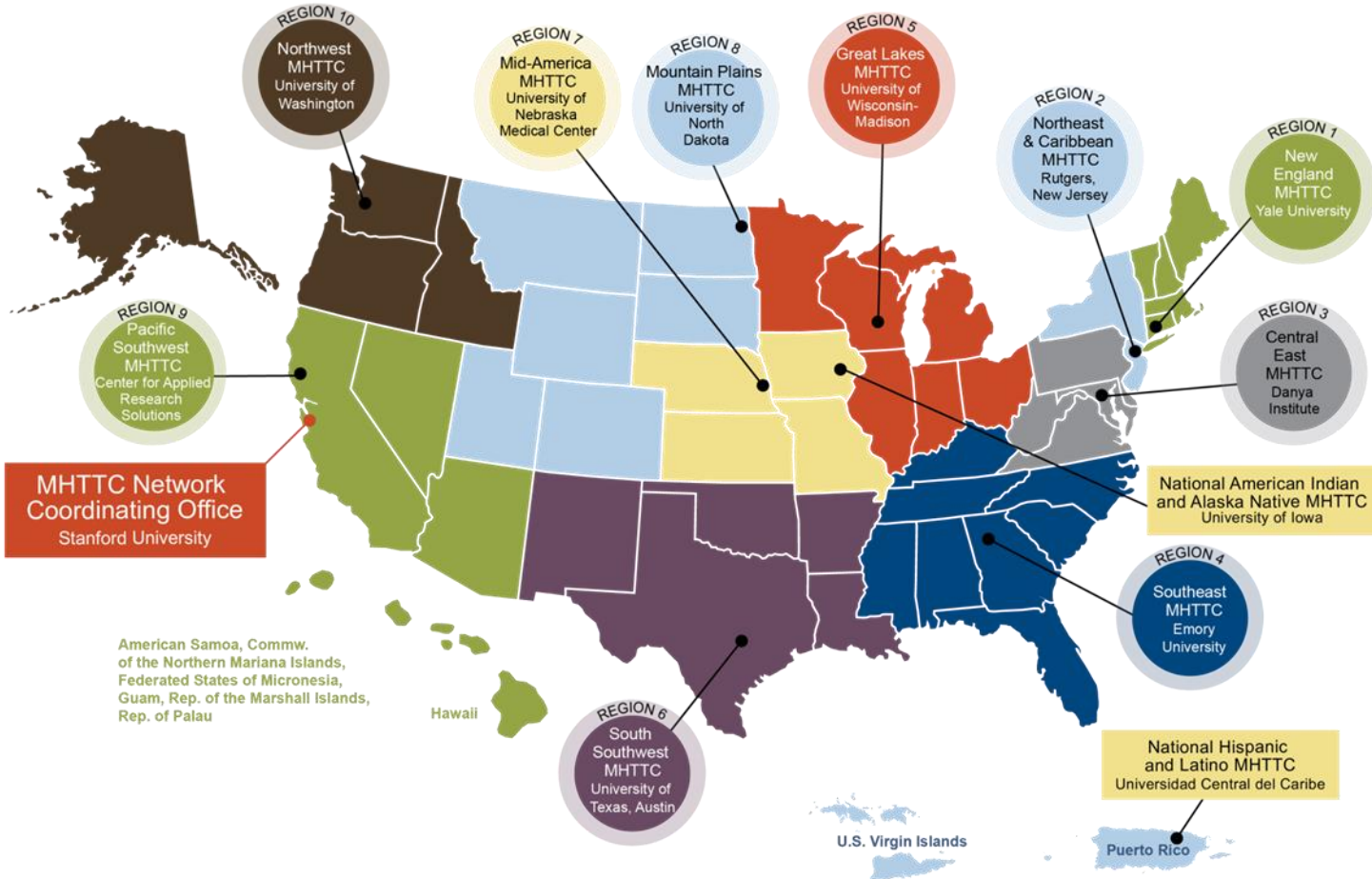




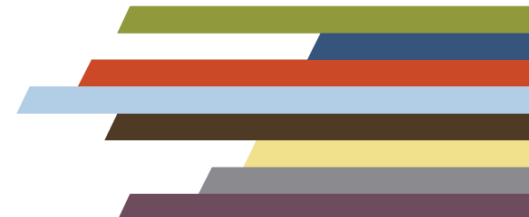
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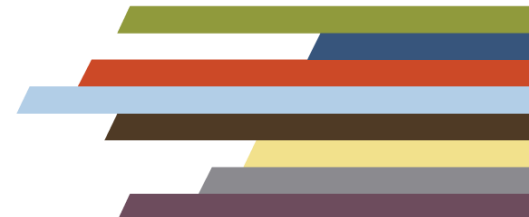
Northwest Mental Health Technology Transfer Center

Our Role

Provide training and technical assistance (TA) in evidence-based practices (EBP) to behavioral health and primary care providers, and school and social service staff whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

Our Goals

- Heighten awareness, knowledge, and skills of the workforce addressing the needs of individuals with mental illness
- Accelerate adoption and implementation of mental health-related EBPs across Region 10
- Foster alliances among culturally diverse mental health providers, policy makers, family members, and clients



The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

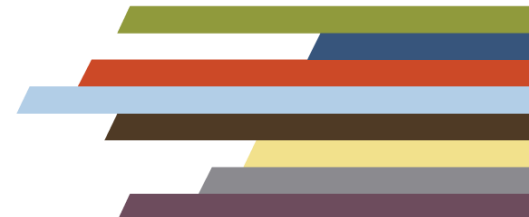
The MHTTC uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



Today's Trainer

**Kristin Griffey,
Peer Support Specialist and Traumatologist**

When human beings experience trauma and/or severe life stressors, it is not uncommon for lives to unravel. Empowering others to weave beautiful tapestries with their threads is one of Kristin's greatest joys. Kristin is a mom, a friend and a fierce advocate who obtained her Personal History Degree (PhD) of lived experience in Portland and has polished her expertise with what she would consider "book learning," that added Trauma Informed Care Specialist, Community and Workplace Traumatologist and Compassion Fatigue Specialist hats to her wardrobe. Kristin believes deeply in Trauma Informed Care and providing space for those who may be struggling with Compassion Fatigue.





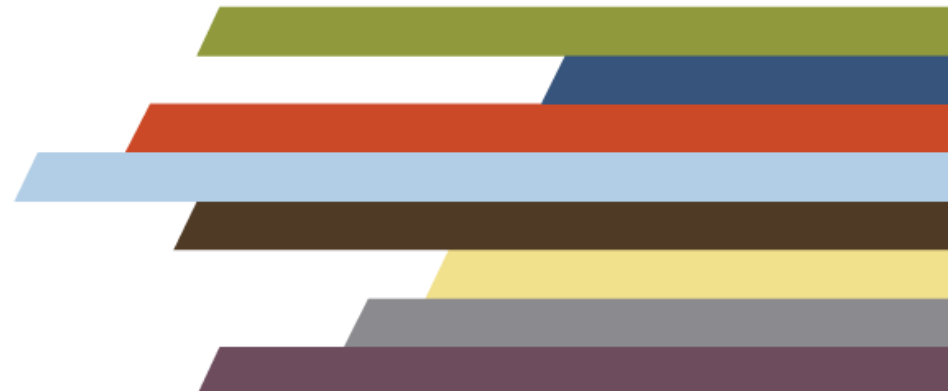
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The Parallel Process: Trauma-Informed Considerations for Individuals and Organizations



Peer Support takes on many forms such as Peer Wellness Specialist, Peer Support Specialist, Peer Employment Specialist, Certified Recovery Mentor, Certified Peer Counselor, and so on. For today's webinar, we will use the term **Peer Support Specialist** to describe any and all of the aforementioned.

"Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Peer support is not based on psychiatric models and diagnostic criteria."

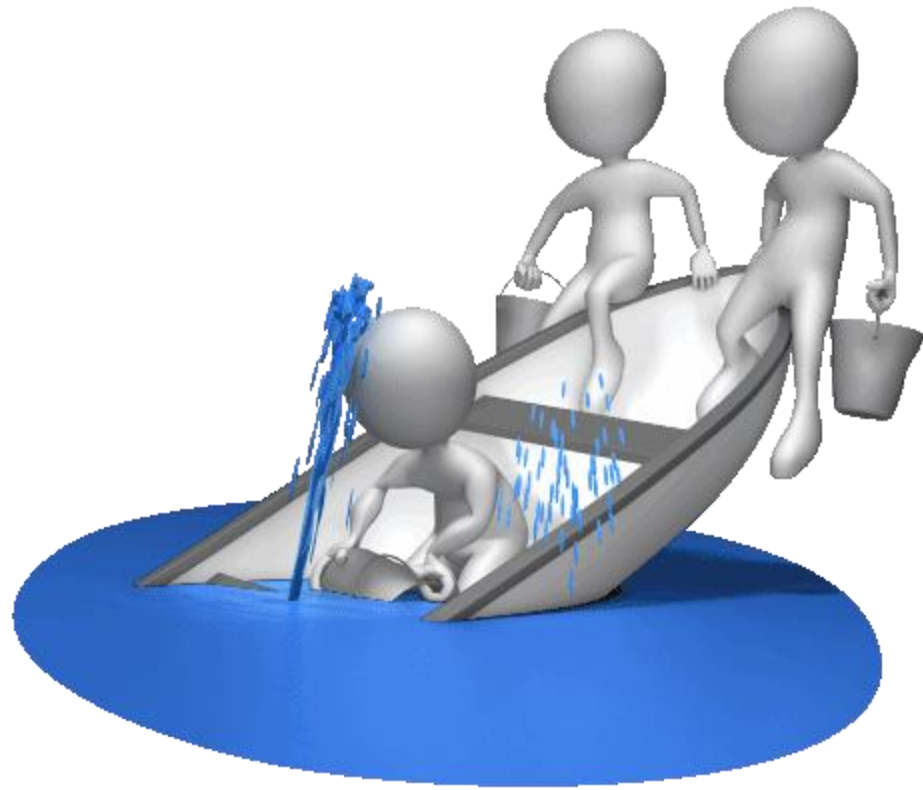
-Centre of Excellence in Peer Support



Compassion Fatigue is a safety concern for Peer Support Specialists and is sometimes referred to as “the cost of caring.”

Compassion Fatigue = Burnout + Vicarious Trauma/Secondary Traumatic Stress and/or Moral Distress

Having Trauma in your personal history increases your risk for Compassion Fatigue.





Where do the stories you carry go at the end of your day?

"Trauma-informed care is a strengths based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors."

-Trauma Informed Oregon

There are 6 Guiding Principles to Trauma Informed Care:

- Safety
- Trustworthiness and Transparency
- **Peer Support** (<<< READ THAT AGAIN!)
- Collaboration and Mutuality
- Empowerment- Voice and Choice!
- Cultural, Historical and Gender Issues

“A trauma-informed organization is one that recognizes the inherent vulnerability of all human beings to the effects of trauma and organizes system-wide interventions aimed at mitigating the negative effects of adversity and stress that are manifested in the clients served and the organization itself.”

- Sandra Bloom



NOW WHAT?

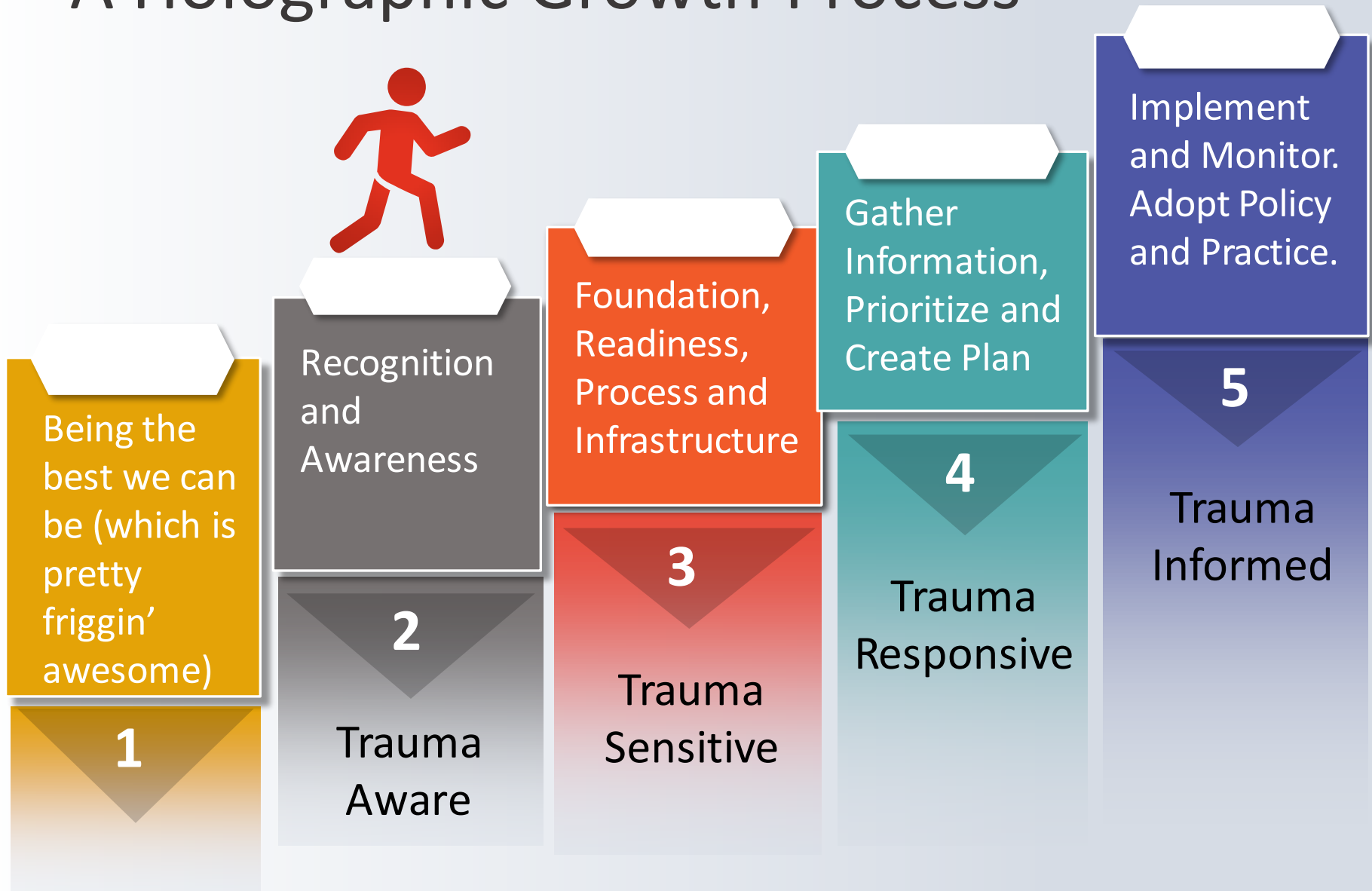
The Parallel Process.



“The parallel process means we are only as good and generous and kind and sensitive to those we serve as our agencies are to us. The parallel process.”

-Me (Kristin Griffey)

A Holographic Growth Process



Implementation in action at MHAAO

Peer Support for the Peer Supporter

- Connection 101
- Hot walk and talk
- Groups for peers working in hospital settings
- Compassion satisfaction group
- How to maintain the fidelity of peer support in crises

Commit to being trauma-informed!

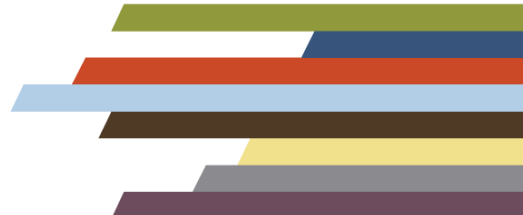
As an organization:

- Perform a trauma informed self assessment
- Train all staff in trauma informed principles and the impact of trauma

As an individual:

- Rather than ask the question “what is wrong with this person?” ask the question “what has happened to this person?”
- Evaluate your own belief system in regards to trauma and have a supported, open conversation with your team.

Discussion



Get in Touch!



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www.mhttcnetwork.org/northwest



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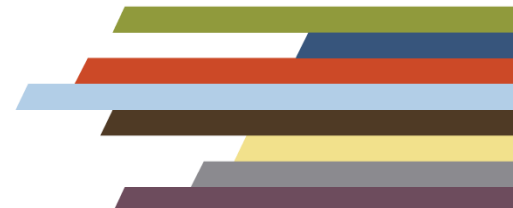


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Find out about:

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Thank you!



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