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# Strengthening and Creating Trauma-Informed and Healing Communities

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Johns Hopkins University

# Community Engagement

► Are these your first responders?

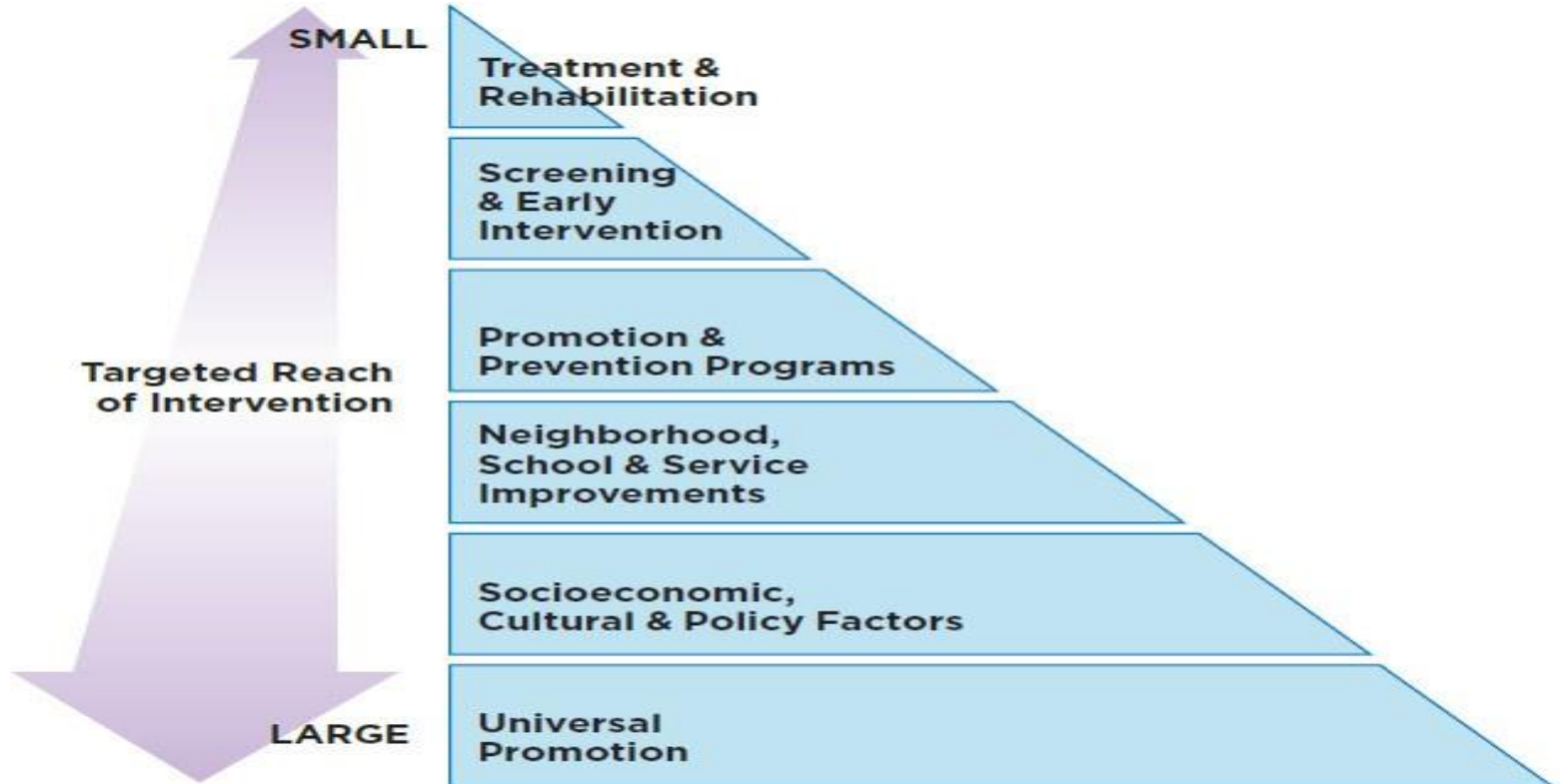


# Community Engagement

► Are these your first responders?



# Elements of a Comprehensive, Integrated Intervention Strategy



# HEALTH SYSTEM to PREVENT VIOLENCE

www.violenceepidemic.org

Violence is among the most significant health problems in the United States not only because of death and injury, but also because of the harm, fear, and trauma caused to families and communities. It leads to a broad range of mental and physical health problems that disproportionately impact children, youth, and communities of color. This visual representation of a health system to prevent violence is derived from the Framework created by the Violence as a Health Issue Collaborative, which is led by David Satcher, MD, MPH; Al Sommer, MD, MHS; and Gary Slutkin, MD and includes representatives from over 40 cities, 40 national organizations, and over 400 health and community practitioners. It depicts a city-wide strategy for addressing violence of all forms as the health issue that it is with contributions from every sector. This framework is designed to guide local community organizations and agencies that can be supported by federal and state partners. Coordinated implementation of these strategies with an equity lens will work to address detrimental inequities to improve outcomes for all communities.

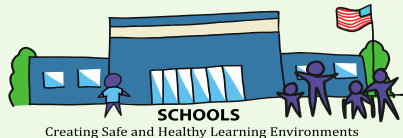


= Outreach workers, violence interrupters, hospital responders, and community health workers

## ENSURING AN EQUITY LENS

Ensuring greater benefit and less burden for marginalized communities by:

- Changing perceptions
- Increasing accountability
- Aligning resources in partnership with communities



### SCHOOLS

Creating Safe and Healthy Learning Environments



**MENTAL HEALTH**  
Promote Accessibility for Greater Well-Being



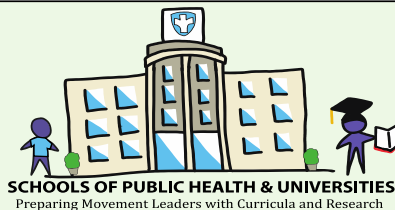
### ACADEMIC MEDICAL CENTERS

Advancing Research on Violence Prevention



### FAITH-BASED INSTITUTIONS

Educating and Healing Communities



### SCHOOLS OF PUBLIC HEALTH & UNIVERSITIES

Preparing Movement Leaders with Curricula and Research



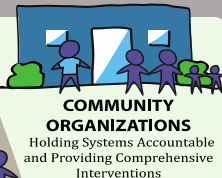
### PUBLIC HEALTH DEPARTMENTS IN PARTNERSHIP WITH ELECTED OFFICIALS

Coordinating and Developing Interventions



### HOSPITALS AS ANCHOR INSTITUTIONS

Ensuring Quality Care, Outreach and Follow Up



### COMMUNITY ORGANIZATIONS

Holding Systems Accountable and Providing Comprehensive Interventions



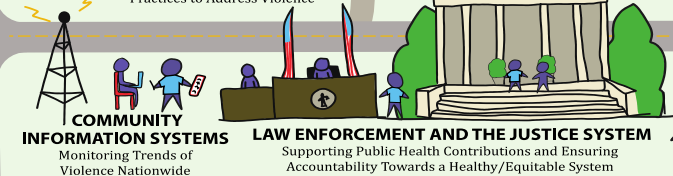
### COMMUNITY RESIDENTS

Leading the Local Movement



### SOCIAL SERVICE PROVIDERS

Utilizing Community-Centered Practices to Address Violence



### LAW ENFORCEMENT AND THE JUSTICE SYSTEM

Supporting Public Health Contributions and Ensuring Accountability Towards a Healthy/Equitable System



### COMMUNITY INFORMATION SYSTEMS

Monitoring Trends of Violence Nationwide

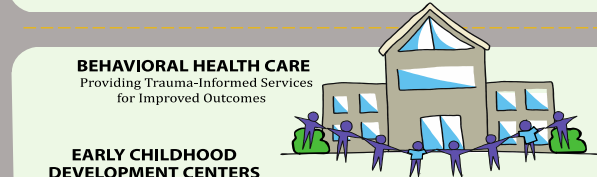


**EMERGENCY DEPARTMENTS AND ACUTE CARE FACILITIES**  
Identifying and Supporting Individuals and Families at Risk



### HEALTH CARE SYSTEM

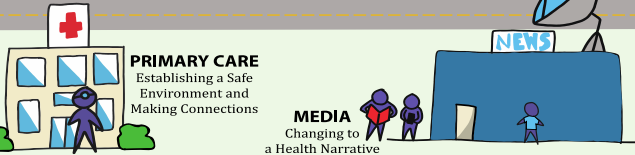
Incorporating Violence Prevention in Economics and Policy



**BEHAVIORAL HEALTH CARE**  
Providing Trauma-Informed Services for Improved Outcomes



**EARLY CHILDHOOD DEVELOPMENT CENTERS & THE CHILD WELFARE SYSTEM**  
Addressing Trauma to Start Off Strong



**PRIMARY CARE**  
Establishing a Safe Environment and Making Connections



**MEDIA**  
Changing to a Health Narrative

# Readiness (Wandersman Center)

- ▶ ***Motivation***
  - ▶ **Relative Advantage**
  - ▶ **Simplicity**
  - ▶ **Ability to Pilot**
  - ▶ **Observability**
  - ▶ **Priority**

# Readiness (Wandersman Center)

- ▶ *Innovation-Specific Capacity*
  - ▶ Innovation-Specific Knowledge and Skills
  - ▶ Champion
  - ▶ Supportive Climate
  - ▶ Inter-Organizational Relationships
  - ▶ Intra-Organizational Relationships

# Readiness (Wandersman Center)

- ▶ ***General Capacity***
  - ▶ ***Culture***
  - ▶ ***Climate***
  - ▶ ***Innovativeness***
  - ▶ ***Resource Utilization***
  - ▶ ***Leadership***
  - ▶ ***Internal Operations***
  - ▶ ***Staff Capacities***
  - ▶ ***Process Capacities***



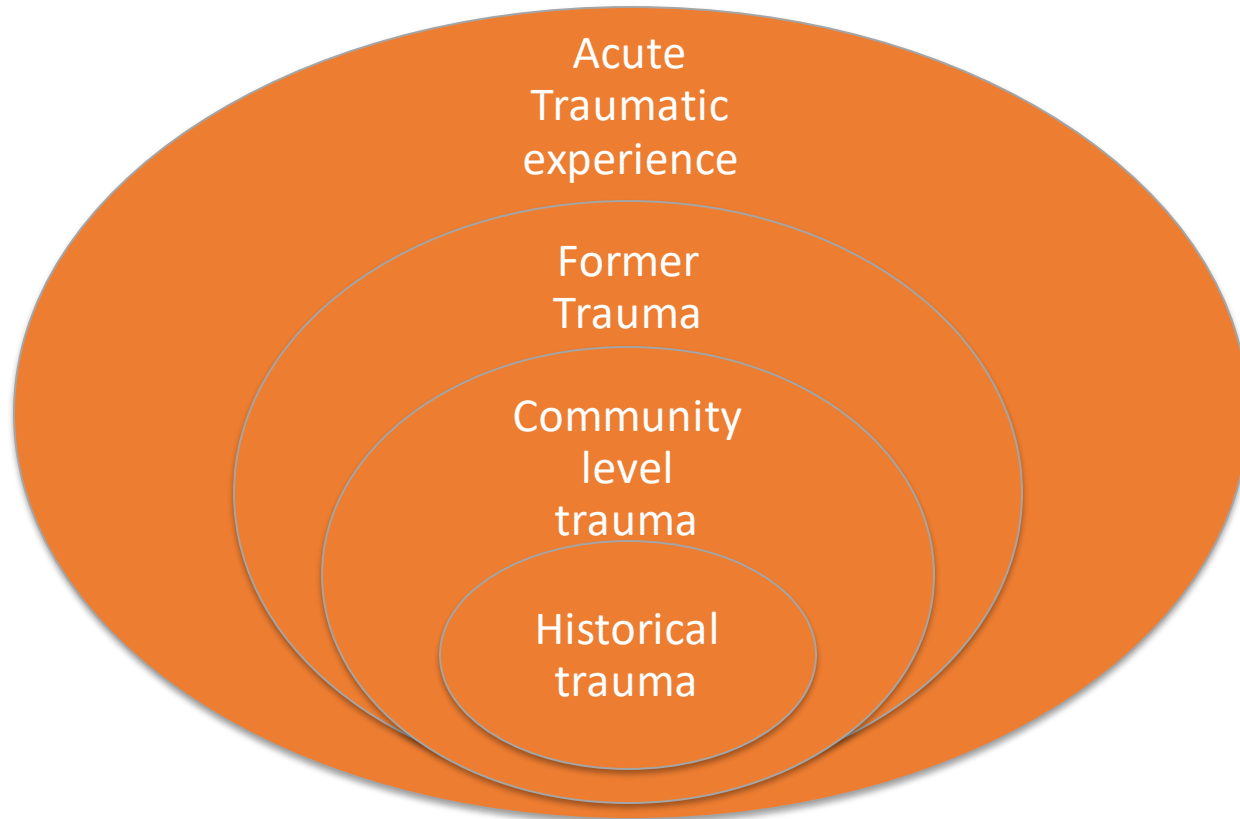
# Best Practices

***Thomas Apt has identified three specific anti-violence strategies that work:***

- ▶ ***Focused Deterrence***
- ▶ ***Street Outreach and Mediation***
- ▶ ***Cognitive Behavioral Therapy***

***Thomas Apt (2019) Bleeding Out: The Devastating Consequences of Urban Violence – And a Bold New Plan for Peace in the Streets***

# Trauma is Complex & Cumulative





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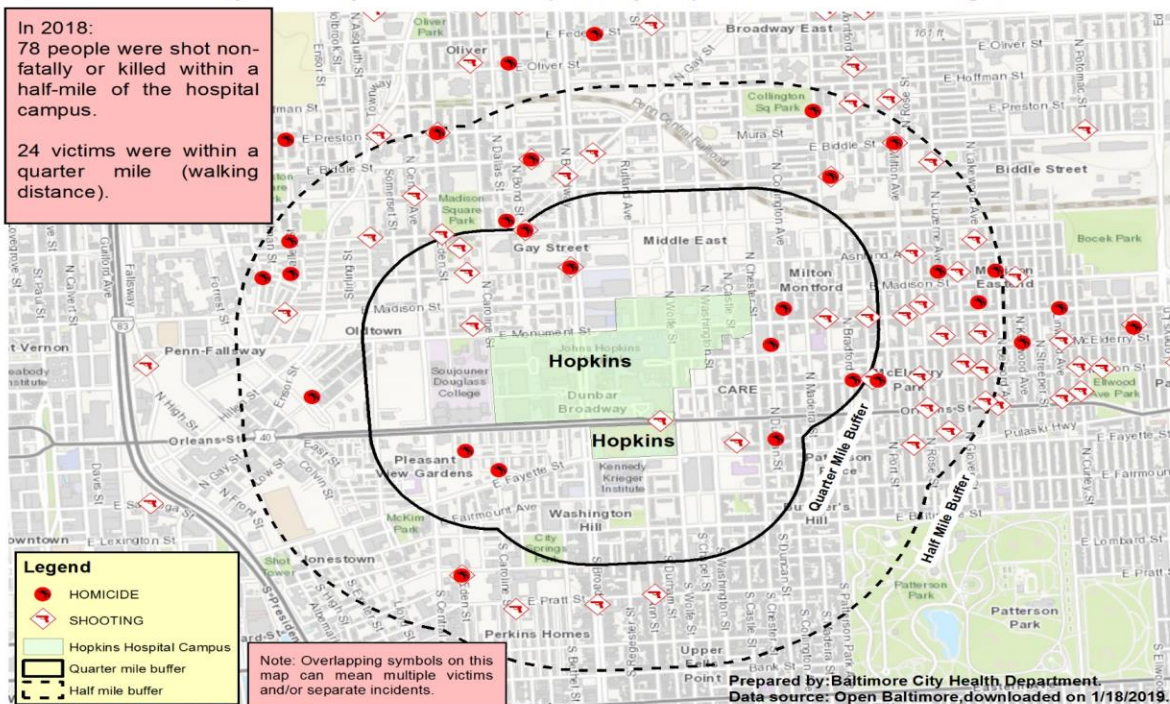
# East Baltimore Community Trauma Response Program

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Funded by the Stavros Niarchos  
Foundation

# Johns Hopkins Hospital is not immune to the violence

Johns Hopkins Hospital: Homicides (all weapons) and Non-Fatal Shootings, 2018



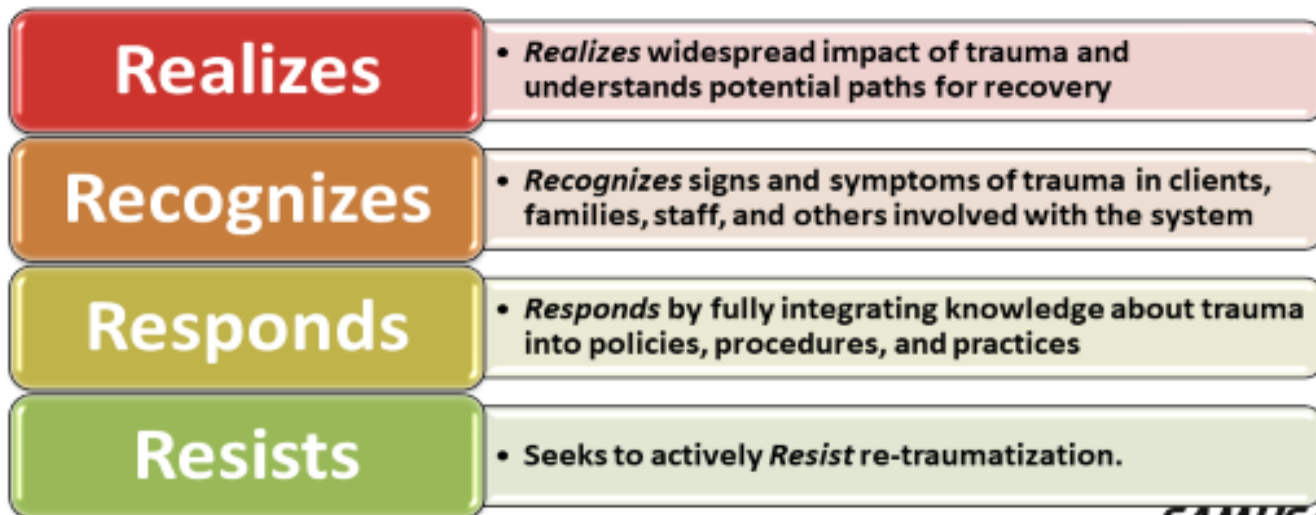
# Trauma: More Than Just Physical Wounds

- ▶ **Overwhelming experience**
- ▶ **Results in vulnerability and loss of control**
- ▶ **Leaves people feeling helpless and fearful**
- ▶ **Interferes with relationships and fundamental beliefs**
- ▶ **Affected by previous traumas, relationships & experiences**

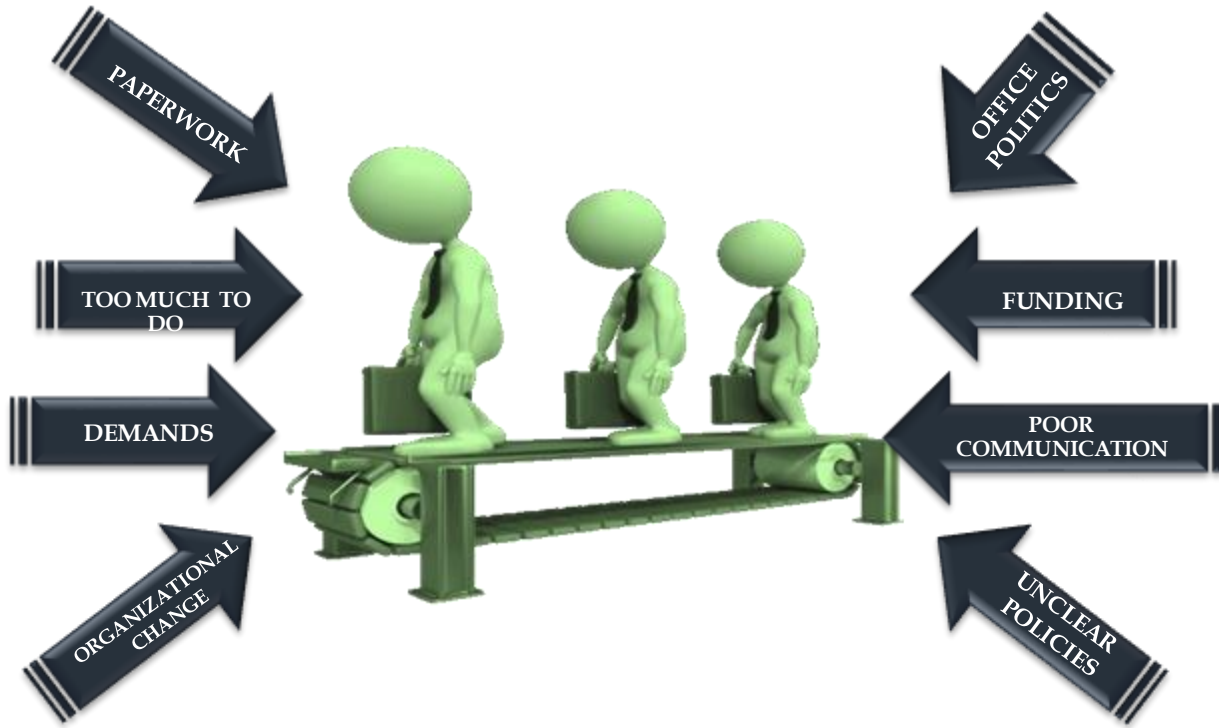
# What is a Trauma/Informed-Healing System?

## The Four Rs

A trauma-informed program,  
organization, or system:



# WORKPLACE STRESS



# HEALING INVOLVES THE WHOLE ORGANIZATION

- ▶ Training staff, physicians and nursing in ED, Trauma, Pediatrics, & Psychiatry
- ▶ Case Management Staff
- ▶ Social Workers
- ▶ Security Guards
- ▶ Cleaning Staff
- ▶ Community Health Workers
- ▶ Peer Recovery Coaches
- ▶ Administrative Personnel





# Community Engagement

- ▶ Training clergy, neighborhood associations, first responders, other community members about trauma
- ▶ Providing training and assistance to local schools, rec centers, public housing personnel, service providers, and clergy
- ▶ Collaboration with faith-driven initiatives
- ▶ Development of response team to support community when trauma occurs



# “HURT PEOPLE”, Hurt People



# Trauma in Baltimore- The Human Face





# YOUTH NEED LEADERSHIP ROLES



# THOSE MOST AFFECTED ARE THE BEST COMMUNICATORS

Be the change...  
Tweet your thoughts and ideas  
#opportunityYouth

