



## An Introduction to Trauma-Informed Care

July 27, 2017

**Objectives for the day:**

- ⇒ Develop trauma awareness
- ⇒ Explore trauma-informed care principles
- ⇒ Practice trauma-informed skills

TIME	TOPIC	PRESENTERS
9:00 am	<b>Welcome</b>  <i>Result: Participants feel welcomed and are oriented to the day</i>	Triina Van
9:15 am	<b>Trauma-Informed Care in King County</b>  <i>Result: Participants learn about the vision for creating trauma-informed responses in the homeless housing system and understand the intersection of Housing First and Trauma-Informed Care</i>	Triina Van
9:45 am	<b>Overview of Trauma, Historical Trauma &amp; Racial Equity</b>  <i>Result: Participants learn about trauma and the traumatic impacts of historical racism and discrimination</i>	Anneleen Severynen & Danielle Winslow
10:45 am	<b>BREAK</b>	
11:00 am	<b>Impacts of Trauma</b>  <i>Result: Participants learn about the short- and long-term impacts of trauma on our bodies, thoughts and actions</i>	Anneleen Severynen
12:15 pm	<b>LUNCH</b>	
12:45 pm	<b>Trauma-Informed Care</b>  <i>Result: Participants are introduced to the principles of trauma-informed care</i>	Anneleen Severynen
1:45 pm	<b>BREAK</b>	
2:00 pm	<b>Crisis Prevention &amp; Intervention</b>  <i>Result: Participants learn fundamentals in crisis prevention and intervention</i>	Maria Metzler
3:25 pm	<b>Wrap Up – Putting it all together</b>  <i>Result: Participants have an opportunity to reflect on learning and consider action commitments</i>	Everyone

## Get to know your trainers...

### **Anneleen Severyen, RN, MN, Clinical Quality Lead, Health Care for the Homeless Network**

Anneleen has over 25 years' experience working with people experiencing homelessness. In her roles with King County she has served as a Public Health Nurse on the Seattle King County Mobile Medical Van, as clinic Supervisor at the Primary Care Clinic at Navos in Burien and now with Health Care for the Homeless Network as a trainer and consultant on clinical best practices. She received her Master's degree from University of Washington in Cross Cultural Community Health Care. Anneleen leads trainings in Trauma Informed Care, Resiliency, Harm Reduction and Communicable Disease Prevention.

### **Maria Metzler, MA, Housing Program Manager, DESC**

Maria Metzler is a senior manager with DESC. She oversees several programs, including their shelter and navigation center. She has been certified in aggressive behavior management training for five years. She holds a Master's in Counseling from Seattle University.

### **Triina Van, MPP, Project Manager, All Home**

Triina has worked at All Home for six years supporting efforts to prevent and end family homelessness. She has provided leadership to system transformation efforts, including providing technical assistance and project management support to agencies undertaking conversion of transitional housing. Before coming to All Home, Triina was the director of an emergency shelter for women and families in Northern Virginia. Additionally, her experience includes providing supportive services to women and families experiencing domestic violence and residential support for people living with severe and persistent mental illness. She has also provided mental health consultation for rural, early childhood development centers. When Triina's not working, she is playing with her one-year old daughter, Emma!

### **Danielle Winslow, Project Manager, All Home**

Danielle joined All Home to support the family homelessness initiative and has since expanded her role in system transformation efforts to include training and implementation of housing first interventions such as diversion and rapid re-housing. Danielle staffs All Home's Consumer Advisory Board whose members have experienced homelessness and who are charged with providing input and recommendations to system decision makers. Grounded in racial equity, Danielle strives to challenge institutional racism through policy, training and intervention implementation. Danielle is on the leadership team for the Non-Profit Anti-Racism Coalition and is participating in the City of Seattle's Racial and Social Justice Initiative Core Team. When Danielle is not working, she is an over-the-top dog mom to Hazel!