

TRAUMA RECOVERY CENTER

Seven Hills Neighborhood Houses Inc.

How we got started and why we're so Unique

- ▶ In 2017, Ohio Attorney General Mike DeWine announced an award to create 5 recovery Centers in Ohio to provide crisis intervention to trauma victims. Seven Hills Neighborhood houses is the **only community based grassroots organization in Ohio to receive this grant**. We are located in the center of Cincinnati's urban core of the West end.
- ▶ **WHY we were chosen:** TRC's were created to address trauma and the unmet needs of populations that have been ignored and mistreated by systems. These categories include individuals with felonies, mental and developmental health issues, homeless, addiction, LGBTQ, and those living in poverty. Seven Hills Victims of Crime program has a 20 year track record of supporting and addressing the needs of victims from vulnerable populations successfully. For this reason we were selected to be the TRC of Cincinnati.

HOW OUR TRAUMA RECOVERY CENTER WORKS !!!

- ▶ The TRC offers a FREE 16 session plan of action for trauma clients. We use TICP (trauma Informed care practice) approach along with various assessments to empower and build resilience to face trauma from the root. This service guides victims through personal challenges and teaches victims to learn how to best live with or overcome trauma. We meet clients when and where it is most beneficial and comfortable for them. This may require home visits. Our client's safety is most important. The TRC is based on the San Francisco TRC program.
- ▶ We also focus on preventative measures to decrease re- traumatization and prevent new traumatic experiences as well. What we have learned is that many underserved populations continue to experience layered trauma as they navigate through the medical, judicial, educational, and housing systems. We walk with our clients and conduct safe handoffs to ensure healthy transitions.

PURPOSE OF OUR TRC

Access:

- ▶ We connect individuals and families to services (specifically those living in underserved, vulnerable communities) that may face barriers in accessing services through a trauma informed lenses, within schools, Mental health, communities, violence, addictions, lifestyles, and more.

Voice:

- ▶ Our services ensure that victims are not alone. We give victims a voice to help them be in control of their future. We partner with CSSJ to provide support and a positive outlet to our clients.

Forward Focused:

- ▶ To enable individuals and families to identify their strengths and utilize coping skills
- ▶ To work on preventive measures and tools to build self esteem and empowerment
- ▶ To build resilience which speaks to **hope** and **healing, from** the root of specific causes of trauma.
- ▶ To clear the road not only to positive change.
- ▶ To open doors to sustain a new purpose driven life after trauma.

HOW IS IT DONE????

TRAUMA INFORMED CARE

- ▶ **The "R's" of Trauma-Informed Care:***
- ▶ **Realize** the widespread impact of trauma and understands potential paths for healing.
- ▶ **Recognize** the signs and symptoms of trauma in clients, families, staff, and others involved with the system.
- ▶ **Respond** by fully integrating knowledge about trauma into policies, procedures, and practices.
- ▶ Seeks to actively **Resist re-traumatization**, empower, build hope and healing
- ▶ To promote **resilience** and sustainability in children, adults and families before during and after any traumatic experience.

WHAT DOES THAT LOOK LIKE THROUGH A TRAUMA INFORMED LENSE !!!!!!!



<https://www.youtube.com/watch?v=wC90FDiu7e4>

IMPACT OF OUR SERVICES

- ▶ Since 2017 the TRC has served over 1,800 individuals (108 under 18)
- ▶ Provided free counseling to 191 people of all ages
- ▶ Found housing for 167 individuals
- ▶ Provided crisis response outreach 66 times across the City
- ▶ Assisted 73 victims to get into treatment centers



How Would Trauma-Informed Practices In Shelters Benefit Survivors ???

▶ SHELTER BENEFITS WOULD

- ▶ Allows survivors to regain trust, self-sufficiency
- ▶ Allows survivors to have a safe comfortable, welcoming space for emergency and short term housing which is welcoming
- ▶ Limits traumatization because of practices adopted by the shelter
- ▶ Gives survivors space to heal and understand how to live with trauma
- ▶ Allows individuals and families to be better equipped and empowered to recognize and work through trauma and its effects in the moment
- ▶ Direct contact to be able to better utilize tools that are learned to increase preventative measures, build resilience and sustainability also identify values and the importance of relationships

**↓ THIS
_ IS A
SAFE
SPACE**