

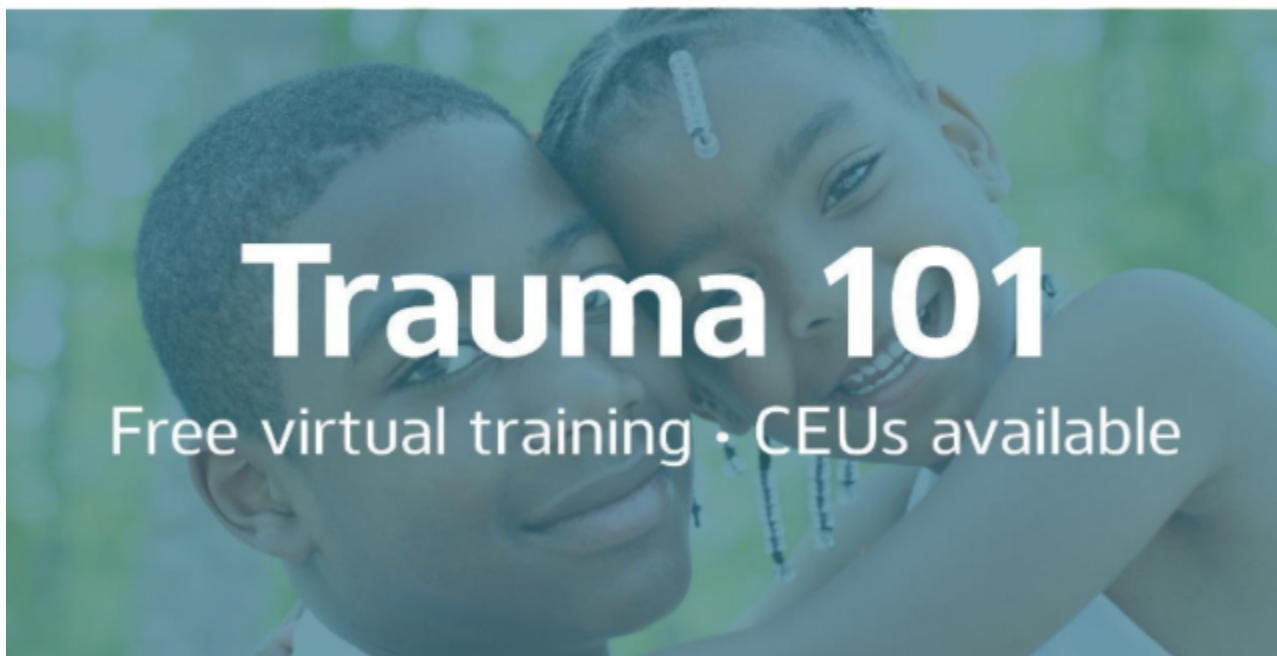


Centerstone To Host Free, Virtual Trauma 101 Training On February 24

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WEST FRANKFORT – Centerstone, a national leader in behavioral health care, will host a free, virtual Trauma 101 training on February 24 from 10-11:30 a.m.

Children who have experienced complex trauma often have difficulty identifying, expressing, and managing emotions, which can lead to their behavior being unpredictable and explosive. Traumatic experiences in childhood have been linked to

increased physical and mental health issues that can last into adulthood. This training provides practical information that can be useful for anyone working with children or seeking to practice trauma sensitivity.

Objectives of the training include:

- Identify common causes of complex trauma
- Identify ways trauma and complex trauma often present in children
- Increase knowledge of complex trauma and how it impacts children's ability to identify, express and manage emotions
- Discuss links between childhood trauma and physical and mental healthy challenges in adulthood
- Discuss resources for managing trauma in children

The presenter of the training will be Amber Anderson, the prevention specialist with Prevent Child Abuse Illinois.

This training has 1.5 hours of continuing education approved for IL LCPC / LPC, IL LCSW / LSW, and IL Nursing (LPN, RN, APN) under IDFPR Professional Counselor CE License No. 197.000263 and IDFPR Nurse CE Sponsor License No. 236.000184.

To register, visit <http://bit.ly/Trauma0224>. For more information, contact Megan Ragan at megan.ragan@centerstone.org or call 1-877-HOPE123 (1-877-467-3123).

This training is sponsored by Centerstone's Trauma, Treatment and Training (CT3) program.

Other CT3 training events in 2021 include:

- February 24 – Trauma 101
- March 10 – Adverse Childhood Experiences (ACEs)
- March 31 – Secondary Trauma
- April 7 – Child Abuse Prevention
- April 28 – Stewards of Children
- May 26 – The Effects of Domestic Violence on Children
- June 30 – ACEs
- July 28 – Trauma 101
- Aug 25 – Childhood Trauma
- Sept 29 – Stewards of Children
- Oct 27 – The Effects of Domestic Violence on Children
- Nov 10 – Secondary Trauma
- Dec 8 – Trauma 101

“CT3’s aim is to increase access to trauma-focused treatment for children, adolescents and their families who have experienced traumatic events, including children and adolescents involved in the juvenile justice system and children of veterans,” said Ragan, CT3 Trauma Training and Care Coordinator.

The counties covered in the CT3 program include Franklin, Jackson, Madison, Perry, Randolph, St. Clair, Union, Washington and Williamson.

CT3 services include:

- Direct trauma and treatment services
- Therapy
- Care management
- Professional training and community education
- Outreach and engagement
- Screening and assessment
- Linkages to services and supports

CT3 develops and maintains local capacity to implement trauma-informed practices and provide evidence-based, informed trauma treatment interventions. The goals of the program are:

- Establish a community-based, culturally competent, quality, accessible program to provide and increase access to effective trauma focused treatment and services systems for children, adolescents, and their families who witness or experience traumatic events.
- Develop a sound infrastructure and increase community capacity to implement trauma-informed services for the focus population.
- Improve the health status and outcomes for young children – ages 2 to 9 years old, adolescents – ages 10 to 17 years old, and families as measured at intake, 6 months and discharge follow-up.
- Develop and disseminate a thoroughly documented model with measurable objectives for statewide and national replication and adoption.