

Centerstone To Host Free, Virtual Secondary Trauma Training On September 27

September 18 2023 9:23 AM



ALTON - Centerstone, a national leader in behavioral health care, will host a free, virtual Secondary Trauma training on September 27 from 10-11:30 a.m. CT.

Objectives of the training include:

- Develop a deeper understanding of what secondary trauma is and how it affects your professional and personal life
- Learn various conditions related to secondary trauma
- Reflect on your own experiences and how to manage your own stress
- Reflect on your own organizations and how to establish a trauma sensitive culture

“Secondary trauma can be very harmful,” said Hannah Chapman, Centerstone Trauma Treatment and Training grant coordinator. “During this time of COVID, social unrest, isolation, uncertainty, and so many other stressors, it’s important to realize that you matter and learn self-care strategies.”

The presenter of the training will be Rachel Chruszczyk, 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 [Centerstone.org/events](https://centerstone.org/events). For more information, contact Chapman at hannah.chapman@centerstone.org or call 1-877-HOPE123 (1-877-467-3123).

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

“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 Chapman.

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.

About Centerstone

Centerstone is a nonprofit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.