

Agenda

Welcome

Key Points from Last Meeting

IE-MPA Updates

Presentation

Next Meeting

Last ICA Meeting

Carmen Estrada

ICA Treasurer

Key Points



Disaster Preparedness Training

William Wood & Genesis Hernandez

Rolling Start

- Discussed how to conduct disaster preparedness trainings for clients
- Emphasized the importance of being prepared, having a plan, practicing scenarios, and staying informed
- Encouraged to sign up for local emergency alerts
- Resources: <https://disabilitydisasteraccess.org> www.rollingstart.com

IE-MPA Updates

Carmen Estrada
ICA Treasurer

Updates

- **Need agency partners to implement IE-MPA**
 - Any agency that wants to partner will have the opportunity to **learn more about the different MPA Goals during presentations** via Zoom.
 - So far, Housing and Transportation have been covered.
 - March 31st at 11am, we will discuss Goal 3: Caregiving and Alzheimer's and Other Dementia. **Scan QR code to register.**
- **ICA will send out an annual survey to ICA members**
- **IE-MPA Outreach**
 - **Community Awareness LiveStreams**
youtube.com/@InlandCoalitionOnAging
 - Presenting at the San Bernardino IHSS Public Authority Caregiver Spring Training Summit 04/09/2025



Help Us Spread the Word

Advocacy - ICA will continue to send more communication requesting support on time-sensitive advocacy actions

- **We are looking for people with lived experiences interested in participating in Senior Advocacy Day May 6-7, 2025.** Email us if interested in participating.

Marketing Tools [InlandAging.org/media](https://www.inlandaging.org/media)

- Share ICA brochures and informational flyers at your outreach events.
- Post on your social media using our Social Media Kit
- Share emails you receive from us with other professionals in your community.
- Invite someone to attend an ICA meeting and become a member

ICA LinkedIn – Follow us!

<https://www.linkedin.com/company/inland-coalition-on-aging/>



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Trauma Informed Care

Nisha Elliott, LMFT
W.E.T. Manager
**Riverside University Health
System-Behavioral Health**



**TRAUMA INFORMED CARE
STARTS WITH ME**

Nisha Elliott, LMFT

WET Manager

Trauma Informed Systems Trainer

WHAT IS A TRAUMA INFORMED APPROACH



Trauma-informed care shifts the focus from “*What’s wrong with you?*” to “*What happened to you?*” A trauma-informed approach to care acknowledges that health care organizations and care teams need to have a complete picture of a patient’s life situation — past and present — in order to provide effective health care services with a healing orientation. To do so, service providers have to understand their role in Trauma informed care.

TODAYS FOCUS

THE WHY BEHIND TRAUMA INFORMED CARE

Why should we shift to a Trauma Informed Approach

THE HOW IN TRAUMA INFORMED CARE

To provide Trauma Informed Care the principles have to be adopted into practice.

THE WHO BEHIND TRAUMA INFORMED CARE

More than the Client/**Consumer**/Member

THE WHEN IN TRAUMA INFORMED CARE

Why Wait.....

THE WHAT IN TRAUMA INFORMED CARE

The Principles behind Trauma Informed Care

ADOPTING TRAUMA INFORMED PRACTICE CAN POTENTIALLY

THE WHY BEHIND TRAUMA INFORMED CARE



ENGAGEMENT

Improve Consumer Engagement: Many patients with trauma have difficulty maintaining healthy, open relationships with a health care provider. Trauma informed care helps in developing a trusting relationship with their provider.



HEALTH OUTCOMES

Improve Health Outcomes: improve long-term health outcomes. Being Trauma informed can help people overcome the effects of trauma.



TREATMENT ADHERENCE

Improve Treatment Adherence: Trauma-informed care offers the opportunity for the consumer to engage more fully in their health care.



PROVIDER/STAFF WELLNESS

Improve Provider & Staff Wellness: Trauma-informed care can also help reduce burnout among health care providers, potentially reducing staff turnover.

THE WHO BEHIND TRAUMA INFORMED CARE



THE CLIENT/CONSUMER/MEMBER

Those obtaining service.

THE CO-WORKER

Those that are working side by side in a trauma informed system.

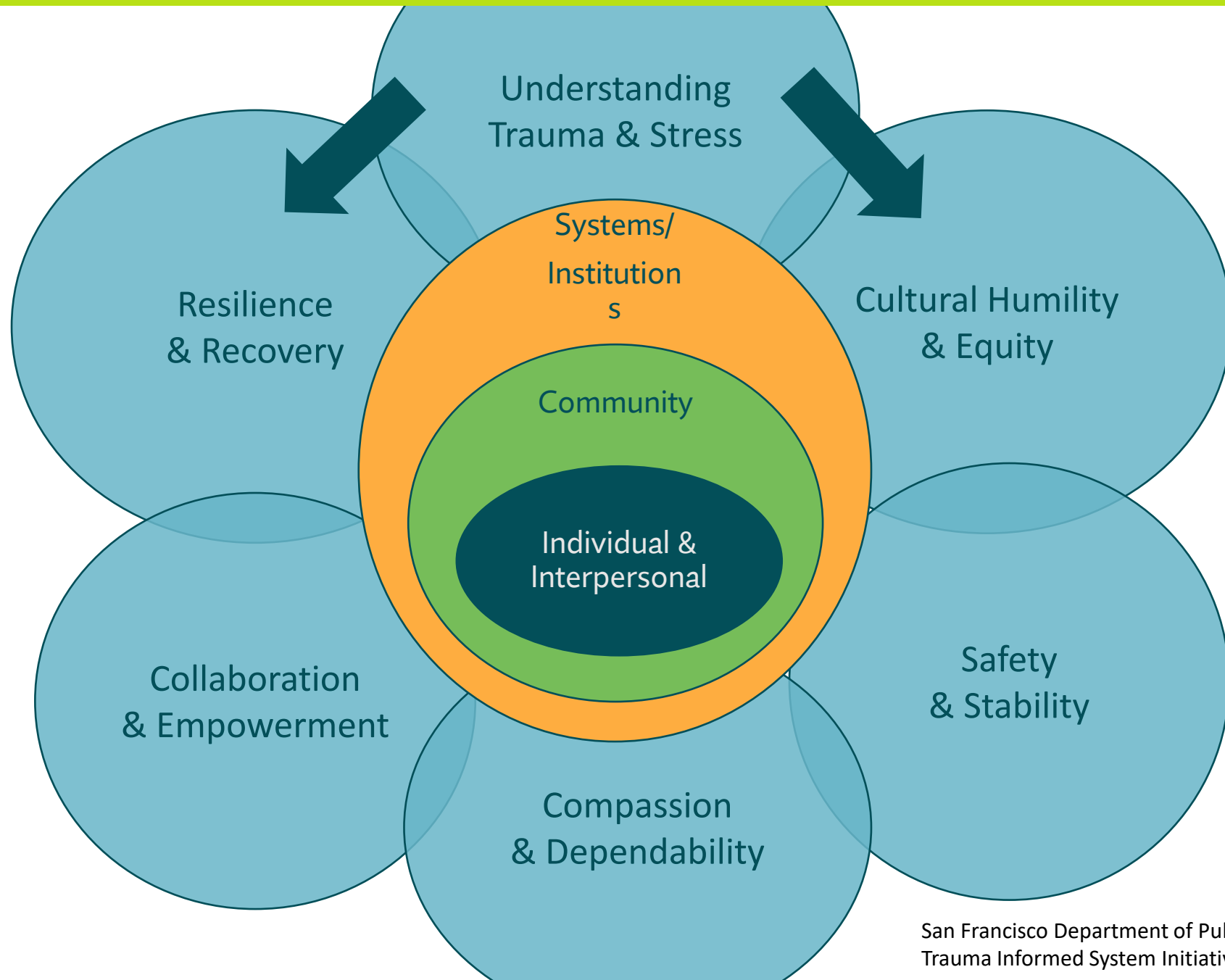
THE PROVIDER

Those providing the service.



THE WHAT IN TRAUMA
INFORMED CARE

Trauma-Informed Principles for Promoting Wellness and Resilience



TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE

Understanding Trauma and Stress

“Learning about the psychobiology of stress, toxic stress, and trauma is liberating for people. It gives us explanatory reasons for some of the puzzling behaviors we engage in and the feelings that can come to dominate us.”

(Bloom, 2013, p. 48)



- **Understanding that we all have to deal with stress and most people have experienced at least one trauma.**

TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE CULTURAL HUMILITY AND EQUITY

We come from diverse social and cultural groups that may experience and react to trauma differently.

When we are open to understanding these differences and respond to them sensitively we make each other feel understood and equity is advanced.



➤ **Cultural Humility-Always being in the learner's seat.**

TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE SAFETY AND STABILITY

Trauma unpredictably violates our physical, social, and emotional safety resulting in a sense of threat and need to manage risks.

Increasing stability in our daily lives and having these core safety needs met can minimize our stress reactions and allow us to focus our resources on wellness.



- **Throughout the organization consumers and staff feel physically and psychologically safe.**

TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE COMPASSION AND DEPENDABILITY

Trauma is overwhelming and can leave us feeling isolated or betrayed, which may make it difficult to trust others and receive support.

However, when we experience compassionate and dependable relationships, we reestablish trusting connections with others that foster mutual wellness.



➤ **We are hard-wired for relationships to heal us**

TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE COLLABORATION AND EMPOWERMENT

Trauma involves a loss of power and control that makes us feel helpless.

However, when we are prepared for and given real opportunities to make choices for ourselves and our care, we feel empowered and can promote our own wellness and the wellness of others.



- **Power differences — between staff and clients and among organizational staff — are leveled to support shared decision-making**

TRAUMA-INFORMED SYSTEM: CORE GUIDING PRINCIPLE RESILIENCE AND RECOVERY

Trauma can have a long-lasting and broad impact on our lives that may create a feeling of hopelessness.

Yet, when we focus on our strengths and clear steps we can take toward wellness we are more likely to be resilient and recover.

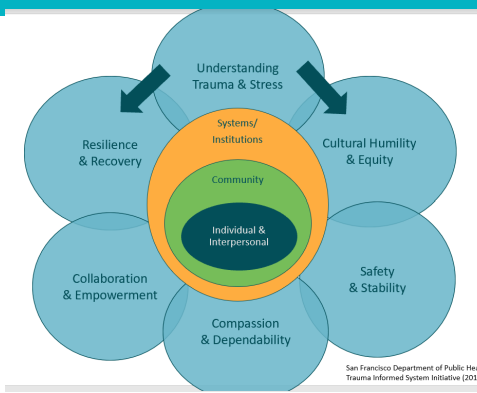
- The process of adapting well in the face of adversity, “bouncing back” from difficult experiences



THE HOW IN TRAUMA INFORMED CARE



- Work to not retraumatize. Know your biases
- Be willing to ask questions and be willing to learn.
- Establish physical, social, emotional safety and stability.
- Strong, positive relationships are central to success of any intervention or action across many fields.
- There are 2 experts in the space. The consumer and the provider. The leadership and the boots on the ground. They all have a part in decision making.
- Patient and staff strengths are recognized, built on, and validated – this includes a belief in resilience and the ability to heal from trauma.



THE WHEN IN TRAUMA INFORMED CARE

YOU

- ❖ When you identify biases and behaviors are present that are stigmatizing and marginalizing.
- ❖ When you feel stressed out.

WORK

- ❖ When you can serve using all the principles of Trauma Informed Care, with members and Co-Workers

COMMUNITY

- ❖ When you see you can help.
- ❖ When you can shift your perspective.

POLICIES AND PRACTICES

- ❖ When you see something say something. When a policy or practice negatively impacts those who serve in and get service from the organization.



TRAUMA INFORMED CARE REVIEW

THE WHY BEHIND TRAUMA INFORMED CARE

It can potentially improve engagement, treatment adherence, health outcomes and provider/staff wellness.

THE HOW IN TRAUMA INFORMED CARE

Putting the guiding principles into action in your day to day life.

THE WHO BEHIND TRAUMA INFORMED CARE

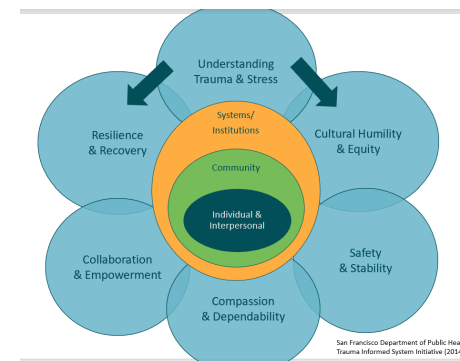
**The Client/Consumer/Member
The Co-Worker
The Staff/Provider**

THE WHEN IN TRAUMA INFORMED CARE

You can implement the skills in your everyday life NOW.

THE WHAT IN TRAUMA INFORMED CARE

6 Guiding Principles



What Trauma
Informed Practice or
Action will you begin
taking today?





Thank
you

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Workforce Education
& Training Manager
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**Inland Coalition
on Aging**

Monthly Meeting

March 25, 2025

Inlandaging.org

Next Meeting

Tuesday
April 22, 2025
11:00 am - 12:00 pm



**Inland Coalition
on Aging**

**Remember to complete the post-meeting survey to let us
know how we did.**

Thank You!

For more information, please visit: **[Inlandaging.org](https://www.inlandaging.org)**