

Proposal for Consideration by the Chicago Trauma Informed Congregation Network

7/21/20

I. Goal

That the Chicagoland Trauma Informed Congregation Network, the Interfaith Mental Health Coalition, the Center for Faith and Community Health Transformation, Family Bridges, denominational and faith tradition organizations, and other similar organizations and coalitions in the Greater Chicagoland Area that focus on the mental wellness and resiliency needs of faith communities and their local communities, collaborate under an umbrella such as “Loving Communities are Healthy Communities Coalition” to:

- a. Set goals for programs to be offered, measure outcomes, evaluate effectiveness, offer certificates if desired
- b. Potential long-range goal
 - i. Reach out beyond the faith communities to the general public using social media (facebook and facebook live, twitter, instagram) which would require a staff position dedicated to social media outreach.

II. Proposal to accomplish the goal

- a. Create a “one stop shop” repository of mental wellness, trauma (informed) and resiliency educational programs for faith communities and the localities they outreach to. This repository can be accessed from our different network and partnering websites.
- b. Provide educational events that build on each other to create a pathway from beginning awareness to informed and equipped
 - i. Make clear How to pay for/ underwrite/ find sponsors for trainings to cover costs and increase accessibility when necessary in under resourced areas,
 - ii. Offer ways to help customize trainings to meet local needs
- c. Workshops fall into two categories:
 - a. “Canned” – the curriculum, modality and fidelity are set, therefore the workshop may not be customized (i.e mental health first aid)
 - b. Tailored Experience – to a certain degree, the workshop curriculum, activities and modality may be customized to meet the needs of the audience
- d. The network will obtain commitments from organizations, partners and facilitators to provide a certain number of workshops as needed

III. Accessing the site

- a. Use our separate emailing and constant contact capacities to help promote the educational programming.
- b. The repository can make accessible already existing vetted and curated trainings on topics in the following categories
 - i. Mental health/ mental wellness
 - i. Examples include: (NAMI Bridges of Hope/MH 101, Kennedy Forum MH 101, Companionship, Psychological First Aid, Mental Health First Aid, Youth Mental Health First Aid, Clergy conversation/ consultation, community of practice meetings such as the one being planned by Advocate CPE interns for this summer, Family Bridges stress management)
 - ii. Trauma informed and awareness

- i. Examples include: (Trauma 101, Risking Connections, toolkit on becoming trauma informed created by Advocate CPE students)
 - iii. Resilience and wellness
 - i. Community Resilience Model
 - ii. Strengthening Community Resilience
 - iv. Restorative practices
 - i. Providing alternatives to the current criminal justice system; practice being in relationship; pathway to interpersonal understanding
 - v. Social Justice/ Advocacy
 - i. Examples include: dismantling racism/ anti-racism such as racial healing circles, etc., cultural humility, COVID-19 stress management re. unemployment, parenting/childcare/ virtual education stresses)
 - vi. Collective Care
 - i. Examples include: Gratitude Jars to balance trauma with a RICH experiences focus, multicultural youth leadership academies to equip youth to be vision driven, youth summits like Hope for the Day summit
 - vii. Violence and Crisis Intervention
 - i. Examples include: violence interruption, domestic violence, child abuse and neglect, non-violence communication

IV. Site Features

- a. Accompanying visual and textual messaging can emphasize utilizing the trainings to spread the information around (teach one and they reach one more as a result)
- b. The site will host a workshop schedule that includes series and stand-alone workshops
- c. A mapping feature that includes organizational mapping by workshop categories
 - i. This feature will provide opportunity for participants to connect with local resources as well as identify financial assistance based on communities
- d. To measure outcomes, understand community impact and identify potential needs the site will house an evaluation attribute
 - i. Presenters may upload a summary of the evaluation outcomes
 - i. May need to consider MOUs
 - ii. If presenters do not have an evaluation, the network will provide a universal post-evaluation
 - iii. A post follow/survey will be provided to all participants at 3 months.

V. Next Steps:

- a. Schedule a call with representatives from different organizations and networks who may want to participate in creating this alliance.
- b. Create a list of training workshops being offered, who's doing them, cost, and how to access them. (we all contribute our knowledge)
- c. Clarify financial and time investment necessary to create and maintain the repository (a committee to research this? ... Kathy Flint from Northbridge Tech Alliance may be able to help with this) and feasibility for one org to stand as the fiscal agent
- d. Generate a list of all workshops, who is doing them and their audience
- e. Determine the criterion of inclusion and exclusion
- f. How and who will manage the site
 - i. May anyone post or workshop or is there a need for an approval process?