

# INSPIRE & CONNECT

National Alliance of Trauma Recovery Centers Newsletter

August 2022

[www.nationalallianceoftraumarecoverycenters.org](http://www.nationalallianceoftraumarecoverycenters.org)



“Your present circumstances don’t determine where you go; they merely determine where you start.” - Nido Qubein

“We would never tell someone with a broken leg that they should stop wallowing and get it together. We don’t consider taking medication for an ear infection something to be ashamed of. We shouldn’t treat mental health conditions any differently.” - Michelle Obama

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NATIONAL ALLIANCE OF  
TRAUMA RECOVERY CENTERS

# TRCs IN THE NEWS



**THRIVING MIND**  
SOUTH FLORIDA®

**Thriving Mind South Florida Announces \$2.3 Million Grant For First-Ever Trauma Recovery Network in Florida to Support Crime Victims**

The Miami Herald published the following op-ed from Megan Hobson, Peer Victim Advocate Specialist at the Trauma Recovery Network, in which she shares her story and talks about the need for the TRC services. [Please click here for the article.](#)

## GOOD NEWS



Left: Downtown Women's Center TRC (Los Angeles, CA) at the National Crime Victims' Rights Week Resource Fair



Right: Advocate TRC (Chicago, IL) tabling at the Wellness in the Woods Event



Solano TRC (Fairfield, CA) team accepting the Comprehensive Human Trafficking Grant



Grady TRC (Atlanta, GA) practicing Self-Care at a Team Sip and Paint

### Funding update

## \$23 million awarded to CA Victim Compensation Board for TRC expansion

### A message from Martha Wade, Founder, Executive Director, A Quarter Blue TRC (Orange County, CA):

"As the first point of contact for A Quarter Blue's TRC, I am thankful I can help crime survivors know they are perfectly normal for what they have gone through. I received this encouraging message (*below in white*) from a client. I am grateful that CalVCB equips us to be there for so many!"

*'Very often I find it difficult to express my gratitude as words do not come easily to me. Today, your kindness and empathy were just what I need as I woke up this morning feeling helpless and hopeless. My whole attitude took a change in the right direction upon speaking with you. Thank you seems so small but is the only thing I have to give you. So thank you for making such a positive difference in my life...'*

# TRCs at Survivors Speak

*This year, with Survivors Speak events across the country returning to a live format, TRCs were there.*



**Top left: Advocate TRC (Chicago, IL) at Survivors Speak Illinois**



**Top and bottom right: CA TRC members of the Healing Services Team at Survivors Speak California, April 25-26**



**Bottom left: Survivors Speak rally at the State Capitol in Sacramento, California**



# Spotlight: TRCs in Schools



**Stephen Massey, MS**  
**Director, Citilookout TRC**



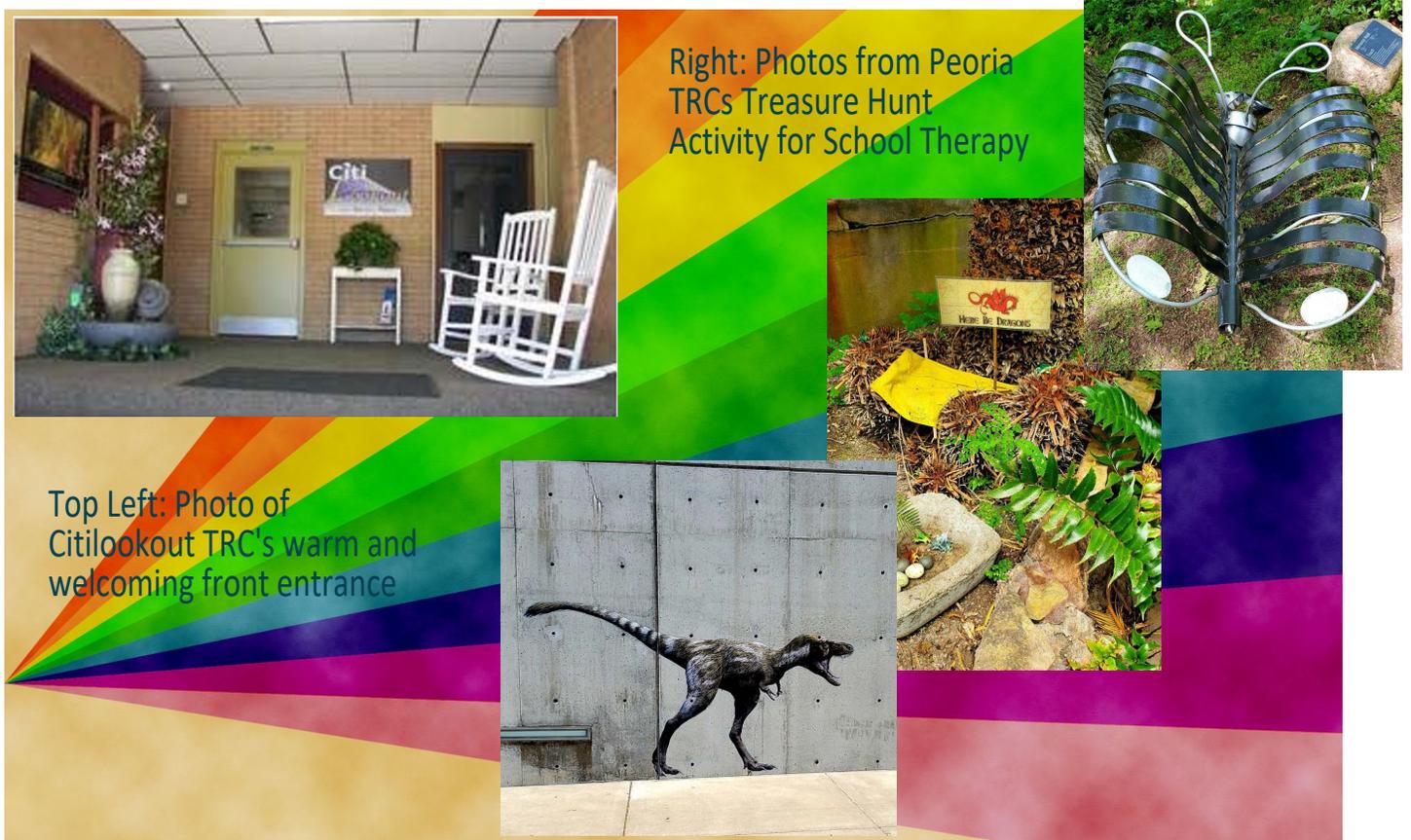
**Samantha Schubach, LCPC**  
**Psychotherapist and Supervisor, OSF Strive Peoria TRC**

*Youth and families in underserved communities have been disproportionately impacted by economic stressors related to the pandemic. Communities that were already experiencing inequities are facing more housing and food insecurity. Increased rates of domestic violence, physical abuse, and community violence mean more youth are impacted by these traumatic events as well.*

OSF Strive Peoria TRC is located in central Illinois, and has offered school-based services since they opened their doors in 2018. They started with embedding one of their TRC clinicians in a high school in their target zip code that has one of the highest rates of poverty and violence in the area, so students had access to services five days a week. Since then, they have expanded to work in other middle and high schools throughout the district, as well as Peoria Public School District's Wraparound Center for youth and families, located on a K-8 school campus.

While they have dedicated office space at several schools, OSF Strive Peoria TRC clinicians will travel to any school that makes a referral and meet with a client there. As Psychotherapist and Supervisor Samantha Schubach noted, "the schools are aware of us and will find us office space or an empty classroom to meet with a client. Schools kind of get used to the mentality of "you fit in where you can" but they have come to understand the need for privacy. For students to discuss very personal information, I need a room with a door."

Referrals come from teachers and school counselors, as well as health clinics within the schools. Ms. Schubach regularly checks in with health clinic staff to see if they have any new referrals, "or just kids they have concerns about and want us to touch base. They might find out about domestic violence, or maybe they see someone and they're concerned about the possibility of human trafficking. They'll explain who we are and let the kid know about our services, and then walk them right across the hallway to meet with us."



Right: Photos from Peoria TRCs Treasure Hunt Activity for School Therapy

Top Left: Photo of Citilookout TRC's warm and welcoming front entrance

Citilookout TRC is in Springfield, Ohio, and their Advocates now work in 3 schools, including a high school and two middle schools. When beginning work with a new school, they start by meeting with administrators to build a partnership and assess the needs of the student population. Director Stephen Massey has found that, “at times school staff are at a loss for how to reach these youth, because there’s so much going on.” Increasing gun violence, including a mass shooting incident this year, have been a particular concern. Citilookout TRC has a variety of strategies for engaging youth in services. Advocates conduct school assemblies on gun violence in order to educate and support, and also to listen to students who want to speak out about their experiences. “It’s about building relationships with the youth. We talk about the violence that may be prevalent in their lives, we listen to them and learn from them, and we offer interventions and counseling.” Advocates also facilitate on-site support groups for youth and tailor the year-long curriculum to their specific needs. In addition, they link clients and their families with TRC clinicians for trauma-focused therapy.

Both Citilookout and OSF Strive Peoria TRCs have built a wide referral network. Beyond the schools, youth also come to them from other agencies who work with families impacted by violent crime, including shelters, law enforcement, Victim Services Advocates, the Department of Child and Family Services, and the Child Advocacy Center.

The COVID-19 pandemic and resulting school closures caused a temporary pause in many school-based services. However, when a lot of other programs in Peoria were moving to only telehealth, “we knew that wasn’t viable for our clients. We are seeing students from poorer economic areas. Most of them don’t have computers at home unless the school is providing one. They may have a phone, but then they may not have the data, or the minutes, or they don’t have Wifi at home. So it was really important that we could keep those face-to-face appointments with the students that wanted that. Later, we found that students who were doing remote learning were just chomping at the bit to get back into services with us in person, so we were moving really quickly to get them back in with us and the administration was helping us to do that too.”

## Key points from TRCs on school-based work:

**Flexibility.** Over the summer break, it can be a challenge to reach kids who have been receiving school-based services and still need that support. OSF Strive Peoria TRC maintains office space in several locations over the summer and also talks with students about how they want to meet up for services. “We do a lot of work before they get out for the semester about where we can meet and how we can meet. ‘I can come to your house, I’ll meet you outside and we can walk to the park. Or we can meet at the Wraparound Center any time’.”

**Building Trust.** Students are often concerned about confidentiality. OSF Strive Peoria presents to high school classes about TRC services and lets students know what information will remain confidential: “They may have concerns about gang involvement, or past crimes, and we have frank conversations about that.” Citilookout TRC also focuses on establishing trust and hope as part of the engagement process: “When youth have experienced a lot of trauma, they are overwhelmed. We talk to them about their future and you can tell a lot of them don’t think they’re going to live past a certain age, based on the way the world looks to them. We work on trying to show them they do have a life worth living, and there are ways we can help them tap into that.”

**Family Engagement.** Some students are concerned that their guardian won’t consent for them to receive mental health services (for that reason, Illinois state law allows youth age 12 and older to receive 8 sessions of mental health treatment before a guardian is notified). OSF Strive Peoria TRC has “seen very good results with kids who do a couple of sessions and are sure their guardians will never say yes. Then together (client and therapist, with the client’s consent), we call the guardian and explain they are here, they’re really engaged, and they want to continue. Sometimes we also have parents buy in and want to start sessions with their own provider, because they see a change in their kid. We’ve had success with that.”

**Parent and Guardian Empowerment.** Navigating complex systems and linking youth and families with available resources is a critical piece of helping families stabilize and heal. Citilookout TRC keeps the focus on empowering parents and guardians to take care of their families. “Many times we could go do something for the kids, thinking we’ve helped them with something that was a stressor, but it might make their parent feel like they have not met the mark. And thinking, ‘well that was nice, but I guess I didn’t do my job.’ We are finding ways to put the resources in their hands, under their control, so they can expedite it to their kids. And watching the power in that, where the kid sees them taking care of things. Watching families heal when you empower the family leaders.”

**Helping Kids Feel Well Enough to Succeed at School.** The Options class for high school seniors in Peoria provides an opportunity for seniors who are struggling to graduate. In this alternative classroom, students engage in online learning and test preparation, and receive life skills help such as setting up bank accounts, preparing resumes, and completing college financial aid applications. OSF Strive Peoria TRC is also a resource for Options students, all of whom had been affected by gun violence: “Either they themselves had been shot, or a family member had been shot or killed, or they know someone who was hurt by gun violence.” Despite the intensity of trauma and grief they had experienced, all but one of the students receiving TRC services graduated high school in the spring – “it’s really an incredible accomplishment.”

Citilookout TRC also sees the positive impact of their services in kids’ lives, as exemplified by a youth who had felt shattered by a sexual assault before his senior year but was able to slowly build trust and engage in TRC services. He returned to school where he received therapy and the support to complete his school year and graduate. “This kid is now happy and working. That’s what success looks like - for this kid who had something really devastating happen in his life to be able to trust again, and have a different outlook on life.”

Author: Stacey Wiggall, Director of the TRC Technical Assistance Program

# Transformation | Action | Advocacy

Alyson Simmons, Founder and Director of Central Iowa Trauma Recovery Center (CITRC), has been awarded a HealthConnect Fellowship by the Mid-Iowa Health Foundation. This Fellowship is in recognition of Ms. Simmons' leadership in influencing policy and practice changes that collectively shift systems of care in central Iowa.



HealthConnect  
Fellow

**Alyson  
Simmons**



“My life’s work has led up to this incredible responsibility of establishing the Trauma Recovery Center. While I have experience and skills, work of this magnitude cannot and should not be accomplished in a silo. It is important that we are aligned with a community of allies working together to realize comprehensive mental health and support services for survivors who are disproportionately impacted by violent crime, as the standard of care, and not the exception.”

- Alyson Simmons, Executive Director,  
Central Iowa Trauma Recovery Center.

## TRC Network Expansion

New York City to Move Forward with Developing TRCs

WHAT'S  
NEW?



Brooklyn, New York City

Bronx, New York City

# UPCOMING NATRC TRAINING:

## Skills Training in Affective and Interpersonal Regulation (STAIR)

From Dr. Sarah Metz, Director of the UCSF Division of Trauma Recovery Services

This 3-hour training on group-based STAIR will provide a detailed overview of the 12-session group model



- This will include a brief review of the research,
- Experimental learnings from use in both VA and UCSF TRC,
- And adaptations of use in individual sessions within the TRC treatment model

### Who Can Attend:

Trauma Recovery Center Staff/Interns  
&  
VOCA Administrators

Date: September 30<sup>th</sup>, 2022

CEUs are not available

Email: [kathy.liu@ucsf.edu](mailto:kathy.liu@ucsf.edu) for more details

# TRCS ACROSS THE COUNTRY

## Trauma Recovery Centers



**39 TRCs Nationally** (as of 7.1.2022)

### Illinois

- Advocate TRC South, Chicago
- Advocate TRC North, Lake County
- OSF STRIVE TRC, Peoria
- OSF St. Anthony TRC, Rockford
- SIU Survivor Recovery Center (SIU) TRC, Springfield

### Iowa

- Central Iowa TRC, Des Moines

### Ohio

- Seven Hills TRC, Cincinnati
- May Dugan TRC, Cleveland
- MetroHealth TRC, Cleveland
- Brenda Glass TRC, Cleveland
- OhioHealth TRC, Columbus
- OSU-STAR, Columbus
- Citilookout TRC, Springfield
- Mercy Health TRC, Toledo

### Pennsylvania

- Central PA Center for Trauma & Healing - TRC, Harrisburg

### New Jersey

- Jersey City Medical Center TRC, Jersey City
- Newark Community Street Team TRC, Newark
- University Hospital TRC, Newark
- CarePlus TRC, Bergen County

### Georgia

- Grady Hospital TRC, Atlanta

### Florida

- Thriving Mind South Florida Trauma Recovery Network

### Northern California

- Alameda County TRC - Family Justice Center
- West Contra Costa Family Justice Alliance
- Partnerships for Trauma Recovery, Berkeley
- Solano TRC, Fairfield
- UC San Francisco TRC

### Southern California

- Long Beach TRC
- Downtown Women's Center/Peace Over Violence, Los Angeles
- CSUN - Strength United, Northridge
- SafeHarbor-UCLA TRC, Torrance
- HOPICS/SSG TRC, Los Angeles
- Chadwick Center for Children & Families, San Diego
- Miracles Counseling Center TRC, Gardena
- Citrus Counseling Service, Redlands
- Amanecer Community Counseling Service (LA)
- Palomar Health Foundation, San Diego
- Olive View UCLA, Los Angeles
- A Quarter Blue, Orange County
- USC Suzanne Dworak-Peck School of Social Work, Los Angeles

Please click [here to](#) Link to the UCSF TRC Manual: A Model for Removing Barriers to Care and Transforming Services for Survivors of Violent Crime

To subscribe to the NATRC Newsletter email [kathy.liu@ucsf.edu](mailto:kathy.liu@ucsf.edu).