

INSPIRE & CONNECT

National Alliance of Trauma Recovery Centers Newsletter

January 2023



Quotes:

"We all have purpose even if we're still striving to understand what that is."
-Angela Bassett

"Sometimes just being yourself is the radical act. When you occupy space in systems that weren't built for you, your authenticity is activism."
-Elaine Welteroth

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NATIONAL ALLIANCE OF
TRAUMA RECOVERY CENTERS

TRC GOOD NEWS

MIRACLES Counseling Center, Gardena, CA was selected as the Psychotherapist Winner for the 2022 Best of Torrance Awards



May Dugan Center TRC, Cleveland, OH receives the Cleveland Police Foundation Award for its extensive work in the Greater Cleveland area



Advocate TRC, Chicago IL team members presented in Spanish on “Coping with Collective Trauma” to an organization that serves a predominantly Spanish speaking community

MetroHealth TRC, Cleveland, OH had a podium presentation at the Root Cause Coalition 7th Annual National Summit on the Social Determinants of Health in Minneapolis called Addressing Toxic Stress & Trauma: A Collaborative Pilot to Develop Trauma Informed Judicial Systems. This highlighted the TRC work with the Cuyahoga County Court of Common Pleas VIP docket.



Ashley Biden, NATRC Consultant, visited the **UCSF Trauma Recovery Center**, San Francisco, CA and the San Francisco Zuckerberg General Hospital

TRCs IN THE NEWS



Mercy Health TRC, Toledo, OH hosted “The Effects on Children when Domestic Violence Hits Home” conference. Michael Sheline, Section Chief in the Ohio Attorney General’s Crime Victim Services Section was the opening speaker.

OraLee Macklenar, TRC Program Supervisor, spoke on the lasting impact of unresolved trauma, the conference also heard from expert speakers from the Lucas County Juvenile Court, a Lucas County Juvenile Court Magistrate, Lucas County Deputy Sheriff who is a survivor of DV herself, a child abuse pediatrician and the founder of the Human Trafficking and Social Justice Institute from the University of Toledo.

[Please click here to read the news coverage on the conference](#)



Podcast: Trauma Recovery Centers: A Comprehensive Response for Victims of Violent Crime

Stephen Massey, Director, CitiLookout Trauma Recovery Center in Springfield, OH and Shakyla Diaz, Chief of Federal Advocacy for the Alliance for Safety and Justice spoke with Gillian Caplan, a Podcaster at the National Crime Justice Association (NCJA) about the innovative and life-changing work of Trauma Recovery Centers and how TRCs are providing critical resources to victims of violent crime.

[Please click here to listen to the podcast](#)



Article: Cleveland-Area Trauma Recovery Center Specializes in Counseling Victims of Gun Violence

The Brenda Glass Multipurpose Recovery Center, Cleveland, OH featured in the news for specializing in counseling victims of gun violence, moving clients to safe housing and putting people on a path to healing.

[Please click here to read the article and or watch the news clip.](#)



Article: Advocate Trauma Recovery Center at Local Hospitals Helping Victims of Violent Crimes Recover

Kim Miller, Director, Advocate Trauma Recovery Center, Chicago, IL is featured on the news discussing the TRC's mission of helping survivors of violent crime recover after the physical wounds are healed.

[Please click here to watch the news clip.](#)

Spotlight: Central Iowa Trauma Recovery Center's Support for Staff and Team Wellness

Contributor: Alyson Simmons, CNPM, CA

Founder and Executive Director of the Central Iowa Trauma Recovery Center (CITRC) in Des Moines, IA



The Trauma Recovery Center model is explicit about the need for programs to take an active approach to helping staff manage vicarious trauma, supporting staff wellness, and promoting a healthy organizational culture. In keeping with this philosophy, the 39 TRCs have implemented a variety of practices to help support staff/team health and wellness. NATRC spoke with Central Iowa TRC's Founder and Executive Director Alyson Simmons (pictured right) about CITRC's approach.

Can you please describe the importance, as you see it, for developing an organizational culture of compassion, health and ongoing learning/growth?

I believe in compassionate accountability. It's the concept of calling someone in versus calling them out. That we're all learning and growing together as a unit. Over time, it is emotionally expensive to do this work. It can take a lot out of us. As we were putting the pieces together, it was important for us to include components that considered the health of the helper. It would be really difficult to be effective over the long-term without its inclusion. Beyond having an "open door" policy for staff to ask questions and get support, I felt it was important to determine what drives them to be part of all of this. We're a small team. So, what's their "why" for showing up every day and being there for clients? It's an intentional focus on our own humanity while providing services. During staff meetings we include time for personal acknowledgement of their peers or something that stood out for them. It's my hope that by including things like this, it will help us to focus on "who we are, not just what we do."

When I established CITRC, I wanted our office to feel restorative. Philosophically, connecting it to the work of TRCs was really important to me. For most communities, victim services have traditionally focused on navigating the criminal justice system. Operationally, we wanted to function in a way that delivered a high level of care for survivors and equipped and supported our staff as well. It could not be just business as usual.

What are some of the ways you create a welcoming atmosphere for clients and staff?

We wanted to create an environment that felt restorative and looked like home in terms of decorations and décor – sofas and fluffy pillows. Almost all of our décor and artwork were funded independently so we had an opportunity to really beautify the space. In every office we have live steamed drone footage from countries around the world with soft music. It's sort of fun because staff and clients can pick wherever in the world they want to be on any day. It was an investment, but it was worth it in terms of how it makes clients feel when they come in. I think we've created a space where people feel cared for. Staff feel that for themselves, and they get that same feedback from our clients too.

How are the values of wellness / sustainability / growth reflected in policies and procedures?

Staff time for wellness is written into our policies and procedures. Wellness time is available for full and part time staff. The intent is for all of us to walk away from our desk and spend 30 minutes doing whatever it is – meditating, being in the massage/quiet room to take care of ourselves. We have a meditation and massage room equipped with art/paint supplies, journals, a television for guided meditation, and a zero-gravity massage chair. If it's established as an expectation, people are more likely to do it. Honestly, it's not always accomplished every day, but it is a priority. We also allow a great deal of scheduling flexibility for staff who would like to meet with their therapist, via zoom, as another way that we try to support staff health and wellness. We will make space for that to happen.

What are the ways your TRC supports professional development and learning for staff?

We really strive to provide all staff with the tools and support needed to do their jobs well. Staff in every position, regardless of their role, licensure, or level of experience, participate in individual and team trainings as well as regular supervision meetings. Professional development and clinical supervision are approached with a growth mindset and the recognition that it is part of staying present, engaged, and feeling competent in one's work.

Are there ways that your TRC supports wellness for other community agencies / organizations?

For our community partners, we offer monthly virtual resilience roundtables - one for direct service providers and another for Executive Directors and Senior Managers. We want to maintain a healthy environment for everyone, so we try to guard against “gripe” sessions or cliques. We focus on activities that incorporate the building blocks of resilience. With these groups we also wanted to create supportive connections and help participants come away with practical tools and skills that can be utilized to cultivate their own resilience and within their teams.

What are obstacles that staff can face in focusing on their own wellness or growth?

Sometimes, in an effort to focus on providing direct services, which is obviously extremely important, other aspects that also contribute to delivering a high level of care are not always included within the organizational plan. Self-care and efforts to minimize the impact of vicarious trauma are absolute necessities. As we support survivors in their recovery, we want to do our best to practice those things that contribute to our own wellbeing, physically, mentally and emotionally. For all of us, there are many funding restrictions and teams are stretched, but I hope that we all have the opportunity within our organizations to address this critical need.

**Central Iowa TRC Website**<https://www.centraliowatrc.com/>

TRANSFORMATION | ACTION | ADVOCACY



Advocate TRC in Chicago IL continues to advocate for more community partners. In 2022, the TRC has partnerships with the 5 area detective divisions within the Chicago police departments!



Ohio Office
of Criminal Justice
Services



Ohio ASJ Advocacy Efforts: Due to the tremendous advocacy efforts of the Alliance for Safety and Justice, a total of \$20 million in grant funding became available as part of Governor DeWine's new Community Violence Prevention Grant Program, which is administered by the Ohio Department of Public Safety's Office of Criminal Justice Services (OCJS). The grant program is aimed at supporting community-based nonprofits, law enforcement agencies, and state and local government entities that have implemented or would like to implement collaborative approaches toward reducing community violence.



Trauma Recovery Centers

Northern California

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

Southern California

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



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 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, Miami

TRCs: Send us your good news at kathy.liu@ucsf.edu.

To subscribe to the NATRC Newsletter email kathy.liu@ucsf.edu.

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



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