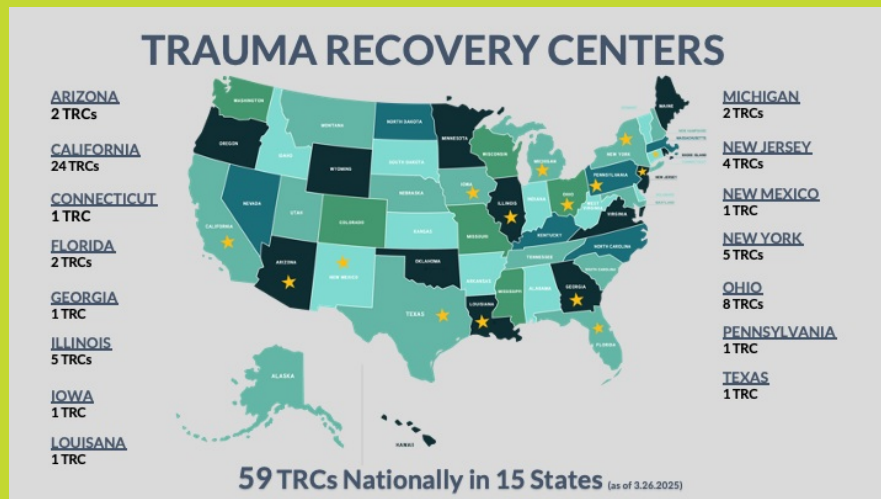


UPDATED April 2025 NATRC National Newsletter

We've updated a few items across the newsletter with a few corrections and to more accurately uplift the work of our member TRCs.

Note: This email has pictures! Make sure your email app lets you download the external images for the full experience.

News from NATRC



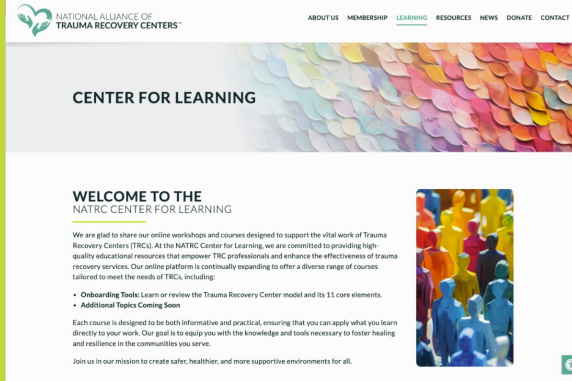
New TRC Implementation Workshop Cohort

In February, NATRC welcomed five new TRCs into the fold.

The cohort included:

- **Chicanos Por La Causa TRC** (Phoenix, AZ)
- **CODAC Health, Wellness and Recovery TRC** (Tucson, AZ)
- **Hartford Communities That Care TRC** (Hartford, CT)
- **Corewell Health TRC** (Grand Rapids, MI)
- **Center for Community Alternatives TRC** (Brooklyn, NY)

We are so glad to welcome these TRCs to the national alliance, and we look forward to seeing the work they will do in their communities.



NATRC Center for Learning

You've been hearing about it, and the time has finally come! The **NATRC Center for Learning** launched this spring. With currently more than 200 learners enrolled, our TRC participants all have access to the new TRC Orientation Video Series, with more recorded trainings to come! If you are a program manager or director interested in enrolling your staff or you have a staff change and need to enroll/unenroll someone, please reach out to Kathy at kathy.liu@ucsf.edu.

The Training and Technical Assistance team is launching a series of topical meetings in 2025, with one new meeting occurring each month. We were so excited to hear your enthusiasm and input for these new discussion and learning spaces in the first quarter of meetings.

The meetings will continue throughout the year, on the second Tuesday of every month at 11 am Pacific time, alternating among the following topics:

- May: Data Collection & Analysis
- June: Supervision & Training
- July: Leadership
- August: Data Collection & Analysis
- September: Supervision & Training
- October: Leadership
- November: Data Collection & Analysis
- December: Supervision & Training

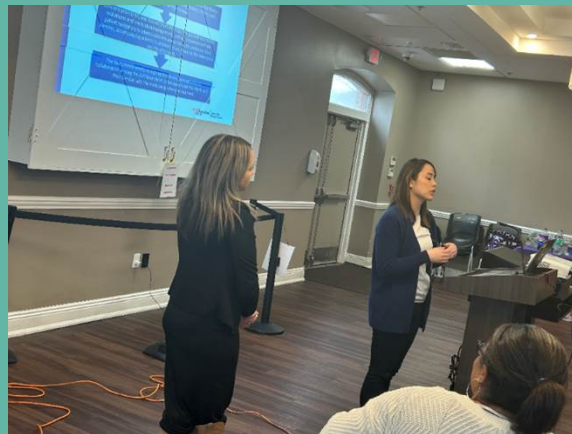
News from TRCs Across the U.S.





Thriving Mind South Florida TRC – Miami, FL

On April 10, the Trauma Recovery Network attended the City of Miami candlelight vigil in remembrance of victims.



Jersey City Medical Center TRC – Jersey City, NJ

Representatives from Jersey Medical Center TRC presented at WomenRising on April 3rd, 2025. This was a community presentation of the TRC's services to the local domestic violence shelter. In addition to presenting, the presenters also shared flyers.



UCSF TRC – San Francisco, CA

The UCSF TRC hosted a press conference with the First Partner of California to announce the release of report put together by a statewide working group, of which Dr. Sarah Metz, UCSF TRC's Director, was a part. The report focuses on areas of need for sexual assault response across the state. Download a copy [here](#).



Grady Hospital TRC – Atlanta, GA

Grady Hospital TRC is very proud to announce that the organization had their TRC implementation paper published. Congrats! The paper is available at [this link](#).



BOSS TRC – Berkeley, CA

BOSS TRC has been very active in the community. The organization has provided trainings about the TRC to several local agencies and has also hosted group sessions for victims of crime.

A Special Report from JCCGCI TRC in New York



Healing Beyond Therapy: A story from JCCGCI's Trauma Recovery Center

Contributed by Dr. Dulande Louis, TRC Director

At JCCGCI's Trauma Recovery Center (TRC), we are dedicated to dismantling barriers to care by providing healing spaces for survivors of violence and trauma. Our approach is intentional and holistic, focusing on the whole person while addressing factors such as stigma and inherent power dynamics to ensure a safe and supportive environment that promotes recovery and healing for marginalized individuals.

In addition to traditional mental health services, we offer a range of supplemental services, including trauma-informed yoga, aromatherapy, somatic interventions (back/neck massages), ballet classes, animal-assisted therapy, the Thrivers Literacy Coven (our book club), and art therapy. These services have become integral to our participants' healing journeys, providing them with tangible tools to incorporate into their daily lives as self-care practices.



Our participants have expressed deep gratitude for these services, often sharing how being in a safe and nurturing space with others who are experiencing similar challenges has lessened the complexity of their healing journey. One participant shared, “I love this place! You guys have really taught me how to trust again, which has been life-changing for me. I hope I can come here to just sit in the waiting area and play with Denim when services are over. Can I?” he asked.

The inviting atmosphere of JCCGCI's TRC has become a sanctuary for many. Participants often come to read a book, sip on a soothing hot cup of tea or coffee, and engage with our therapy dog, Denim. It is a tremendous honor to serve the community and meet its members where they are, providing them with the support and care they need to heal and thrive.

We extend our heartfelt gratitude to New York City Council Speaker Adrienne Adams for her unwavering support and commitment to our mission. Her leadership and advocacy have been instrumental in bringing the TRC to life in New York City, ensuring that survivors of trauma in our community have access to the comprehensive care they deserve.

Spotlight on Seeds of NOLA Trauma Recovery Center at University Medical Center



Erika Rajo, PsyD
Director



Sandy Hyatt, PsyD
Associate Program Director

*In this edition of the National Alliance of Trauma Recovery Centers newsletter, we are spotlighting the **Seeds of NOLA Trauma Recovery Center**, located within **University Medical Center New Orleans**, a leading academic medical center and Level 1 Trauma Center in Louisiana.*

*We had the privilege of speaking with **Erika Rajo, PsyD** and **Sandy Hyatt, PsyD** from Seeds of NOLA to learn more about the center's work, team, and community impact. Dr. Rajo, a trauma psychologist, is the Director of the Seeds of NOLA Trauma Recovery Center and Trauma Psychology services at University Medical Center New Orleans. Dr. Hyatt, also a trauma psychologist, is the Associate Program Director for the TRC.*

Location and History

Seeds of NOLA is deeply embedded within the trauma care infrastructure at University Medical Center New Orleans. While the center officially became a Trauma Recovery Center (TRC) in 2023, the team has long provided trauma-informed services to individuals impacted by a wide range of injuries and experiences.

The TRC serves a diverse population of survivors, including individuals affected by car accidents, falls, sexual assault, domestic violence, and community violence, especially gun-related incidents. Services are available to all patients who have experienced traumatic injury, not limited to those impacted by crime.

Following its expansion in 2023, Seeds of NOLA also became home to a Hospital-Based Violence Intervention Program (HVIP). This addition significantly expanded the center's reach, particularly among those impacted by community violence. Today, the number of patients affected by community violence is nearly equal to those involved in vehicular accidents, reflecting the evolving needs of the population and the TRC's ability to meet them.

Strengths of the TRC: Integration and Inclusion

One of the core strengths of Seeds of NOLA is having the Hospital-Based Violence Intervention Program (HVIP) operating under the Trauma Recovery Center umbrella. In the early planning stages of our TRC expansion, it was cross-discipline conversations, particularly between Trauma Psychology, Emergency Medicine, and Trauma Surgery providers, from which the idea came to house a hospital-based violence intervention program, not only within our academic medical center but under the Trauma Recovery Services umbrella. This intentional structure enhances collaboration between TRC staff and the violence intervention team, creating more fluid coordination and a unified approach to care. With both teams working closely together, the program has seen greater engagement from patients and more effective transitions from hospital to community-based support.

Two Violence Intervention Specialists are embedded directly within the TRC, helping bridge services through warm handoffs and real-time communication. These specialists have full access to medical records and documentation systems, allowing them to operate as fully integrated members of the hospital care team. This access removes barriers that previously existed when the programs were separate, leading to better coordination and more responsive support for patients and families.

Another key strength lies in the diversity and inclusivity of the Seeds of NOLA team. Team members come from a variety of cultural, racial, educational, and professional backgrounds, creating space for multiple perspectives and experiences to inform the work. This diversity has been essential in shaping the program from the ground up, fostering a culture where staff feel empowered to show up authentically, and where patients feel seen and supported by people who reflect their communities. It's been noted that team members truly feel they can bring their full selves to work, which isn't something everyone experiences in more traditional or corporate environments. That sense of belonging and openness has become a defining strength of the TRC's internal culture.

Responding to the New Year's Eve Mass Violence Incident

Seeds of NOLA played a critical role in the response to the mass violence incident on New Year's Eve in New Orleans. As part of the hospital's Mass Casualty Incident (MCI) plan, and in coordination with the city's broader emergency response, the TRC led the support efforts for loved ones and family members affected by the tragedy.

Dr. Erika Rajo served as the MCI Trauma Recovery Lead, coordinating the trauma recovery center's response and overseeing the support provided to victims' families. TRC staff were present at the Family Information and Notification Center, where they offered psychological first

aid and guided families through the deeply difficult process of receiving updates or death notifications. The team collaborated closely with the FBI, law enforcement, the coroner's office, victim advocates, and international embassies to ensure compassionate, timely, and coordinated care.

While the team felt prepared, they were responding to an event of unexpected scale with limited staff due to the holiday season, which made the effort even more challenging. Still, the team remained committed to providing steady and empathetic support to families and community members throughout the crisis.

In the aftermath, the TRC expanded its efforts to support frontline workers and other healthcare professionals who were deeply impacted by the incident. This included facilitating psychological first aid groups, offering weekly therapy sessions, and hosting "Heart Huddles", which were attended by nearly 100 EMS and law enforcement professionals who needed support in processing the trauma they witnessed.

Even months after the New Year's Eve tragedy, the Seeds of NOLA team continues to see new patients affected by the event. The National Mass Violence Center has indicated that the impact of such tragedies may require ongoing support for years to come.

Community Outreach & Impact

While there are many advantages to having a TRC physically located within a hospital and the southeast region's only Level 1 trauma center, a drawback we anticipated was the ability to fully realize our community-centered mission with a team comprised solely of hospital employees doing the work from behind hospital walls. Thus, to leverage the collaborative efforts of the trauma recovery and violence intervention staff taking place in the center, we established a partnership with local community organization, Ubuntu Village, whose NOLA Peace Ambassadors violence intervention initiative works to mediate conflicts, support those most impacted by violence and build healthier communities. Defined via a Memorandum of Understanding between UMC and Ubuntu Village's Peace Ambassador program, the partnership is designed in such a way to allow for warm handoffs between the hospital-based violence interrupters and the community-based peace ambassadors when an individual or family impacted by gun violence consents. Regular meetings with Ubuntu Village foster consistent collaboration and streamline bidirectional referrals, extending the Seeds of NOLA reach beyond hospital walls and into the homes and neighborhoods most in need of healing. Solid partnerships like this can be invaluable in times like the present as sociopolitical shifts yield uncertainty. From spreading the word about TRC services to hosting regular community outreach events and coordinating referrals, I have no doubt that the partnership between Seeds of NOLA and Ubuntu Village has been an integral part of our success. Furthermore, UMC's Trauma Recovery Center and Violence Intervention Program as well as Ubuntu Village are critical components of the city's broader Violence Intervention & Prevention Ecosystem. With oversight and support from the New Orleans Health Department, the collective efforts of the ecosystem, both in the healthcare system and in the community, aim to enhance the health of individuals in New Orleans, particularly those at high risk of violent injury, while fostering collaboration among various stakeholders within the violence intervention and prevention space.

Lastly, between the trauma recovery center staff and the violence intervention team staff, our work with trauma survivors and their families typically starts in the emergency room or patients' hospital room and within hours or days of the index trauma. During that acute phase, our involvement can vary. It may consist of providing psychoeducation on common trauma reactions, information about our services and how to get connected with the TRC post discharge. More often than not, we are providing some form of brief, trauma-focused intervention. Unfortunately, there are times when our role on the inpatient side of things is to support families when their loved one is not going to survive their injuries. If they come to the center after discharge, we can see them through the recovery process. It is not only helpful for the patients and their families to have that continuity of care, but also rewarding for whoever is working with them on our team to have the opportunity to see how far a client has come from the beginning through their healing and ultimately graduation from the TRC. It's in those full-circle moments that we're reminded that while we're planting seeds of healing in the community, the people we serve are also helping us grow, and with time and care, we trust those seeds will take root, breaking cycles of trauma and violence, and fostering healing for generations to come.

NATRC would like to take the opportunity to thank the Seeds of NOLA Trauma Recovery Center

at University Medical Center for their contributions to the work and services provided by the vast network of TRCs throughout the nation. We are in awe of the well thought out, execution of and amazing ongoing response to the Mass Violence Incident in New Orleans on New Year's Eve of 2024. Click the following link to learn even more about Seeds of NOLA Trauma Recovery Center at University Medical Center: [Seeds of NOLA](#)

Upcoming Events

May 1, 2025	May 8, 2025	May 22, 2025	May 22, 2025
Collective Care 10 am Pacific Time via Zoom	Data Collection & Analysis 11 am Pacific Time via Zoom	CA TRC Monthly Meeting 10 am Pacific Time via Zoom	Regional TRC Monthly Meeting 11:10 am Pacific Time via Zoom



Follow and like NATRC on social media! We'll see you online!

NATRC | 2727 Mariposa Street, Suite 100 | San Francisco, CA 94110 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!