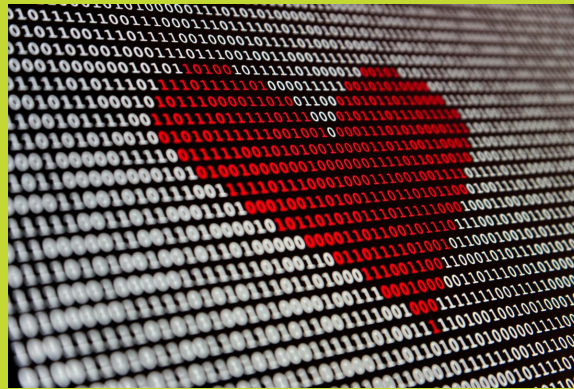


January 2025 NATRC National Newsletter

Happy New Year everyone! We hope your holiday season was peaceful and restful. We're excited about the opportunities and connections that will come our way this next year as we work to expand the reach of TRCs throughout the U.S.!

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

News from NATRC



2023 NATRC Data Report

We asked and you answered! NATRC Data and Information Specialist Angela Inglis presents this report on TRC data collected from the 2023 calendar year. Click below to see the report with information about the impact of TRCs in the communities they serve across the United States.

[View the Report](#)



NATRC 15-Minute Overview Video

NATRC is pleased to share a 15-minute overview video about the TRC Model and the vital support TRCs offer to crime survivors in underserved populations. We are grateful to all of our participants featured in this video and our new TRC Model Orientation video series, including UCSF TRC staff and providers as well as leaders from other TRCs. This video was created in collaboration with Awake Storytelling.

**Watch and Share the
Video**

Good News from TRCs Across the U.S.

Grady Hospital TRC



The Grady Hospital TRC in Atlanta, GA, is proud that two of its clinicians passed their licensure exams. Congratulations Simone Wilson and Kelley Alexander!



The Grady Hospital TRC in Atlanta, GA, also recently received notice that of a private donation of \$50,000 and a new funding stream that will allow the organization to hire a full time case manager. Congratulations!



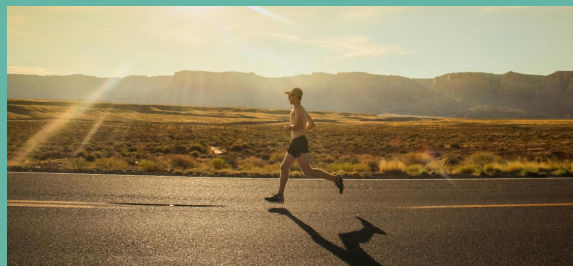
Solano Sanesart TRC

The Solano Sanesart TRC, in Solano, CA, is hosting a "Day of Action Against Human Trafficking" on Friday, January 31, 2025, at the Sonoma Raceway in Sonoma, CA.

"The Day of Action Against Human Trafficking is a dedicated event aimed at raising awareness and mobilizing efforts to combat human trafficking.

Join survivors, advocates, law enforcement, healthcare providers, educators, and community members to engage in meaningful discussions and activities focused on eradicating human trafficking."

[View the Event Flyer](#)



Henry Ford Health TRC

The Henry Ford Health TRC in Detroit, MI, was fortunate to be awarded a grant through the Community Foundation for Southeast Michigan. This grant allowed the TRC to hire a full-time peer coordinator that will lead their peer mentorship program on the inpatient hospital side. Survivors of trauma and violent crime that are on their recovery journey will be able to return to the hospital and serve as mentors, visiting with currently admitted survivors to offer support. The peer coordinator starts at the end of the month and HFH TRC hopes to go live with the peer mentorship program by March.

Also, the Henry Ford Health Trauma Recovery Center is hosting its 3rd Annual Trauma Survivors Celebration 5k Run/1-mile Walk on Saturday, May 3rd, 2025, at Belle Isle in Detroit, MI. This event is a great opportunity to celebrate survivors on their recovery journey, acknowledge the team members at Henry Ford Hospital that care for these survivors, and raise awareness for the TRC. Please see the attached flyer for more information. You can also check out a short promo video from the TRC's first celebration [here](#) and pictures from last year's event [here](#).

Spotlight on Ruby's Place

(Updated Version)



In this newsletter edition, we had the opportunity to hear from Pouneh Azadi, MS, LMFT - Chief Clinical Officer, and learn about the innovative and amazing work that Ruby's Place – South Alameda TRC is doing. Ruby's Place has had a long history of serving poly victimized survivors, thus when the opportunity presented itself, there was a natural expansion into adding another program to their rich variety of services now known as the South Alameda Trauma Recovery Center.

“Here at Ruby's Place, we have a long-standing history of providing services to poly victimized survivors and as a result adding the TRC component seemed to be a natural expansion to what we already offered to the community. To accommodate clients' needs, we provide services through tele-health and/or in-person at our community office in Castro valley. Our residential clients also have the opportunity to receive individual and group counseling in their natural environment where a sense of community and belonging is enhanced. Currently, we serve clients throughout the Bay Area and our multi-disciplinary team provides therapeutic services, psychological assessment and psychotropic medications to clients who are twelve years of age and above. We continue supportive services to males, females and individuals who identify within the LGBTQ+ community. Although the TRC is the major layer of our clinical department, the department also houses other staff members such as a nurse practitioner who provide basic medical services to our clients while adding another layer of wisdom and support to the team. When the clinical department is in full capacity, we are a family of 15 individuals.

Ruby's Place originally started serving human trafficking clients back in 2011, however by 2016 we gained some insights along the way that I think will be beneficial to keep in mind. One crucial point to remember is that despite some overlaps, human trafficking cannot be folded into any other program, such as sexual assault and/or domestic violence. Additionally, a common misconception about human trafficking is that it is primarily driven by organized crime. While true in some cases, this belief does not reflect the whole reality as family members or intimate partners may traffic survivors. Furthermore, trafficking often involves a grooming process, where the trafficker influences the survivor and then coerces them into actions; in some cases, they are even unaware of the fact that they are being trafficked. Therefore, as service providers, it is essential to approach survivors with sensitivity and awareness, recognizing that they may be unaware of the cycle of abuse and hold space for this realization as it can be a key to supporting survivors' healing journey. Human trafficking also translates into different layers, such as sex trafficking and/or labor trafficking, and the Bay Area is undoubtedly one of the major hubs for this issue.

At Ruby's Place, we recognize that wraparound services such as case management, therapeutic services, housing, and legal advocacy are heavily needed. As a result, the clinical staff often mobilizes services offered by different departments at the agency and supports the survivor in their journey. This process provides a safe space for naming the power and control often

imposed on survivors and, in return, offers the voice and choice, safety planning, and other necessary adjustments, such as access to housing, that enable a survivor to live independently.

As the proud leader of our TRC, I believe that diversity is the theme and the supportive blanket that holds the key to our success in many ways. Among our multicultural staff, we offer services in six different languages, which helps us provide individualized and client-centered services. Additionally, the wisdom behind such a culturally rich team provides expertise that supports clients navigating immigration issues and/or the complexity of being part of the LGBTQ+ community.

We are very mindful of selecting new staff members during the hiring process. We would like to add individuals to our team who can help bridge the gaps in some of the skill sets and knowledge that support service enhancement.

At the moment, we have staff trained in EMDR, emotionally focused therapy (EFT), somatic therapy, internal family system (IFS), dialectic behavior therapy (DBT), and sex therapy, among many other practices. When a case is presented, it is viewed through different lenses, which is supportive of both clinicians and clients.

Another layer that makes our TRC a success is the diverse ways we connect as a team. We hold weekly clinical team meetings in person or via Zoom, discussing complex cases and providing group supervision. We also lean into our quarterly outings, where the team meets in person and chooses an activity that enhances the connection between team members. Additionally, as we start our week on Mondays, we meet for half an hour for 'Tea-M' time, where we focus on building connections through learning more about one another, including sharing our cultural backgrounds. At the end of this meeting, staff ground themselves in an individualized intention that supports both their work week and restorative care. The monthly Clinical Potluck is another component of support and connection where, although no actual food is served, we feed one another with our expertise and unpack a clinical topic that the team finds useful. This is the time when different expertise shines through, and we all have the opportunity to walk away from the meeting with more knowledge than we stepped in. The intention behind our monthly and weekly structures is to support our team and provide a diverse map that walks us toward connection while guiding us away from the path of staff burnout.

As a bicultural clinician and leader raised in a collectivistic culture, I deeply embrace the sense of community and connection and, therefore, greatly appreciate the philosophy that Ruby's Place has adopted, called The Relational Model. This model is designed through a trauma-sensitive lens, strengthens the staff's resiliency, and provides quality care to clients. The Relational Model is rooted in the Trust, Respect, and Mentorship (TRM) triangle and expands its structure to five interconnected concepts: Core Values, Reflective Approach, Relational Resiliency, Relational Dynamics, and Emergent Learning and Leadership. Core Values are Ruby's Place compass, which leads the agency toward its mission. At the same time, the Reflective Approach holds practical components that bring awareness, reflection, feedback, and accountability to our interactions.

Relational Resiliency acknowledges that conflicts are inevitable parts of our daily interaction, reframes relational struggles, and offers a map that lands us on trust and resolution. Relational Dynamics provides a breakdown of the primary sources of ruptures and repair while offering a deep understanding of creating safety and connection. Lastly, Emergent Learning and Leadership holds a respectful space for growth, innovation, and mentorship where staff can reach their full potential through genuine support and coaching. Dr. Kristen Zaleski mentions, "Trauma happens in the context of a relationship, and it is healed in the context of a relationship." Ruby's Place has adopted The Relational Model and designed its components as a commitment to understanding trauma and regulating the nervous system of the agency through connection and practical guidance.

Since The Relational Model at Ruby's Place has been the overarching umbrella that supports our TRC's success, we hosted an open house and training in March of 2024 at the request of BRAVE (Buffalo TRC). During this open house, we shared some of the ingredients of The Relational Model with three TRCs from Texas, New Mexico, and New York. As a result, the TRC in Buffalo requested further training where some of the concepts of The Relational Model, such as Reflective Approach and Relational Resiliency, were fully unpacked during three full training days in August of 2024. Since then, Ruby's Place has had the pleasure of providing more consultations with BRAVE around The Relational Model concepts. We are closely collaborating

with BRAVE to provide further consultations, training, and implementation around The Relational Model.

As proud as we are of the work we have done at our clinical department, particularly with our Trauma Recovery Center, we continue to face some challenges. As mentioned, we are dedicated to adding diverse expertise to our team and bringing in dedicated staff who add different cultural and educational lenses. We have noticed that securing psychiatry services that support adults and minors may be challenging. An additional challenge relates to connecting clients to legal services that are free of charge with quality of care. While we do have an expansive library of resources that we continually add to, we still come across additional resources that are needed, such as easy access to substance abuse treatments for minors where they can immediately place youth.

In the end, I would like to close our conversation with a success story about a client: We have served a female-identifying client who is currently working with one of our senior therapists. The client experienced domestic violence in her marriage, and upon leaving her relationship, she arrived at Betty's Village, which is one of our residential settings supporting women and children. Upon starting the clinical services, the client expressed interest in receiving EMDR treatment. The therapist welcomed the idea of using this modality to work through some of the client's trauma related to her DV relationship, as well as some of the historical trauma she had to face. As the therapeutic journey started, the client was always tearful. For the first few weeks of therapy, the clinician worked with the client on grounding exercises, resourcing, and other techniques that supported the client's emotion regulation.

The client was open to and intentional about using a variety of resources, including access to psychotropic medication, which was facilitated through the support of our in-house psychiatrist. Within a few months, positive shifts in the client's presentation surfaced: The client seemed to have a broader and less restrictive window of tolerance, which supported her in processing deeper emotions. The client was not as tearful in sessions and was ready to sit with the EMDR process, access her trauma, and utilize resourcing techniques that would mobilize her resiliency. She completed three rounds of processing and reported feeling more at ease. As this shift occurred, the client's DV experience was no longer the centerpiece of her life, and she was able to hold space for her newly adopted empowerment while still sitting with the historical grief of her trauma. The client graduated from her program at the women's shelter, and the case manager connected the client with resources for housing and employment. The client is now employed full-time and living independently."

*We'd like to take the opportunity to thank Ruby's Place – South Alameda County TRC - for their contributions during this interview and want to offer gratitude and appreciation for the targeted, intentional, and beneficial services they have provided to the surrounding community since 2020. Click the following link to learn even more about the [**Ruby's Place - South Alameda County Trauma Recovery Center**](#).*

Upcoming Events

Feb. 13, 2025	Mar. 7, 2025	Mar. 13, 2025
Data Collection & Analysis Meeting	Becoming an Anti-Racist Therapist Workshop	Supervision & Training Meeting
11 am Pacific Time	9 am Pacific Time	11 am Pacific Time
(New Offering from the TTA Team!)	(Registration Link to Come)	(New Offering from the TTA Team!)



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