

# TRAUMA-INFORMED TRAINING

## WHAT IS THE HEALING YOUTH ALLIANCE?

Healing Youth Alliance, a program of Alliance for Greater Works™, is a faith-based training designed to **support the mental health and wellbeing of our youth and dismantle practices that create or resurface trauma.**

While overall awareness of mental health providers has increased, there are long-standing barriers to those seeking mental health services, especially in African American youth. Stigma of mental illness, misunderstanding among community members, victim blaming, and tension with law enforcement leaves many individuals isolated when faced with trauma or emotional distress. Research has found that many African Americans rely on faith, family and social communities for emotional support rather than turning to health care professionals, even though medical or therapeutic treatment may be necessary.<sup>1</sup>

AGW believes that **faith-based and youth development organizations must address this gap** by offering culturally-sensitive mental health resources and trauma-informed practices to pastors, educators, families and young adults.

Stress can vary in form and intensity but when a stressor overwhelms a child's capacity to integrate the experience, adversely impacting development or leading to significant distress or symptoms of disorder, we refer to it as a trauma.<sup>2</sup>

This training will provide individuals with the necessary information to **recognize** signs of trauma in youth and **empower** them to respond in ways that will begin to create a pathway for healing. In addition, this training will begin to explore the trauma related to community violence, environmental disasters, school-settings as well as misconduct within the church. youth and empower them to respond in ways that will begin to create a **pathway for healing.**

## AUDIENCE

Ideal participants are pastors, youth pastors, faith-based educators and counselors, youth development professionals, and families who are seeking to emotionally support fellow community members, particularly youth.



HEALING  
YOUTH  
ALLIANCE



## DID YOU KNOW?

**4.3** MILLION  
live with a mental health disorder, and  
**1.2** MILLION of them are children.<sup>3</sup>

Among children living below 100% of the federal poverty level,  
**MORE THAN 1/5** (22%)  
had a mental, behavioral, or developmental disorder.<sup>4</sup>

**2/3** students in the US are likely to have experienced one or more traumatic events by age 17.<sup>5</sup>

**78%** of Latino kids suffer at least one adverse childhood experience, such as poverty, neglect, abuse, household dysfunction (divorce, violence, etc.).<sup>6</sup>

## PROGRAM BENEFITS

### *helping youth rise above trauma*

#### First Line of Trauma-Informed Emotional Support

Learn the signs of mental illness and how trauma can impact long-term health. Healing Youth Alliance serves as a forum for understanding and discussing mental health and addiction, outlining resources for where to turn for help and encouraging people to be the first line of help for youth.

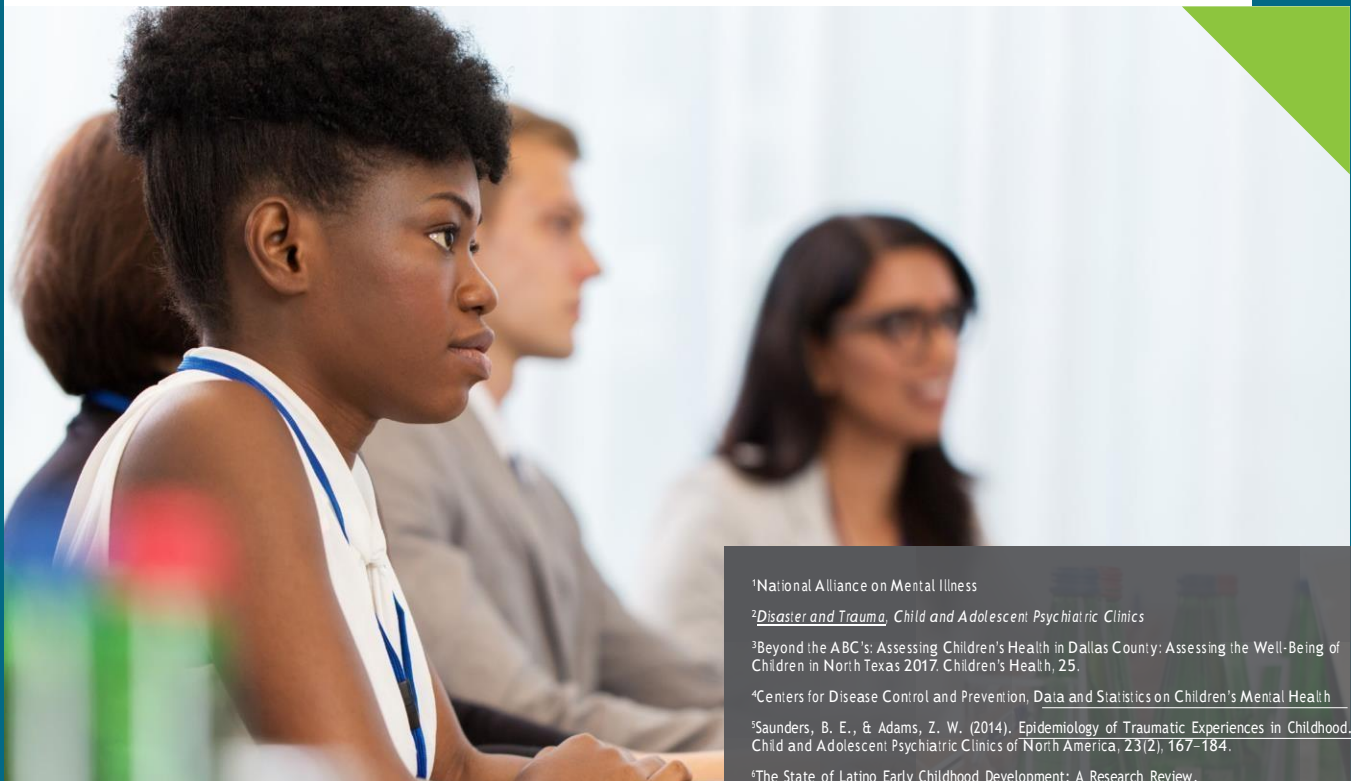
#### Faith-Based Approach to Healing

Beyond Mental Health First Aid, the Healing Youth Alliance curriculum is customized for faith communities and Christian schools. While the impact and source of trauma is multifaceted, it often changes our view of self, others, and the world, which is reflected in the way we connect with our community and with God. It is with this lens that we promote healing and recovery.

Remove Long-Standing Barriers to Recovery  
Healing Youth Alliance is working to break down barriers and stigmas in communities of color around mental health. Through culturally-sensitive information and resources for treatment and support, this training empowers you.

*You will come away empowered and as an ally for youth in distress.*

Contact us if you are interested in bringing this training to your church, school or in your community.



<sup>1</sup>National Alliance on Mental Illness

<sup>2</sup>*Disaster and Trauma, Child and Adolescent Psychiatric Clinics*

<sup>3</sup>Beyond the ABC's: Assessing Children's Health in Dallas County: Assessing the Well-Being of Children in North Texas 2017. *Children's Health*, 25.

<sup>4</sup>Centers for Disease Control and Prevention. *Data and Statistics on Children's Mental Health*

<sup>5</sup>Saunders, B. E., & Adams, Z. W. (2014). Epidemiology of Traumatic Experiences in Childhood. *Child and Adolescent Psychiatric Clinics of North America*, 23(2), 167-184.

<sup>6</sup>The State of Latino Early Childhood Development: A Research Review.