



Trauma is Just the Beginning

Whatever your role in the behavioral health system, from direct care to clinician to CEO, understanding the psychological and physiological impact of trauma, allows us to develop a trauma informed service system that creates safety, instills hope, and builds resilience not just for those we serve, but for ourselves and our community. This session will focus on what trauma is, its effects, and the differences between being trauma informed and providing trauma specific services. This 3 hour training includes both information and interactive exercises.

DISCOVER HOPEFUL ENDINGS.

Presented by
Gwendolyn Downing
Katie Bottoms

Oklahoma Department of Mental Health
and Substance Abuse Services
2401 NW 23RD St Suite 1F
Oklahoma City, OK 73107
www.odmhsas.org
405.522.8300

Oklahoma Department of Mental Health
and Substance Abuse Services

Purpose

Whatever your role in the behavioral health system, from direct care to clinician to CEO, understanding the psychological and physiological impact of trauma, allows us to develop a trauma informed service system that creates safety, instills hope, and builds resilience not just for those we serve, but for ourselves and our community. This session will focus on what trauma is, its effects, and the differences between being trauma informed and providing trauma specific services. This 3 hour training includes both information and interactive exercises.

Learning Objectives

- Define trauma
- Differentiate between trauma informed and trauma specific services
- Identify categories of trauma
- Recognize the symptoms and reactions to trauma
- Recognize and understand the importance of trauma-informed principles
- Understand vicarious trauma and core self-care principles
- Recognize the importance of hope and resilience in prevention and recovery

Presenters

Gwendolyn Downing LPC, is the Manager of Hope and Resilience for the Oklahoma Department of Mental Health and Substance Abuse Services. Through her position, she works to create a state wide trauma informed system of care for both those working in the system and those served by the system. Gwen was born and raised in Oklahoma, received both of her degrees in Oklahoma, but doesn't watch football. She lives with one very special pups named Zaccheus and her favorite nickname is Auntie. With both her professional and personal lived experience, Gwen is a strong advocate for helping others understand trauma is just part of the story, and then when we understand and treat trauma effectively, we create safety, instill hope, build resilience, and give others the power to write their own endings.

Katie Bottoms, MHR received a Bachelor of Art Degree emphasis in Counseling Skills, Minor in Sociology from East Central University and a Master of Human Relations emphasis on Community Counseling from the University of Oklahoma. She has worked in the helping profession for 17 years providing direct clinical care in the field for 16 of those years. Katie has worked with children and adults, as well as holding a variety of roles in outpatient care, ranging from direct care staff, case manager and administrative roles. While working in the field Katie began to develop a great sense of respect for trauma informed care and as an administrator worked to co-create and implement a trauma informed program to better meet the changing needs of the agency clientele. She currently works for the Oklahoma Department of Mental Health and Substance Abuse Services as Coordinator of Child Trauma and Resilience. In her off time Katie enjoys engaging in self-care by surrounding herself with things that make her laugh, animals, cozy nurturing spaces, and loved ones.

Dates and Locations

April 1, 2014 – Lawton
Cameron University
McCasland Ballroom - A&B
2800 W Gore Blvd
Lawton, OK 73505

June 4, 2014 – OKC
ODMHSAS Shepherd Mall
2401 NW 23rd St., Ste. 1F
OKC, OK 73107

Program Schedule

Group 1

8:30 registration

9:00-10:30 first half

10:30-10:45 break

10:45- 12:15 second half

Group 2

12:30 registration

1:00-2:30 first half

2:30-2:45 break

2:45-4:15 second half

Training Fees

Registration for participants is \$45.00 for the three hour training. Payment may be made by check, credit card or money order only. Current ODMHSAS employees are admitted at no charge. **NO refunds.**

Continuing Education Credits

The ODMHSAS Institute for Mental Health and Substance Abuse Education and Training has requested approval of 3 continuing education hours through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Licensed Marital and Family Therapist committee, Licensed Alcohol and Drug Counselors and Licensed Professional Counselors committee. Continuing education hours are also approved for Certified Behavioral Health Case Managers and credentialed Peer Recovery Support Specialists. Continuing Legal Education and Continuing Law Enforcement Education and Training has been applied for and is pending approval.

REGISTRATION FORM

Trauma is Just the Beginning

HOW TO REGISTER

By Mail:

ODMHSAS, Human Resources Development
2401 NW 23rd Street, Suite 1F
Oklahoma City, OK 73107

By Fax: Faxed registrations are accepted at **405-522-8320**

REGISTRATION INFORMATION:

Name: _____

Home Phone Number: _____

Occupation or Job Title: _____

Place of Employment: _____

Address: _____

City, State, ZIP: _____

Daytime Phone: _____

E-Mail Address: _____

****Note:** If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations as follows: _____

PAYMENT

Please enclose registration payment. If paying by purchase order (PO), please mail or fax a copy of the purchase order with the name of the attendee(s) included on the PO. If paying by check or money order please make payable to ODMHSAS. Please check all boxes that apply. No Refunds.

FORM OF PAYMENT	ODMHSAS EMPLOYEE	RATE
<input type="checkbox"/> Check or Money Order	<input type="checkbox"/>	<input type="checkbox"/> \$45
<input type="checkbox"/> Purchase Order # _____		<input type="checkbox"/> \$45
<input type="checkbox"/> Credit Card (circle one): <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard		<input type="checkbox"/> \$45
Credit card # _____	Expiration Date: _____	Cardholder signature: _____

DATES

April 1, 2014 – Lawton AM PM
 June 4, 2014 – OKC AM PM

CONTINUING EDUCATION CREDIT REQUESTED

LPC LMFT Psychologist LADC Under Supervision
 PRSS CADC LADC LCSW CM Other _____

For information, call Human Resources Development at 405-522-8300.

