

# **Building Resilient and Trauma Informed Communities - CBHA Winter Conference**

**December 2019**



**SINNISIPI CENTERS**  
Providing care, offering hope

# Sinnissippi's Community Snapshot

Carroll, Lee, Ogle and Whiteside counties located in rural northwestern Illinois:

- 2,613 square miles
- 4 Health Departments
- 4 Hospitals
- 4 Sheriff Departments
- 4 Probation Departments
- 25+ Police Departments
- 2 Judicial Circuits
- 20+ school districts, over 80 schools,  
    3 special education cooperatives
- Population: 156,599 with 34,756 children
- Largest population areas about 30,000 in Sterling-Rock Falls



# Developing a System of Care – The Communities that Care

- In 2008 area partners began collaborating to improve services for children with the help of a HRSA rural outreach planning grant.
- In 2010 the four counties, with Sinnissippi Centers as the lead agent, received a grant from the Illinois Children's Healthcare Foundation (ILCHF) to develop and expand a system of care for children's mental health services.
- The system of care - The Communities That Care – **all about collaboration and building connections.**



# Trauma Informed Evolution: Part of a System of Care

- In 2011, efforts started to introduce social emotional screenings in area schools, social service programs, and primary care settings.
- Also in 2011, area trainings were implemented focusing on the identification and treatment of trauma, particularly in the area of infant mental health.
- In 2012 a semi-annual Counselor Academy started offering local and affordable training to area professionals.
- In 2015, the Illinois Education Association provided community presentations of Paper Tigers and Resilience greatly expanding awareness of ACES.
- In 2016, CTC collaborated with the Regional Office of Education to present the first annual social emotional summit to further expand awareness and conversations about next steps – April 24, 2020

# Sinnissippi Centers Becomes a Trauma Informed Organization

- In 2016, recognizing the widespread impact of trauma and the role it plays in contributing to the development or exacerbation of mental health and substance use disorders, SCI began the journey of becoming a trauma informed organization.
- Utilized the model from National Council for Behavioral Health - developed a Core Implementation Team including agency staff and consumer representatives.
- Developed a shared vision: *Partnering on a shared journey toward safety, hope and healing.*
- Completed organizational self assessment, CIT met twice a month during first year, and participated in quarterly coaching calls.



# The Seven Domains of Trauma Informed Care

- 1 - Early screening and comprehensive assessment.
- 2 - Consumer driven care and services.
- 3 - Trauma informed, education and responsive workforce.
- 4 - Trauma-informed, evidence based and emerging best practices
- 5 - Safe and secure environments
- 6 - Community outreach and partnership building
- 7 - Ongoing performance improvement and evaluation

The process has had a profound and ongoing impact on the organization, clients, employees, and community.



Almost 10 years later - A Shared Vision Moving Forward ....

## A collaborative community with children and families flourishing

- CTC is now the Northwestern Illinois Children's Care Collaborative (NWILCCC) with monthly executive committee meetings, and quarterly large group meetings.
- Key goal of expanding trauma awareness and community education.
- Have a trauma informed school and trainer in the area using Conscious Discipline.
- Several school districts have their own initiatives to become trauma informed
- Ongoing annual social emotional summit and semi-annual counselor academies.



# Next Steps and Challenges

- Currently developing standardized trauma /ACES trainings for partners to share and utilize.
- Expanding trauma focused interventions such as Seeking Safety, TREM, and EMDR.
- Developing training for courts, law enforcement, probation, and other community resources as part of an opioid prevention grant.
- Exploring implementation of Handle with Care – first responders let schools know if a student's family has had a recent incident.
- Supporting the expansion of school based behavioral health services – currently in over 30 schools; hoping to add school based medical services.
- Challenges – time, funding, and avoiding duplication and fragmentation of efforts.



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