



# What to Know Before Training on Trauma, Adversity, and Resilience

## Training for Parents

The vast majority of participants who have received this training find the information helpful and informative. Talking about trauma is important. It can make a difference by helping participants to understand both the short and long term potential impact of traumatic experiences. Learning about trauma and adversity can help children and families receive the help they need. Talking about trauma can also help reduce the stigma that often surrounds mental health topics. However, the content of this training can be upsetting for some people. It is important to be prepared for the possibility of a variety of participant reactions. For example, it is highly likely that:

- Some participants may:
  - Have experienced trauma and adversity in the past;
  - Be currently experiencing trauma and adversity;
  - Not have understood the potential impact of these experiences on their own life or the life of their child;
- Upon hearing the content of this presentation, a participant may become uncomfortable, overwhelmed, upset or anxious. A participant may not want to participate in training discussions, may want to discuss personal experiences, or need to leave the training.

## Tips for a Successful Presentation:

- If at all possible, have your mental health consultant deliver this training. Your mental health consultant is a trained clinician with specialized training in talking about potentially sensitive topics.
- If your mental health consultant is not available, have a variety of resources at the ready if participants need referrals or immediate supports. For example have a list of:
  - Community mental health providers available to provide clinical treatment
  - Local warm lines or hot lines specific to mental health
  - Before delivering content, talk with participants about the nature of the training and set the expectation that if needed, participants should feel free to step away from the training. If they step away, participants should gesture to the trainer whether or not they are okay using a thumbs up/down for example.
  - Be careful when talking about the statistics about trauma and adversity. Though the percentage of people who have experienced significant adversity and trauma in their lives are relatively high and based on careful research, we do not want the message to be deterministic and leave the impression that difficult things will happen to them as a result of their experiences.
  - One of the most important aspects of delivering a presentation on trauma and adversity is to offer concrete strategies for promoting resilience.
  - Please refer to the resources provided by the National Center on Health before delivering the presentation so you feel comfortable helping participants find information easily.

*School readiness begins with health!*