Welcome!

NHCHC & Coldspring Center Trauma Webinar Series
Matt Bennett, MBA, MA
Coldspring Center for Social & Health Innovation
coldspringcenter.org

bennett@coldspringcenter.org
coldspringcenter.org/mattsmumblings
facebook.com/coldspringcenter
twitter.com/Matts_mumblings
GOALS!

1. Understand the impact of trauma & neurobiology research on our understanding of homelessness

2. Utilize knowledge to address the biopsychosocial needs of those experiencing homelessness

3. Use expertise to address societal issues responsible for the homeless crisis
Overview of the Series

1. Being Trauma Informed and Its Role in Ending Homelessness
   - Define trauma informed and why it is important
   - Conceptualize how the trauma informed movement can be utilized in our fight to end homelessness and other issues facing our patients
   - Utilize foundational information on trauma as a lens to look at program development and advocacy work

2. Trauma is the Public Health Issues of Our Time - October 13

3. The Abyss: Addiction, Homelessness, and Trauma - October 26

4. Hope, Transformation, and Post-Traumatic Growth - November 2

All start at 3 pm EST
The Stories we Tell...  
and how they are told

The Main Characters
  - Them (Patients/Clients)
  - Us (Helpers)

The Plot...a story about:
  - Pain, suffering, and the abyss
  - Hope, transformation, change, and post-traumatic growth

The delivery
  - A nerd overtaken by passion for his subject!
  - Structure: 60 minutes me, 30 minutes you!!

The future...what is your role?
"When I was a novice, I could not understand why, if the world is filled with suffering, the Buddha has such a beautiful smile. Why isn’t he disturbed by all the suffering? Later I discovered that the Buddha has enough understanding, calm, and strength; that is why the suffering does not overwhelm him. He is able to smile to suffering because he knows how to take care of it and to help transform it. We need to be aware of the suffering, but retain our clarity, calmness, and strength so we can help transform the situation. The ocean of tears cannot drown us if karuna (compassion) is there. That is why the Buddha’s smile is possible."

- Thich Nhat Hanh
Ending Homelessness: The Loss (& Reclaiming) of the American Dream

"The belief that anyone, regardless of where they were born or what class they were born into, can attain their own version of success in a society where upward mobility is possible for everyone. The American dream is achieved through sacrifice, risk-taking and hard work, not by chance." - Investopedia
The Environment & Relationships
Traumatic Event

Trauma – Intense stress that overwhelms our biological, psychological, and social capacity resulting in an existence dominated by the trauma

Passive Trauma – Being continuously overwhelmed by the trauma due to a lack of support needed to regain control

Complex Trauma – Repeated systematic trauma that occurs over time
"The tendency towards a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes.” - Google Dictionary
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Rapid Post-Traumatic Recovery
- Relational Support
- Community/Environmental Support
- Internal Resources

Post-Traumatic Growth
- Establishing Sanctuary
- Resources and Support Services
- Mental Health and Substance Abuse

Intervention?
Ending Homelessness: The Loss (& Reclaiming) of the American Dream

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Stopping the Pipeline

Current lack of knowledge is allowing systems and policies based on false assumptions to continue...and get worse

Matt's Vision for a merge between education and public health

- Schools are ideally positioned partners
- Medical issues often leading indicators of trauma
- Helping schools become medical homes
- Schools as referral hubs

We are IDEALLY positioned as community change leaders

- Breaking generational cycles
- Multi-disciplinary advocacy
- Personal opportunities for personal/professional advocacy
- Scientific, economic, and moral justification
Trauma is the Public Health Issue of Our Time

- State how trauma is driving a great many issues impacting public health
- Utilize science to better conceptualize the root cause of many patients’ presenting health and social challenges
- Utilize knowledge presented to position services in a way that minimizes re-traumatization

*See you at 3pm on the 13th*
Welcome!

NHCHC & Coldspring Center Trauma Webinar Series

Overview of the Series
1. PTSD Trauma Informed and Its Role in Ending Homelessness - October 8th
   - Discusses the impact of trauma on homelessness and strategies to support survivors of trauma.
   - Includes strategies for trauma-informed care and housing.
2. Trauma is the Public Health Issue of Our Time - October 13th
   - Focuses on the epidemic of trauma in the United States and its impact on public health.
   - Discusses the need for trauma-informed policies and programs.
3. The Impact of Addiction, Homelessness, and Trauma - October 28th
   - Examines the intersection of addiction, homelessness, and trauma and their effects on individuals.
   - Offers strategies for addressing these issues.
4. Hope, Transformation, and Post-Traumatic Growth - November 2nd
   - Highlights the importance of hope and transformation in overcoming trauma.
   - Discusses examples of successful trauma-informed programs and initiatives.

All webinars are free and open to the public.