

Mini-Conference #1**Defining and Discussing the Impact Trauma: What's missing?****Wednesday, October 27, 2021 | 9am-11am****FREE**

What is trauma? Join us in widening our lens on how we talk about trauma and its impact. The first step in partnering compassionately with children and families who have experienced trauma is a willingness to learn, recognize, and honor their experience. We show up for this work by understanding our own cultural influences and being open to understand the experience of others (also known as cultural humility).

In this mini-conference, we'll talk about societal/systemic influences regarding experiences of trauma (including disparities), the many forms of trauma, and the individual impact of trauma. We will then build a deeper awareness of the degree of impact for members of our communities who are most vulnerable to the effect of oppressive systems, practices, and policies. This mini-conference is for anyone who wants to increase their trauma awareness and develop a conscious practice to show up for, engage, and partner with youth and family voices.

Learning Objectives

By the end of the virtual mini-conference, participants will be able to:

- Understand the cycle of socialization and how the identities we hold shape our lived experience and vulnerability to trauma exposure and impact
- Define trauma, types of trauma, and explore varying meanings of terms we use as a community
- Discuss the individual impact of trauma on physical, behavioral, emotional, and academic functioning
- Describe a meaningful small act of change to put trauma awareness into action

DETAILS**Date & Time**

Wednesday, October 27,
2021
9am-11am

Virtual via Zoom

Register at
<https://bit.ly/3AMDnUY>

*Participation is free and open
to communities in Cabarrus,
Caldwell, Chatham,
Edgecombe, New Hanover,
Pitt, and Wilson counties.*



SAMHSA
Substance Abuse and Mental Health
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**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services