

TRACES

Trauma Resilience and Adverse Childhood Experiences

Cross-sector, community-wide efforts to create a region where every individual has the strength, connections and support needed to thrive ... even in the face of adversity.

The Spectrum of Prevention (Prevention Institute)

The Spectrum of Prevention is a model that promotes a range of activities for effective prevention. It has been used nationally in prevention initiatives for traffic safety, violence prevention, injury prevention, and more. **The Spectrum** identifies six levels of intervention. All six levels are complementary and synergistic: when used together, they have a greater effect than would be possible from a single activity or initiative.

Below are just a few current examples of TRACES activities at each level:

<p><u>Levels One & Two: Promoting Community Awareness & Strengthening Individual Knowledge</u></p> <ul style="list-style-type: none">• Dozens of 1:1 meetings.• TRACES 101: Community Conversations (over a dozen; all three counties)• The Neuroscience of Relationships speaker
<p><u>Level Three: Changing Organizational Practice</u></p> <ul style="list-style-type: none">• Working with organizations to map practices to measures of resilience: CASA, Friends of the Children, Boys & Girls Club, Inspire Early Learning Centers, Healthy Beginnings, Best Care Jefferson County, Child Care Resource & Referral, NeighborImpact, OSU-Cascades, Family Resource Center, Blue Fish Dental, and others.• Crook County School District: Recently awarded a Robert Wood Johnson Foundation grant of \$150k/year for 2 years—<i>one of only a few grants awarded nationwide!</i> This grant includes a resilience metric as primary measure of success.
<p><u>Level Four: Educating Providers</u></p> <ul style="list-style-type: none">• 19+ trainings (737 participants)• 20 new Trauma Informed Trainers (via train the trainer)• Bend LaPine School District Trauma Informed Summits & Culture of Care
<p><u>Level Five: Fostering Coalitions and Networks</u></p> <ul style="list-style-type: none">• Identified and supporting adoption of a shared measure of resilience• Learning Communities: All Partner, Outcomes & Impacts, Sector Specific• Special Projects:<ul style="list-style-type: none">○ Youth and Children in Foster Care○ All Babies (Regional Early Childhood Resilience 10 hr ‘for credit’ class; Bend Chamber Child-care, Measurement, “Connect better with others who serve my clients”)• Attending local community coalition meetings to learn and share: Crook County on the Move, Warm Springs Native Aspirations Coalition, Jefferson County CHIP, Latino Community Emotional Health Workgroup.
<p><u>Level Six: Influencing Policy & Legislation:</u></p> <ul style="list-style-type: none">• Nothing active yet!