



Implementing the MO Model

Presentation to the
MO Department of Mental Health Commission
August 2016

Overview

- Setting the Stage
- History
- Accomplishments
- Highlights
- What's Next
 - Priorities
 - Sustainability

Looking Into the Future

- What is DMH's role in the future in regards to trauma?
- What resources are needed to fulfill this role?
- What are some of the top priorities for mental health?
- What are some of the top priorities for other systems?



Why Trauma Informed

- Trauma has been identified as one of the major public health issues of our times
- It can change the trajectory and understanding of mental health as well as physical health
- Can be addressed through the public health model using universal promotion and prevention strategies as well as interventions
- It is enmeshed with some of our biggest social issues and challenges

A Little History

- 2009 – Early Adopters initiative begins
- 2012 – Trauma Responsive Training Curriculum and manual developed
Held first State Trauma Roundtable Meeting
- 2014 – Begin provision of trauma informed consultation
- 2015 – Partnership with Regional Health Commission/Alive and Well STL

Principles of Trauma Informed Care

SAFETY

Trustworthiness

Collaboration

Choice

Empowerment

The MO Model

Developed by the Trauma Roundtable state team

- Build consensus and language around trauma informed
- Guide for general public to assess organizations
- Guide for organizations as well as systems work
- Creates a continuum to reflect the journey

<http://dmh.mo.gov/trauma/>

The Journey

Trauma Informed is not a destination
but a journey



Trauma Awareness

Understand trauma prevalence and consider the impact on the target population

- Conference presentations
- Large group trainings – train the trainer in Trauma Awareness (AWSTL, Trauma Matters KC)
- DMH, AWSTL and Resilient KC Websites
- Media –increase understanding in the community that good health is dependent on physical and emotional well-being (AWSTL) and Resilient KC (Our Stories Matter campaign)

Trauma Sensitive

Explore and build consensus around the principles, how they will be applied and prepare for change

Media – Motivate citizens to take action that improves their own emotional health as well as families and friends (AWSTL)

Engaging business community – KC Trauma Matters Chamber of Commerce

Training of CD staff to Child Welfare Toolkit

CD creating trauma specialists

Creating Trauma Ambassadors in the Community (AWSTL and Resilient KC)

Engagement of community groups (BSA – AWSTL)

Trauma Responsive

Change the culture to highlight the role of trauma. In all areas re-think the routines and infrastructure

Media – Two prime time shows on people experiencing toxic stress and trauma and ways to address (AWSTL)

Trainings – smaller groups targeting people's responses to trauma and how to support those with lived experience (Trauma Responsive Curriculum)

Engagement of organizations and sectors (education, healthcare, corrections, early childhood, domestic violence) on some level of continuum

Trauma Responsive continued

Individual and learning collaborative trainings and consultation to organizations on becoming trauma informed

Development of Policy Guidance tools

Development and dissemination of toolkits

CD Central Office Trauma Committee and creating local committees

CD addressing secondary trauma of staff

Examine outcomes

Trauma Informed

Trauma-responsive practices are the norm and has become so accepted and embedded that it no longer depends on a few leaders. Work with other partners to strengthen collaboration around being trauma informed.

Growing partnership between DMH, Resilient KC and AWSTL

Working with legislative leaders

Recognition at the national level of work being done in state

Highlights

- AWSTL/RHC – the media story
- Trauma Matters KC – law enforcement
- Resilient KC - Engagement of Business Community



Alive and Well STL is a community-wide effort focused on reducing the impact of **stress and trauma** on our health and well-being.

**Phase I:
AWARENESS**



- More than 132,000,000 impressions to date
- More than 25,000 Facebook followers to date
- More than 99,000 unique visitors active on Alive and Well STL website

**Phase II:
ENGAGEMENT**



**Phase III:
ADOPTION**



Police program empowers children to say no to gangs and violence



<http://www.ksdk.com/news/health/alive-and-well/police-program-empowers-children-to-say-no-to-gangs-and-violence/238585291>

Highlight

- Trauma Matters KC
 - Building Resilience: Surviving Secondary Trauma
 - Yoga for First Responders
 - Warriors Ascent
 - Family Centered Programs
 - Mindfulness Training (soon)
 - Other Programming





IN PARTNERSHIP WITH BLUE CROSS AND BLUE SHIELD OF KANSAS CITY



FOR A GREATER KANSAS CITY



- 15 counties
- 2200 businesses
- 300,000 regional employees
- 133 Healthy KC Certified Companies (2015)
- 250 Healthy KC Certified Companies (2016)



The Future

Priorities

Outreach and Support to First Responders

How can we build on the KC LE Self-care training?

Outcomes

By community

By service sector

Sustainability

How do we grow and maintain?

Resources

DMH Trauma webpage

<http://dmh.mo.gov/trauma/>

St. Louis Regional Health Commission/Alive and Well StL

<http://www.stlrhc.org/work/alive-well-stl/>

Trauma Matters KC

<http://www.marc2.org/traumamatterskc/>

Resilient KC

<http://www.kcchamber.com/Resilient-KC/Home.aspx>

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QUESTIONS AND DISCUSSION

