



# THE GROVE



## TRAUMA- INFORMED UTAH



### NEWSLETTER

Anniversary  
Edition!

## A Message from Our Directors



Wow - it has been a whole year since Trauma-Informed Utah's official launch when many of you smiled and said, "I can't believe you are still here!" We took that as a positive, and we have kept on keep'en on. It is hard to believe how far we've come—and we couldn't have done it without each of you by our side.

As anyone who works in the non-profit world knows, launching an effort like this is not easy. However, every time we hear how learning about the impacts of trauma and the power of communities that build resilience has changed their world for the better, we know it's worth it. We are profoundly grateful to the thousands of research participants, clinical clients, helping professionals, and community members who have shaped and inspired this journey. You have been the heart of Trauma-Informed Utah, fueling our commitment and guiding our mission forward. To our incredible community partners who integrate trauma-informed practices into every interaction, every team meeting, and every decision—thank you! You make this movement real - bringing kindness, patience, and understanding into the most needed spaces. As one community partner said, "After our TIU training I just see the whole world differently – I am slower to judge and more open about everything." Together, we're creating that shift, one conversation at a time.

Thank you for believing in this vision and the dedication you bring daily. Let's keep building a future where resilience and empathy lead the way. Here's to many more years of impact and partnership!

*P.S.--We hope you enjoy reading this anniversary newsletter and can celebrate our accomplishments with us. TIU values your support so much and has historically been underfunded—any contributions you can make to support this work will show up in our community.*

Mary Beth Vogel-Ferguson, Interim Executive Director

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## Help Sustain Our Work Today!

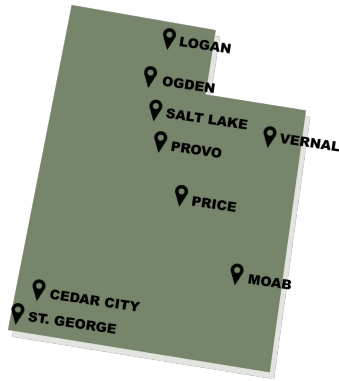
Please support our work with a donation today and make a lasting impact!

Consider becoming a monthly donor!

Donate Today!

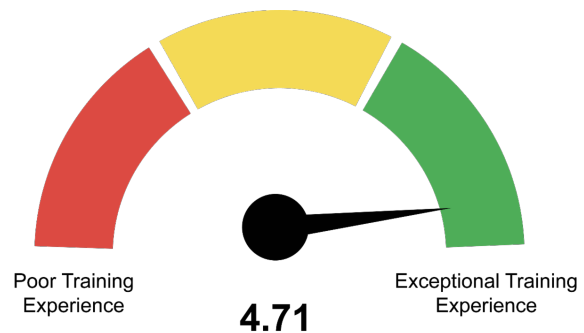
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## What Have We Achieved?



The work of Trauma-Informed Utah has been ongoing for the last seven years, and in honor of the anniversary of our Launch event, we're looking back at what we've accomplished in the previous year and a half. Since the end of January 2023, Trauma-Informed Utah (TIU) has busily traveled the state, providing vital training on trauma and assisting various organizations in building and strengthening trauma-informed operations. Our team conducted Trauma Awareness Seminars statewide, and we are scheduling more in the months ahead!

Since the end of January 2023, Our team has held **67 events** with **3,166 attendees** receiving **7,621 hours** of education and training. Through post-seminar evaluations, TIU measures the overall quality of the training and the participants' perceptions of its usefulness in their work. In reviewing the **evaluations**, on average, attendees scored the presentations **4.71 out of 5**, demonstrating the tremendous value of our work and our training.



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## Community Voices:

“Our partnership with Trauma Informed Utah has had a profound impact on our team and our work at Circles Salt Lake. Their trauma-informed seminar was an incredibly thoughtful and eye-opening experience that deepened our understanding of trauma and its effects on behavior.”

**Michelle Crawford**, Circles Salt Lake

“Working with Trauma-Informed Utah has helped me remember the impact trauma plays in shaping our engagement with healthcare services and created conversations with our team and others to think about how to embed trauma-informed principles in the prevention, early intervention, and community health work we do in the community.”

**Doug Thomas**, Intermountain Healthcare

“Trauma-Informed Utah has significantly enhanced our school district by equipping educators, staff, and community members with the knowledge and tools to recognize and respond to the impacts of trauma on students.”

**Trevor Olsen**, San Juan School District



Last year, we accompanied a cohort of six organizations through a process to become more trauma-informed as an organization. We are excited to start Cohort 2 with another seven organizations and will conduct a third cohort later next year. This cross-sector cohort process aims to support diverse organizations looking to implement trauma-informed approaches. TIU provides technical assistance in creating customized assessments to develop individualized, trauma-informed strategic plans.

Next Spring we will launch a new “Train the Trainer” program, designed to empower local leaders to share and sustain trauma-informed practices within their organizations. As we look ahead, TIU remains dedicated to deepening our impact across all communities and sectors.

This coming year, we will continue efforts to secure essential funding to support our mission and expand our reach. We are hard at work applying for grants, creating key relationships, and crafting campaign strategies. We will continue offering high-quality trauma and resilience education seminars and tailored workshops, responding directly to the needs and requests of those we serve.

Together, we're building a future across Utah where the trauma-informed approach is the standard, not the exception.

## How can you support TIU?

Trauma-Informed Utah has been working diligently for years throughout Utah to support organizations, staff, and clients in building a trauma-informed state. Your support of Trauma-Informed Utah is vital to continue this work and expand our capacity and reach.

**Make a lasting impact -  
Donate today!**

Donate Today!

**Spread the word -  
Like, Follow & Share**



**Support our mission!  
Learn how to work with  
TIU!**

[info@tiutah.org](mailto:info@tiutah.org)



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