



## NOVEMBER 2024 NEWSLETTER

[www.traumainformedutah.org](http://www.traumainformedutah.org)

### Welcome Trauma Awareness Seminar Audiences

First, a big welcome and thank you to all who have attended our Trauma Awareness Seminars across the state. We hope our newsletters can continue to help build on your learning and be a resource to you in applying trauma-informed practices!

#### Veterans Day and Trauma-Informed Approach

On Monday, November 11, we honor Veterans Day and the many who fought, served, and gave their lives for this country. Moreover, it is imperative to recognize the crucial role of those who came home, seeking support and healing in the face of the long-term effects of their military experiences, which greatly contributed to the

foundational research and creation of the Post Traumatic Stress Disorder diagnosis in 1980.

Still today, veterans are at higher risk of exposure to traumatic events than the general civilian population, and as military members complete their service and re-enter civilian life, creating trauma-informed workplaces and communities can support veterans' overall well-being. Furthermore, veterans have access to services across all sectors, from mental health providers to schools to housing services. Implementing trauma-informed approaches can help all clients and avoid re-traumatization in those settings. For more information on implementing trauma-informed approaches, especially for organizations serving veterans experiencing homelessness.

[Read Here](#)





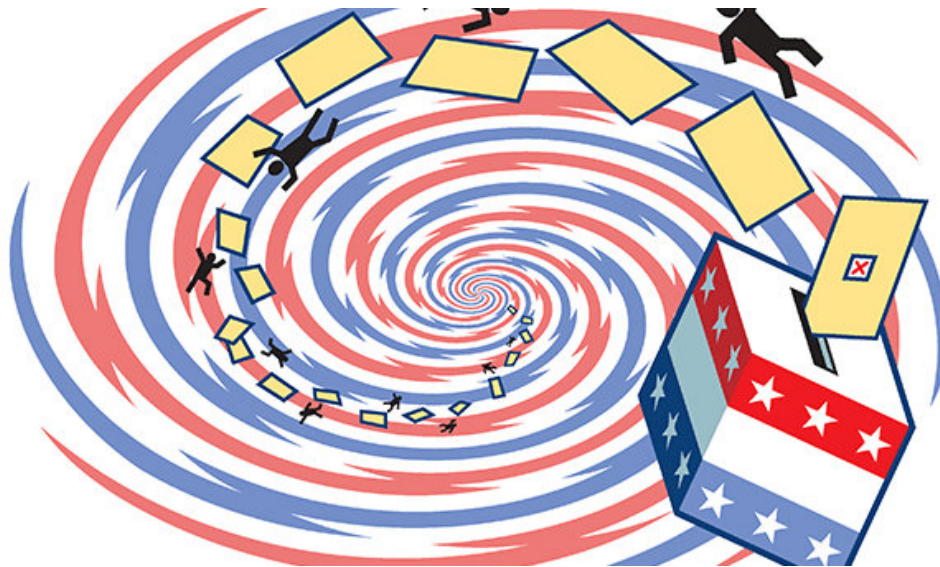
## Coming to a Community Near You...

TIU is hosting three upcoming Trauma Awareness Seminars:

- Wednesday **November 6** at Weber Human Services in Ogden
- Tuesday **November 19** at the Sanderson Community Center for Deaf and Hard of Hearing in Salt Lake City
- Thursday **December 5** at the Sanderson Community Center for Deaf and Hard of Hearing in Salt Lake City

The Trauma Awareness Seminars are a free educational opportunity and seats are filling up fast. If your preferred event is sold out, be sure to follow us on Eventbrite to stay up to date on upcoming events.

[Click to Register](#)



## Mental Health and the Election

The election is fast approaching, and although we have been in the thick of election stress for some weeks now, ensuring our well-being as we navigate the local and national changes to come is still important. Election Stress Disorder, while not an official diagnosis, is commonly experienced by many before, during, and after a major election, such as the Presidential race. In our personal lives and workplace settings, many around us may be experiencing this stress, which could impact overall well-being and workplace climate, and the tension could be a trigger for ourselves or others. Crisis Text Line has provided tips and resources to help support your well-being and emotional safety throughout the rest of this election cycle, such as creating boundaries with news consumption and connecting with others. In a Today News article from 2020, psychologist Jennifer Dougless discusses practicing values-based living, stating, "The closer your everyday actions are to your values, the more fulfilled you will be."

[For more tips and resources...](#)



### **In the news...**

#### **Social Work & Virtual Reality**

Technology presses forward in all industries, creating novel ways to work and learn, and social work is no exception. The University of Buffalo School of Social Work is preparing to launch a virtual reality experience for students, practitioners, and other professionals on integrating trauma-informed principles in a physical, albeit virtual, environment. This “Trauma-Informed Spaces” pilot program helps

practitioners understand how the physical environment can impact a client’s experience and treatment outcomes.

Louanne Bakk, clinical associate professor and Doctor of Social Work program director at the University of Buffalo, says, “Trauma-Informed Spaces’ enables our DSW students and practitioners to improve their ability to identify and evaluate aspects within a physical space that can re-trigger traumatic events.” As technology continues to develop, it is imperative not only to consider how to use the technology in a trauma-informed way but also how we can utilize it to support the greater trauma-informed efforts in our organizations and services. “Trauma-Informed Spaces” is available for download on Android and iOS.

[Read More...](#)

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### **Welcome to Our New Cohort Members**

We are excited to announce the organizations participating in the fall 2023 Trauma-Informed Utah Cohort, including Davis Behavioral Health, the 3rd District Juvenile Office of the Court, Valley Behavioral Health, Four Corners Behavioral Health, Asian Association of Utah, Holy Cross Ministries, and CAPSA.

The Trauma-Informed Utah Cohort is a program engaging organizations across the state in a 6-month comprehensive technical assistance process where each team walks away with an organization assessment and actionable steps toward becoming more trauma-informed. We are eager to facilitate this cross-sector collaboration and learning experience.



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**Stay tuned for special newsletter!**

November 16, 2024, marks the one-year anniversary of Trauma-Informed Utah’s Launch event. In honor of this, we are sending out a special edition newsletter later

this month to highlight how far TIU has come since the launch, our ongoing efforts, and where we're working toward in the future.

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Support TIU's  
Growth

Trauma-Informed Utah is a 501(c)(3) nonprofit which exists, in part, due to our generous supporters! Join the effort and support trauma-informed efforts in Utah!

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