



JANUARY 2025 NEWSLETTER

www.traumainformedutah.org

Trauma-Informed Utah wishes everyone a Happy New Year and all the best for 2025!



TIU Receives Grant from Intermountain Health Foundation

In November, Trauma-Informed Utah was awarded a grant by the Intermountain Health Foundation. This funding will be used to support conducting Trauma Awareness Seminars for those working with vulnerable populations likely to have experienced events which have caused toxic stress and trauma responses. A heartfelt thank you to the Intermountain Health Foundation for supporting our ongoing work!



Partner Spotlight

Trauma-Informed Utah works with amazing individuals and organizations from every corner of the state. As we continue to connect and grow, we want to take the opportunity to build our community network by spotlighting some of the great work our trauma-informed partners are doing.

This month, we would like to highlight and give a big congratulations to Trevor Olson on his new opportunity as Mayor of Blanding, Utah. As Director of Student Services at San Juan School District, Trevor has been a long time advocate of trauma-informed services and an integral partner in spreading TIU's mission.

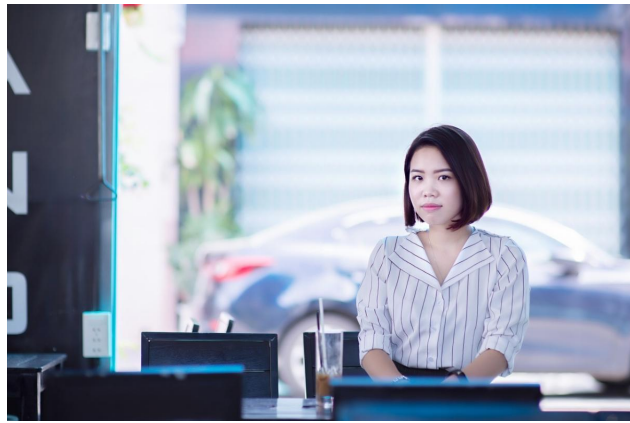


Congratulations Trevor, we are excited to see the wonderful work you will continue to do!

[Read More](#)

Transparent Communication In the Workplace

Each month, we focus on specific trauma-informed principles and explore how they apply in the workplace, especially in light of current events, common concerns, and other considerations. This month, we're taking a look at the principle of trust and transparency, particularly in organization-wide communications. In trauma-informed organizations, thoughtful efforts to make operations and decisions as transparent as possible foster trust and strengthen relationships among staff, clients, and leadership upward, downward, or laterally.



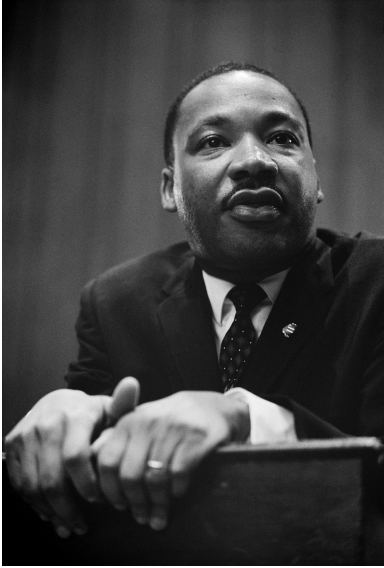
State, local, and national elections were held in November, and changes in administration and leadership may lead to shifts in policy. Whether at the national or state level, it's important to understand how these changes may impact your work within your organization. As leadership receives information about policy and funding changes that directly impact the organization, whether positively or negatively, it is crucial to be open and transparent with teams by sharing what they know. This can help reduce the stress staff may feel about uncertainties or lack of understanding. Ensuring that the knowledge about pending or actual policy changes that may impact your organization is coming from verified sources further enhances trust and transparency and can help mitigate anxiety and hearsay.

An important aspect of clear and transparent communication is ensuring information is accessible and delivered in ways staff will actually see it – across email, newsletter, chat, and in-person meetings. Lastly, leaders can consider various avenues for creating opportunities for staff to ask questions, seek clarification, and provide feedback. Having various levels of anonymity in feedback processes can empower staff, provide rich insight into various perspectives, and continue to build a healthy workplace culture.

[Learn more about transparent workplace communication](#)

Celebrating Martin Luther King, Jr. Day

On January 20, we take the opportunity to celebrate Rev. Dr. Martin Luther King Jr. and his dedicated legacy to the ongoing fight for civil rights, equity, and a brighter future for all. In honor of this holiday, there are several trauma-



informed opportunities to consider. First, as we honor Dr. King and all those who have tirelessly advocated for the civil rights of all Americans before and after his time, it is essential to acknowledge the historical trauma endured by generations of Black Americans. Historical trauma brought on through violence, inequality, and discrimination has reverberating effects through communities and generations. It can manifest in unsettled grief, higher rates of physical and mental illness, and poverty. Dedication to and the establishment of trauma-informed, culturally responsive policies and practices works to address the inequity and harm of historical trauma and continues to support the long moral arc of the universe toward justice.

Another is the Martin Luther King, Jr. Day of Service which invites us all to intentionally volunteer time, attention, or resources to improve our communities. Trauma-Informed Utah partners with organizations across Utah working to support their communities and create a more trauma-informed Utah.

[Learn more about historical trauma](#)

[Find opportunities to volunteer](#)

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In the News - New York's "Be Well" Campaign Launched

New York's Office of Mental Health launched the state's "Be Well" website as part of a campaign to raise awareness about the importance of mental wellness and the effects of trauma and stress. The campaign aims to provide New Yorkers with simple, accessible strategies to improve their mental wellness and manage stress. It also raises awareness about the harmful effects of stress and traumatic events on both physical and mental health.

The "Be Well" website offers practical tips for self-care, building resilience, and techniques to help you stay calm. It offers resources on stress and trauma and includes links to the 988 Suicide and Crisis Lifeline.

[Visit New York's Be Well Website](#)

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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!

Support TIU's
Growth



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