

Delegation: Sharon Welch, Chair, Oceanside Health and Wellness Network, and Bobbi Coleman, member of Oceanside Local Action Team and Educator, re Trauma-Informed Community

Summary: We plan to use a PowerPoint presentation, and we may also be submitting handouts for the Directors.

LAT and OHWN have been working together to prepare presentations for service providers and community members around trauma-informed practice. In recent years, there has been a great deal of science around brain development and its relationship to mental health and addiction challenges. Trauma, particularly experienced in the early years, can deeply affect brain development, and it is important that we understand its impact so we can properly support citizens in recovery strategies.

We hope that the RDN Directors will be interested in participating in a more in-depth workshop to better understand trauma-informed practice, and that they will agree to becoming a 'Trauma-Informed Community' in order to better support their citizens.

Action Requested: LAT and OHWN are jointly presenting to ask the Regional District of Nanaimo to become a 'Trauma-Informed Community' and to commit to attending a more in-depth presentation around trauma-informed practice to enhance their own understanding of this area.