

## **Oceanside Local Action Team**

### **Trauma Informed Community of Practice Proposal**

**Background and Rationale:** The Oceanside Local Action Team (LAT) was formed in January 2016 as one of many LATs in BC, developing in the Interior first in 2013 and then from the Province wide Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative project to improve mental health for children, youth and families in BC. The Collaborative was funded by the Doctors of BC and the BC government. The funding ended in December 2017 but the Oceanside LAT has continued along with many other LATs in BC. The focus of the LATs were relationship building and practical, sustainable solutions to address communication barriers, service delivery gaps, and coordination of care both locally and system wide. ([www.sharedcarebc.ca](http://www.sharedcarebc.ca) )

After many of the Oceanside LAT members attended the Collaborative Provincial Summit on the Adverse Childhood Experiences Studies (ACEs) the LAT broadened its focus from the early years to collaboratively promote well being by cultivating learning about healthy childhood development and fostering compassionate responses to those impacted by trauma. In the spring of 2017 the Oceanside Local Action Team committed to working on a vision of Oceanside becoming a healthy compassionate trauma informed community. . We believe that our children, youth and families will benefit from all service providers and community leaders having a common understanding of the impact of trauma on brain development and long term physical and mental health. This will allow us to understand presenting behaviours and functioning from a trauma lens of curiosity and current brain science and help us to know better how to adapt our helping responses. Furthermore, having a common language to discuss what we're observing, especially when we are working collaboratively, will result in better care and outcomes for our clients.

Local trauma expert, Jan Ference was brought in to deliver community training on Dr. Bruce Perry's Neurosequential Model of Therapeutics (NMT) which describes how the brain develops differently as a result of trauma. Teachers, school administrators, school counsellors, school support workers, nurses, clinicians, early childhood educators, social workers, foster parents, staff from our family support services agencies, and parents all participated in this training. Feedback was overwhelmingly positive, with people consistently asking for more, and specifically asking for opportunities to integrate what they learned into their respective practices.

The LAT together with support from the Doctors of BC hosted a dinner in the fall of 2017 for local Oceanside physicians with a lecture by Jan Ference on ACEs, trauma and impact on medical practice.

Educators and Clinical professionals are currently being trained in Phase 1 of the NMT Model. 7 Educators and 4 Clinical counsellors/professionals are undertaking this year long training. Once certified they will be able to complete Brain Maps to assess the impact of trauma on children in our community and provide recommendations for improved care.

Regionally (North Island) there are approximately 15 individuals already trained in the Bruce Perry Model. There is a desire and an identified need to bring together all those who have this expertise to discuss how people are implementing what they've learned in their practice, as well as to maintain the momentum of practicing with a trauma informed lens.

Another initiative of the LAT was the development of a small folding card 'Every Door is the Right Door' listing local and provincial resources for mental health and substance use services. These cards have been distributed to doctors' offices, local agencies, counselors, health and wellness fair etc

We are proposing a three pronged approach to achieve our goal of becoming a Trauma-Informed Community.

**Prong 1:** Local Trauma Informed Community of Practice. Currently monthly 1 1/2 hour learning sessions bring together those being trained and/or interested in learning more about how to become trauma informed with episodes from the documentary 'The Beginning of Life' shown and discussion following. These are held the first Wednesday of each month at Family Place from 300-430 pm.

Previous sessions in 2018 used content from "The Brain Story Certification from Alberta Family Wellness Initiative as a framework for this group learning, where each month we completed modules of interest from this free online program of 19 modules and discussed how to implement new understandings in our work.

**Prong 2:** In collaboration with the Oceanside Health and Wellness Network provide community education. Public events with trauma related information and facilitated discussion. Possible topics/events:

- Brain Story ([www.albertafamilywellness.org](http://www.albertafamilywellness.org) )
- Resiliency video

- Paper Tigers video
- First 2000 Days (the importance of the 2000 days from conception to age 6 years) interactive workshop developed by local health professionals
- ACEs (Adverse Childhood Experiences study) and link with mental and physical health  
[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime/up-next](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/up-next)
- Tashi and the Monk video (2014)
- Trauma expert presentations

**Prong 3:** There are regular meetings of those in Oceanside who have had the Neurosequential Model of Therapeutics (NMT) and Neurosequential Model in Education (NME) (Dr Bruce D Perry) training. There is hope that a gathering of those involved in this training across the island could also come together to share learning and implementation of the model. [www.neurosequential.com](http://www.neurosequential.com)