Alameda County Behavioral Health is pleased to offer a FREE training:

**Trauma Informed Systems 101**

**Thursday, January 9, 2020**
1:00 - 4:30pm
(Sign in begins at 12:30pm; Training starts promptly at 1:00pm)

**Location:** Alameda County Behavioral Health
1900 Embarcadero, Oakland, CA 94606
Suite 101, Brooklyn Basin Room

**Audience:** Alameda County Behavioral Health has a goal of becoming a trauma informed system. All levels of ACBH and provider staff are encouraged to attend this foundational training.

**Trainers:** Stephanie Montgomery, MSW, Program Manager, City of Oakland Human Services Department and ReCAST. Rebecca Day-Rodriguez, BA, Health Services Program Specialist, City of Berkeley, Public Health Division.

**Description:** The TIS 101 is a basic 3.5 hour training to understand how trauma and stress impacts bodies and brains, communities, organizations and systems. The goal of this training is to bring a cross-section of our workforce together (administrative supports, clinical and non-clinical staff, leadership, etc.) to develop shared language and understanding of what it means to be a trauma-informed organization and apply common practices to help our communities heal.

**Learning Objectives – By the end of the training, participants will be able to:**
1. List three (3) effects of trauma on our brains and bodies
2. Identify the core principles of trauma-informed care and at least one (1) way to apply these principles to practices
3. Describe three (3) strategies to develop organizational resilience and trauma-informed responses
4. Explain about two (2) impacts of organizational trauma on the ways we function as organizations and individuals
5. Apply self- and co-regulation strategies and tools to use in practice settings

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please email Training.Unit@acgov.org or call Ph: 510-567-8113.