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

**Trauma Informed Systems 101**

**Tuesday, October 15, 2019**
9:00am - 12:30pm
(Sign in begins at 8:30 am; Training starts promptly at 9:00 am)

**Location:** Family Resource Center
39155 Liberty Street, Fremont, CA 94538
Building H800, Pacific Room

**Audience:** The training is for mental health professionals or anyone who works in a public system or non-profit that serves adults, children, families and caregivers. This training is reserved for Alameda County Behavioral Health Staff (County units and contracted community-based organizations).

**Trainers:** Juanita Dimas, Ph.D., is a psychologist and Program Administrator of Integrated Behavioral Health at Alameda Health Systems. An Ta, M.Ed., Consultant, Trauma Transformed.

**Description:** The TIS 101 is a basic 3.5 hour training to understand how trauma and stress impacts developing 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.*