



## ***Building resilience is a key component of trauma informed care***

To prepare you to guide your patients in building their resilience skills, [Dr. Allison Jackson](#) will offer a hands-on workshop for staff from health safety net organizations on Thursday, July 19<sup>th</sup> from 9:30-3:30. Attendees will learn how to foster resilience throughout a patient's experience in the health care setting. This will include trauma screening, engaging in the resilience case plan process, and self-care planning for professionals.

The resilience skill-building process for patients will feature the release of a new and innovative tool available to every attendee. This tool, [Resilience Building Blocks for Life](#), is a deck of cards and accompanying handbook that provide a simple framework for helping patients identify the resilience skills they already possess and those they would like to strengthen.

Adapted from a set of child-focused resilience skill cards designed by the Children's Resilience Initiative in Walla Walla, WA, these cards were designed specifically for adults and will be an important addition to any program.

Attendance is limited to teams of 2-4 representatives from health safety net organizations. While behavioral health providers and executive leadership are welcome to attend, this workshop will be most beneficial for non-provider staff or volunteers who have an interest in and sufficient available time to work one-on-one with patients to build their resilience skills. The best staff to provide the resilience cards model to patients are often not behavioral health providers, but medical assistants, nurses, community health workers, or other similar positions.

You can submit your official registration for the workshop [here](#). That very brief survey lets us collect the remaining contact information we need and your lunch order. [If possible, please complete this registration by the end of the day Thursday, July 5.](#)

Additionally, each attendee who did not attend our Introduction to Trauma and Resilience Roundtable on April 24<sup>th</sup> is required to watch our 5-part webinar series prior to attending this workshop. This will ensure that you have all the background information you need to get as much out of the workshop as possible! You can access that webinar on our website [here](#), and attendance will be tracked and checked when you arrive at the workshop. Please contact Andrea Lancaster at 804-828-7481 or [andrea@vhcf.org](mailto:andrea@vhcf.org) with any questions.