

The Mental Health Subcommittee of the
SEPA Regional Taskforce Presents:
***FREE* Virtual Trauma Training**

Trauma 101- Expanded Understanding of Trauma for First Responders
February 19, 2025- 9:00am-11:00am

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. First Responders can be better equipped to meet the needs of those in their community with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of first responders, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

Trauma 104- Grief and Trauma
March 7, 2025- 9:00am-11:00am

This workshop offers participants the opportunity to explore complexities of grief, its many stages, information about how the brain processes grief and loss and health and less healthy messages to transmit to a grieving person. Information on how children and teens grieve differently than adults is also included. Participants learn how grief and trauma intersect. There are opportunities to share thoughts, feelings, sensations and memories associated with grieving. Several video clips are shown that enhance and enrich our understanding of the needs of the grieving person and ways to effectively meet those needs. Participants learn the basics of being an effective Grief Processor when supporting someone mourning a significant loss.

Trainings are open to all first responders and those who work in related fields of crisis response, behavioral health, peer support, and supporting first responders. Special consideration for slots will be given to members of local CISM teams.

To register for 1 or both of the above trainings, visit:
<https://register.lakesidetraining.org/montgomery-county-workshops/>

Have questions about the work of the Mental Health Subcommittee?
Email Co-Chairs Sharon Preston (slpreston@buckscounty.org) or
Anna Trout (anna.trout@montgomerycountypa.gov) for more information.