

# San Benito County Opioid Task Force Presents:



## TRAUMA INFORMED SERIES

### Supporting our Children During COVID & Beyond

The experiences of the past year have been very difficult for many of our children.

This workshop will help understand how stress impacts a young person's brain, what are some of the trends in youth mental health, and what experts teach and suggest when supporting children and teens during this crisis.

**July 6, 2021**

**9:00-10:30 A.M.**



### Grief Recovery Overview

In this workshop, we will provide a high-level overview of The Grief Recovery Method. We will differentiate between grief and bereavement and discuss the different kinds of losses that can cause emotional pain.

In addition, participants will learn about the physical impacts of grief, what to say/not to say to a griever and discuss specific strategies for recovery.

**August 3, 2021**

**9:00-10:30 A.M.**



### Vicarious Trauma, Toxic Stress and Burn-out

Understand the neurobiology of vicarious traumatization, toxic stress and the impact of long-term exposure to cortisol over time.

The workshop also explores evidence-based strategies for recovery from toxic stress.

**September 7, 2021**

**9:00-10:30 A.M.**



### De-escalation Strategies

This workshop is a review of the stress response and how to de-escalate someone who is activated both remotely and in-person.

A focus is on integrating verbal and non-verbal communication to convey safety.

**October 5, 2021**

**9:00-10:00 A.M.**



To register visit:  
**[tinyurl.com/otfhealth](https://tinyurl.com/otfhealth)**