

Resilience-Informed Service Environments – Learning Community (RISE-LC): Enhancing Trauma and Resilience Informed Care in Behavioral Health Agencies in New York State

The **Community Technical Assistance Center (CTAC)** in collaboration with The New York State Office of Mental Health is freely offering behavioral health agencies in New York State an opportunity to join a **4-month long Learning Community** focused on building resilience and trauma informed care. CTAC has designed **RISE-LC** to ensure organizations working with adults and children provide quality services in a way that supports trauma informed care and helps to build resilience with service participants.

The Learning Community is designed to:

- Engage practitioners, supervisors, and other stakeholders in knowledge and awareness building and dissemination, including a focus on a deeper understanding of trauma and resilience informed care in staff and organizations, and
- Train participants in organizational change management by providing technical assistance designed to guide a **Core Implementation Team (CIT)** at each participating site through a planning process focused on identifying meaningful and management goals to make agencies more trauma and resilience informed.

Learning Community Activities:

As a RISE Learning Community Site, your **Core Implementation Team (CIT)** will be expected to participate in the following RISE-LC activities:

- Attend a 90 minute initial webinar on **Trauma Informed Care (TIC) Basics and Resilience**,
- Attend a 90 minute webinar on Organizational Change Management and review and prepare to complete an **Organizational Self-Assessment (OSA)**,
- Attend two (2) 1-hour consultation calls with the CTAC Consultants to (a) identify goals for organizational change and action planning, and (b) monitor progress on goals,
- Attend one (1) 1-hour final interactive webinar on sustainability and information sharing, and
- Participate in a brief pre- and post-Learning Community assessment, designed to identify outcomes associated with your participation in RISE-LC.

This process will involve guiding CITs through a systematic 4-phase process of organizational change.

Target Participants

Organizations are encouraged to **involve leaders, supervisors, staff, or other stakeholders** in the organization that can benefit from a deeper understanding of RISE and contribute to developing practical tools for implementation.

Timeline/Important Dates

| Date | Activity | Purpose |
|----------------------------------|--|--|
| March 2018 | RISE-LC applications due 3/1/2018 | Identify Core Implementation Team for all sites participating in the LC |
| March 15, 2018 | Webinar Series Part 1 (1.5 hours): Trauma Informed Care 101, Resilience, Vicarious/ Secondary Trauma | Information and Awareness Building: All members of each CIT must attend. Provide sites with information and prepare them for knowledge dissemination. |
| March 29, 2018 | Webinar Series Part 2 (1.5 hours): Trauma Informed Organizations - Organizational Self-Assessment and Continuous Quality Improvement | Provide training on organizational change management. Review of OSA with instructions for completing across sites and choosing possible targets for organizational change. |
| April. 2018 Times TBA | Group Consultation Calls: Action Planning | Assist sites to develop action plan for implementing TIC targeted changes. |
| May, 2018 Times TBA | Individual Consultation Calls: Implementation | Review specific implementation plans for its respective organization. Check on progress. |
| June 2018 | Interactive webinar on Sustainability and Site Presentations | Helping sites to make plans for continuing efforts toward TIC. Allow sites to share change efforts and resources |

Please contact **James Rodriguez, PhD, LCSW** at jr4139@nyu.edu for more information or questions.