

Trauma and Resiliency- Informed Systems Initiative (TRISI)

First 5 San Mateo County, with support from San Mateo County Health, is embarking on an initiative to transform service delivery for young children and their families. TRISI is a countywide effort to integrate a comprehensive commitment to address trauma and promote resiliency into our programs, structures, and culture. (1)

OUR LONG TERM GOAL

Embed trauma and resiliency- informed policies and practices at every level of the system

SYSTEMS

Coordination and advocacy to leverage resources and align approaches across County agencies, community-based organizations, and private entities

ORGANIZATIONS

Assessment and implementation support to help move child and family-serving organizations along the developmental stages of trauma-informed practice

PROVIDERS

Training, resources, and coaching for professionals to enhance their work with children and families

PARENTS

Education for parents and caregivers to help recognize the signs and symptoms of trauma

BECOMING TRAUMA AND RESILIENCY-INFORMED: STAGES OF DEVELOPMENT [1]

PRINCIPLES

Safety | Trust & transparency | Peer support | Collaboration & mutuality |
Voice, choice & self-agency | Culturally, historically & gender-identity appropriate

Stage 1:
Recognizing

Stage 2:
Planning • Testing

Stage 3:
Committing

Stage 4:
Nurturing • Adapting

DOMAINS

Leadership & governance | Training & workforce development | Screening, assessment & services | Progress & results monitoring | Engagement & involvement | Physical environment | Cross-system collaboration | Media & marketing | Policies & procedures | Financing

Trauma

Trauma refers to the effects of an event, series of events, and/or ongoing circumstances that are experienced as physically or emotionally harmful. For children, this can include abuse and neglect, as well as living in a household affected by substance abuse, mental illness, domestic violence or incarceration. These conditions are often referred to Adverse Childhood Experiences, or ACEs.

Trauma can affect individuals, families, and communities immediately and long term, even over generations. It can have particularly negative developmental impacts on children. (1, 2)

Resiliency

Resiliency refers to the ability of an individual, family, or community to cope with adversity and trauma, and adapt to challenges or change. (3)

Our initiative recognizes that resilience is strengthened when we provide the services, supports, and resources that make it more likely for every child to thrive within their family and community.

TRISI DEVELOPMENT AND IMPLEMENTATION TIMELINE

JAN 2018	Conduct landscape scan and convene partners
MAR- JUN 2018	Planning committee develops model and roadmap
JUL 2018	First 5 SMC Commission approves plan
AUG- DEC 2018	Refine implementation plan and coordinate resources
JAN- DEC 2019	Build awareness and host initial countywide convening
JAN- JUN 2020	Provide implementation support for organizations
JUN 2020	Evaluate initial effort and conduct sustainability analysis
JUL 2020 and beyond	Continue implementation

SOURCES

- Center for Collective Wisdom. *Trauma and Resiliency: A Systems Change Approach: Emerging Lessons and Potential Strategies from the Los Angeles County Trauma and Resiliency-Informed Systems Change Initiative*, 2017. <https://www.first5la.org/files/Trauma.pdf>.
- SAMHSA. *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*, 2014. <https://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>
- SAMHSA. *Trauma Resilience Resources*, 2018. <https://www.samhsa.gov/capt/tools-learning-resources/trauma-resilience-resources>.



SAN MATEO COUNTY HEALTH
All together better.

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