TRAUMA-INFORMED CARE EDUCATION PROJECT



Introduction

Trauma-informed care (TIC) acknowledges the pervasive impact of trauma on individuals and communities. This project outline aimed at educating Students and youth in both school and out of school community settings, emphasizing meaningful community empowerment principles. The program is aiming to create sustainable livelihood impacts by equipping young people with knowledge and skills that enhance their ability to cope with Trauma, adaptive well-being and resilience.

Rational

Meaningful community empowerment is essential in trauma-informed care as it acknowledges the significant impact of trauma on individuals and facilitates their ability to take control of their lives, goals and health. By enhancing resilience, it fosters positive coping strategies and recovery practices while building trust between students, youth out of school and care providers through the establishment of safe environments. Engaging communities in the development of care strategies ensures cultural relevance and reduces the stigma associated with trauma and mental health issues, encouraging open dialogue among young people and support. This collaborative approach leverages local knowledge for tailored solutions, leading to long-term benefits such as improved mental health outcomes, reduced reliance on emergency services, and enhanced overall community well-being, ultimately promoting health equity and sustainable growth in our society.

Vision

Cultivate a resilient and empowered community where all youth understand trauma, develop coping strategies, and support one another in healing, ultimately contributing to sustainable livelihoods.

Missio

To provide comprehensive trauma-informed care education to students and youth out of school,fostering a supportive environment that encourages healing, empowerment, and resilience.

Objectives

1. To provide comprehensive training on trauma-informed practices to 15 TOTs who will disseminate knowledge within their communities and institutions.

2. To reach a target of 1,275 youth beneficiaries with trauma-informed care education, fostering resilience and coping skills.

3. To establish a foundational understanding of TIC principles that can be integrated into existing community programs.

4. To develop a sustainable model for trauma-informed care education that can be replicated in other communities, enhancing local capacity and resilience.

Target Audience

15 individuals from local organizations, schools, and community groups.

1,275 youth, aged 20-35 both in schools and out-of-school settings.

Activity One

TOT Training Workshops

Duration: 3 days

Location: Local community center (Kenya-Kilifi County)

Participants

15 Trainer of Trainers

2 Facilitators

2 Community Leaders

1 Ministry of Education Representative

Sub-activities

- Interactive sessions on trauma, its impacts, and TIC principles.

- Role-playing scenarios to practice TIC strategies.

- Development of training materials tailored for youth engagement.

Activity Two:

Youth Engagement Sessions

After the TOT training workshop, each TOT will recruit 15 youth to train on TIC. The training will occur in five phases, each lasting six weeks, with sessions convening twice a week for two hours.

Duration

Total Duration: 12 Months

Phases: 5 phases, 6 weeks per phase

Frequency: 2 sessions a week, 2 hours per session

Target Audience

Youth in and out of school.

Direct Beneficiaries: 1,275 (225 per phase).

Sub-activities

Peer-led discussions on trauma awareness and coping strategies.

Creative arts workshops (e.g., art therapy, music) to express experiences and emotions.

Community service projects to promote empowerment and resilience.

Activity Three: Evaluation and Feedback

Duration: 2 weeks

Activities

Surveys and focus groups with TOTs and youth to assess understanding and impact.

Adjustments to the curriculum based on feedback for future sessions.

Breakdown of Session Activities for Youth Engagement (5 Phases)

Peer to peer dialogue:: Each phase will include discussions on trauma awareness and coping strategies, requiring printed materials and facilitation support.

Creative Arts Workshops: Each phase will host workshops, including art therapy and music sessions, necessitating art supplies and materials.

Community Service Projects: Each phase will involve community outreach activities to promote empowerment and resilience, requiring minimal supplies and coordination efforts the youth will use Art such as Spoken word poet, magnetic theatre and music to create awareness and sensitisation to the community.

trauma-informed care education topics

Understanding Trauma: Definitions and types of trauma (e.g., acute, chronic, complex, historical, group).

Common effects of trauma on mental and physical health.

The Impact of Trauma on Development

How trauma can affect cognitive, emotional, and social development in students and their well being.

Trauma Awareness and Sensitivity

Recognizing signs of trauma in peers and community members.

Promoting sensitivity to the experiences of others.

Building Resilience

Strategies for fostering resilience in individuals affected by trauma.

The role of positive relationships and community support.

Coping Strategies and Self-Care

Teaching practical techniques for managing stress and emotional pain, preparing students mentally, psychologically and physically before they join higher education (e.g., mindfulness, grounding exercises).

Creating Safe Spaces

Importance of safe and supportive environments for healing and expression.

How to foster inclusivity and respect in community settings.

Effective Communication

Strategies for communicating with trauma survivors in a compassionate and understanding manner.

Empowerment through Advocacy

Encouraging youth to advocate for trauma-informed practices in their schools and communities.

Understanding Triggers

Identifying and managing triggers that may evoke traumatic memories or responses.

Accessing Resources

Information on local mental health services, support groups, and community resources.

Peer to Peer Support Systems (Beneath the Big Tree)

Building peer-led support groups to foster connection and mutual understanding.

Cultural Considerations in Trauma Care

Recognizing how culture influences the experience and expression of trauma. Connecting young people with elders to learn more about culture and traditions in connection with the modern world technology.

Mind-Body Connection

Exploring the relationship between physical health, emotional well-being, and trauma.

Trauma-Informed Leadership

Encouraging leadership styles that prioritize understanding and addressing trauma within communities.

Long-term Healing and Recovery

Discussing the ongoing nature of healing and the importance of support over time.

These topics will help create a comprehensive framework for trauma-informed care education, empowering young people to understand and navigate their experiences and support one another within their communities.

Sustainability Plan

To ensure the program's sustainability:

TOTs and the direct beneficiaries will continue educating their communities on TIC principles beyond the project duration.

Youth will be encouraged to participate in ongoing peer support networks and create more links of collaboration with institutions and community organisations.

Development of a community-led initiative to sustain TIC education, ensuring that knowledge is passed down and adapted to local needs.

Develop economic livehood activity to address the challenge of poverty and climate change.

Conclusion

This Trauma-Informed Care Education Project aims to create a ripple effect of empowerment through education. By training TOTs and engaging youth, we will foster a community that understands and supports trauma recovery, ultimately enhancing resilience and well-being. This initiative not only addresses immediate trauma-related challenges but also contributes to the long-term sustainability of livelihoods by equipping individuals with essential coping skills and community support structures.