

# Creating a Resilient and Trauma-Informed Community (RTIC)

A framework to align the work of a community

**Resilient and Trauma-Informed Community** is a framework adopted by community partners. The Foundation of our collaborative effort is built upon what we have learned about Adverse Childhood Experiences (ACEs).

## ACES influence adult health

More ACEs lead to an increased risk for poor mental and physical health outcomes.

## Resilience can help

Resilience is the ability to bounce back. With appropriate supports and help, people can heal and thrive despite past experiences.

## Trauma-Informed Care (TIC)

A perspective shift that promotes recovery and acknowledges the role of trauma in someone's life.

## Healing takes a village

Together, we are working to disrupt the cycle, strengthen resilience and restore lives. A whole community effort is needed to build a place that is connected, healthy and resilient.



## The Foundation

Our community can collaboratively support trauma-informed values, actions and systems by establishing a strong Foundation of shared knowledge and understanding through:

- ✓ ACEs education
- ✓ Engagement of community partners
- ✓ Introduction to RTIC effort built on collective impact conditions
- ✓ Setting up a collaborative work structure

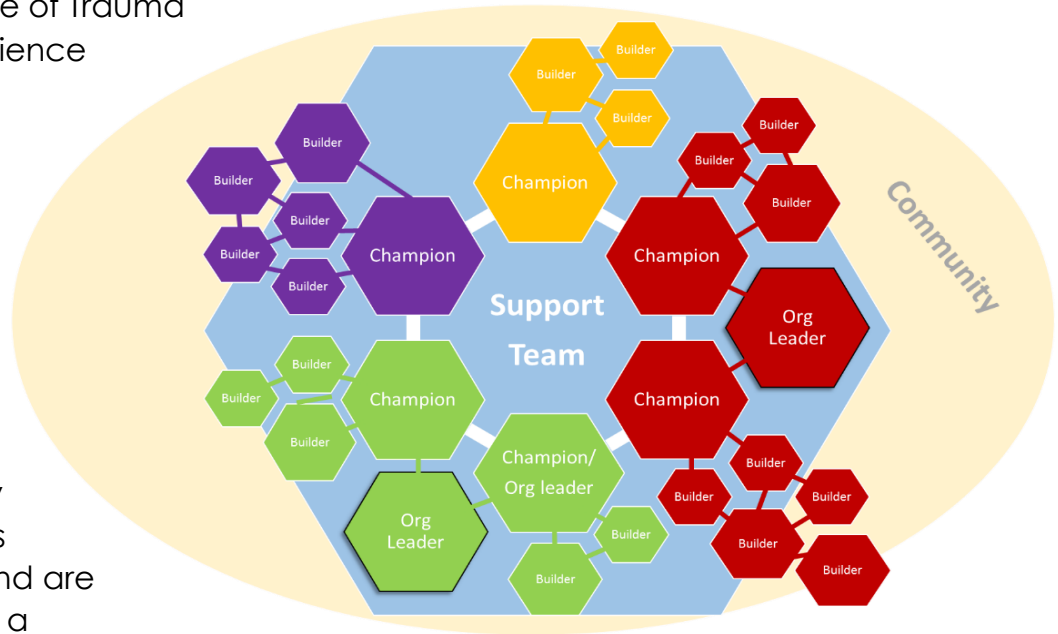


## Building Infrastructure to Foster Community-Level Change

- ✓ Disrupting the Cycle of Trauma
- ✓ Strengthening Resilience
- ✓ Restoring Lives

### Who makes this happen?

**Champions** are ambassadors for the Resilience Framework within an organization, coalition, or project. They understand the concepts behind the Framework and are committed to supporting a collaborative effort.



**Champions** have two areas of focus:

- 1) Lead the integration of trauma-informed care within their organization or area of work and
- 2) Engage in collective systems change work with community partners

The **Support Team** is a cross-sector team of community partners who take on the role of "holding the whole" and maintaining an eagle eye view of the initiative. During work in the Foundation, the actions of Support Team include education, orientation and engagement. The focus for change is at the levels of individual and organization.

As the collaborative effort moves into action-oriented work being shared across a Champion network, the Support Team shifts its role to connecting, supporting and advocating. The focus for change is at the levels of system and community.



## How Collective Impact Guides Community Change

RTIC is an ongoing process to strengthen organization, department, and larger systems' impact. Collective impact provides a process in which RTIC can be infused into the work of the community in a mutually supportive way.

Through an ongoing Community of Practice, Champions can gather to exchange ideas and practices as well as share access to research and resources.

Champions also participate in RTIC Strategy Teams to implement aligned activities across a continuum of supports and services within a community system to Disrupt the Cycle, Strengthen Resilience and Restore Lives.



## Creating a Resilient and Trauma-Informed Community

Kaleidoscope Model of Change

To learn more, visit:

[www.resilientcommunitieswi.com](http://www.resilientcommunitieswi.com)

