



Becoming a Self-Healing and Resilient Community: Building Trauma Informed Networks

ACEs and the Impact of Trauma

- Adverse Childhood Experiences (ACEs) are linked to chronic health problems
- The higher a person's ACE score, the higher their risk of health and social problems
- People with an ACE score of 4 or higher are at higher risk for serious outcomes
- Higher ACE scores are more likely reported by populations who identify as black, multiracial, lower income or with less than a high school education



Overcoming and Healing Trauma

- Physically and emotionally safe caregivers and environments build resilience and reduce the negative effects of ACEs
- Community and institutional support utilizing trauma-informed approaches can help families heal, overcome trauma and transform their health trajectories



Resiliency



Hard Things & Stressors:

- Not able to pay bills
- Not enough food to eat
- Violence
- Health problems
- Housing that does not feel safe

Good Things & Resources:

- People that you can count on
- Dependable transportation
- Safe housing
- A doctor you trust
- Having enough money

Things about You:

- Genetics and DNA
- Resiliency/ACE score
- Life story
- Personality

Resiliency is when the scale tips toward the good

...even when there are stressors and hard things

What are the Networks?

- The networks bring together providers and organizations from critical sectors i.e. education, healthcare, child welfare, criminal justice, business and the community
- The networks coordinate and improve trauma-informed and resilience-building strategies and promote the adoption and expansion of TIC across sectors and services
- The networks are led by a steering committee made up of local leaders
- The goal of the networks is to increase resilience and wellbeing of children and families

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Resilient Clatsop County Network Members

1. Astoria School District
2. Awakenings by the Sea
3. Clatsop CASA Program, INC.
4. Clatsop Behavioral Health
5. Clatsop Community Action
6. Clatsop Juvenile Department
7. Clatsop County Public Health
8. Columbia Memorial Hospital
9. Consejo Hispano
10. Department of Human Services (District #1)
11. Helping Hands
12. Jewell School District
13. Knappa School District
14. Northwest Oregon Housing Authority
15. Northwest Regional Education Service District
16. Seaside School District
17. Seaside Public Library
18. Sunset Empire Park and Recreation District
19. The Harbor
20. Warrenton-Hammond School District

Columbia County Childhood Trauma Informed Network Members

1. Amani Center
2. CASA for Children of Multnomah, Washington and Columbia Counties
3. Community Action Team
4. Columbia Community Mental Health
5. Columbia Health Services
6. City of St. Helens
7. Clatskanie School District
8. Scappoose School District
9. Vernonia School District
10. Rainier School District
11. Columbia County Public Health
12. Columbia County Treatment + Courts
13. Columbia Pacific Food Bank
14. Columbia River Fire + Rescue Scappoose Rural Fire Protection District
15. Department of Human Resources (District #1)
16. Iron Tribe Network
17. Legacy Medical Group St. Helens
18. Northwest Oregon Housing Authority
19. Northwest Regional ESD
20. Oregon Health & Science University Scappoose Clinic
21. SAFE of Columbia County
22. Sandee School of Horsemanship
23. Scappoose Public Library
24. Tillamook County Transportation District/NW Rides
25. United Way of Columbia County
26. WildFlower Play Collective

Accomplishments to Date

- Developed mission, vision, values, roles and responsibilities and decision-making processes
- Brought together member organizations for collective impact visioning and workshop
- Designed network architecture
- Outlined two-year timeline and strategic framework
- Developed and approved five-year strategic plan for each network
- Onboarded 46 organizations
- Rolled out initial projects as a network

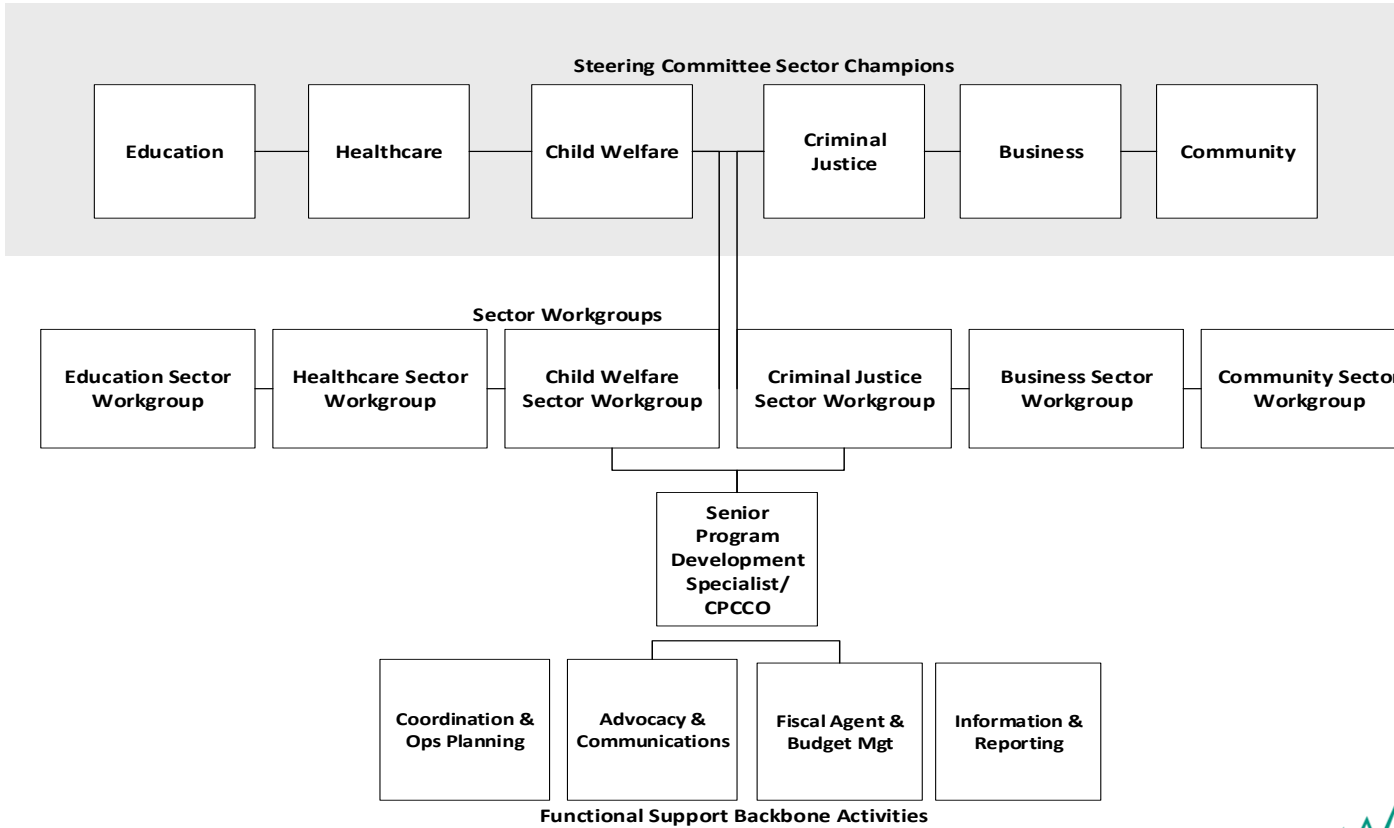
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Trauma-Informed Network



HRS Criteria Screening Checklist

Must meet one of four criteria:	Notes	Notes	Must meet all four criteria:
Improve health outcomes and reduce health disparities			Designed to improve health quality
Prevent hospital readmissions			Increase the likelihood of desired health outcomes in ways that can be objectively measured and produce verifiable results and achievements
Improve patient safety, reduce medical errors, and lower infection and mortality rates			Directed towards either individuals or segments of enrollee populations, or provide health improvements to the population beyond those enrolled without additional cost for the non-enrollees
Increase focus on wellness and health promotions activities			Grounded in evidence-based medicine, widely accepted best clinical practice, or criteria issued by accreditation bodies, recognized professional medical associations, government agencies or other national health care quality organizations

HRS Screening Checklist

HRS criteria	Project component that meets criteria
Improve health outcomes and reduce health disparities	Increased access to preventative supports creating resilience and reducing the impact of Adverse Childhood Experiences (ACE's)
Designed to improve health quality	System quality improvement effort that supports implementation of best practices that increase resilience and reduces the impact of ACE's
Increase the likelihood of desired health outcomes in ways that can be objectively measured and produce verifiable results and achievements	Best practices that support the engagement and retention of patients in health care. Best practices that support the emotional development of children and the increase of supports for parents in community-based settings.
Increase the likelihood of desired health outcomes in ways that can be objectively measured and produce verifiable results and achievements	Whole population approach across five sectors for organizations that provide supports and services to low income and minority children and families. Reduction of entry into foster care and other institutional settings.
Grounded in evidence-based medicine, widely accepted best clinical	Organizations are implementing best and/or evidence-based practices that support resilience and recovery from adverse childhood experiences.
Increase focus on wellness and health promotions activities	Promoting at the meso level of the system of health and social services health promotion activities that are proven evidence base/best practices that reduce the chances of an individual having long term chronic health, substance abuse/addiction or negative outcomes related to mental wellbeing

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Questions or Comments?

- Feel free to reach out to Nancy Knopf (knopfn@careoregon.org) if you have any questions or comments
- Feel free to reach out to Angel Escobedo (escobedoa@careoregon.org) if you have any questions or comments.

