



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

Creating Community Wellness:

Equity and Inclusion in Student Mental Health

Understanding the Implications of Trauma Among College Students

Session Description:

This session will provide an overview of Trauma 101 Training, including an overview of trauma, resilience, a trauma-informed care approach and how the approach can be beneficial to mitigating the impact of psychological trauma that may be experienced by students, especially first-generation students, students from historically underrepresented backgrounds, and students with visible and invisible disabilities. Examples of how Trauma 101 Training has been used on two very different campuses (Antioch College and Central State University) will be discussed. The training is intentionally designed to provide this information in a way that is accessible to the entire higher education community in an active and conversational manner that will encourage attendees to feel empowered to identify ways in which a trauma-informed care approach can be used by the community in whatever role they play to help create a supportive and welcoming environment, including anyone in the community who interacts with individuals who may have experienced trauma, including case managers, human services professionals, educators/school administrators. The procedure for receiving Trauma 101 Training and the benefits will also be discussed.

Learning Objectives:

- Understand how the traditional training format of Trauma 101 Training was adapted to a virtual platform in order to meet the cultural competency development needs of campus faculty and staff.
- Describe the universal approach of Trauma-Informed Care and how supports that culturally-specific needs of first-generation students, students from historically underrepresented backgrounds, and students with visible and invisible disabilities
- Identify two examples of how a Trauma-Informed approach is incorporated into mental health outreach and supports.

Link to join:

<https://neomed.zoom.us/j/93021588166?pwd=UmVhcnZlcWNYNihhOHo1a3pDYTVGUT09>

Password: 122699



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