

FREE  
MENTAL HEALTH  
TRAINING

# INTRODUCTION TO TRAUMA

PRESENTED BY: DANIELLE THORNTON

Danielle is a Community Health Education Coordinator for NAMI Minnesota and an advocate for more comprehensive mental health services and support. Danielle leads NAMI Minnesota's tobacco treatment education and wellness initiatives and supports suicide prevention work. Danielle holds a B.S. degree in Public Health and Community Health Education and is a current Public Health graduate student.

**DATE:** THURSDAY, APRIL 18, 2024

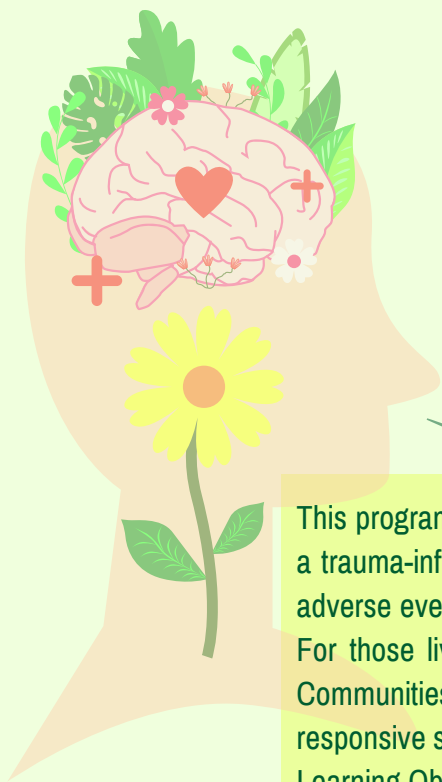
**TIME:** 2-3:30PM

**LOCATION:** ST. CLOUD LIBRARY~ MISSISSIPPI ROOM

1300 W ST. GERMAIN STREET

ST. CLOUD, MN 56301

**REGISTER HERE:** [HTTPS://WWW.TICKETLEAP.EVENTS/TICKETS/COMMUNITY-ADULT-MENTAL-HEALTH-INITIATIVE/INTRODUCTION-TO-TRAUMA](https://www.ticketleap.events/tickets/community-adult-mental-health-initiative/introduction-to-trauma)



This program establishes an overview of trauma, its impacts on the brain, and the guiding principles of a trauma-informed approach. Trauma has long been described as a unique and personal outcome of adverse events or experiences, but exposure is more widespread in our communities than ever before. For those living with a mental illness or substance use disorder, exposure is even more common. Communities and employers can build awareness and take action to create trauma-informed and responsive spaces where people feel safe and valued.

**Learning Objectives:**

1. Define trauma and traumatic stress reactions
2. Understand the impact of traumatic stress on the brain, cognitions, and behavior
3. Identify the principles of a trauma-informed approach and steps to incorporate them

A CERTIFICATE OF ATTENDANCE WILL BE PROVIDED FOR CEUS

THIS TRAINING IS INTENDED FOR THOSE LIVING WITH MENTAL HEALTH ISSUES, PROVIDERS, FAMILY MEMBERS, AND COMMUNITY MEMBERS WHO WORK IN OR ARE RESIDENTS OF BENTON, SHERBURNE, STEARNS, OR WRIGHT COUNTY.

This training is brought to you by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns & Wright Counties*  
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