

# National Trauma Campaign News

Trauma-Informed Advocacy in 2021 and Beyond

## A Message from the Campaign Co-Chairs

The **National Trauma Campaign** was created in response to a growing number of congressional champions who understand trauma and resilience science and the impact of ACEs. With the new formation of the federal government, there is a great opportunity over the next two years for major progress toward embedding trauma-informed approaches in federal policies and gearing up federal programs that build resilience.

This issue contains an update on the Campaign, a statement about recent events in Congress and the January 6<sup>th</sup> siege on our nation's Capitol, and an introduction to the Campaign's new website, which has new resources and features to explore! We hope you will take a moment to read to the end, and will then [contact us](#) if there are questions the National Campaign Core Team can answer or if you have ideas you would like to share.

### Campaign Background

Planning for the National Trauma Campaign began during the summer of 2019. A small group of dedicated members met on a weekly basis for over six months to devise a plan and develop a platform to organize and mobilize advocates around the country to make relationships with the members of their congressional delegations and educate them about trauma and resilience science. The goal is to advance a comprehensive policy vision for preventing trauma and childhood trauma, providing trauma-informed treatment for those who have experienced and are living with the adverse effects of trauma, and building resilience among all individuals, communities, and systems in the United States.

### Response to COVID-19

Of course, when the Campaign launched in February of 2020, no one anticipated a pandemic. As an all-volunteer group, the National Campaign Core Team mobilized quickly to ensure a trauma-informed response to COVID-19. Though Congressional support for the CARES Act outpaced Campaign efforts in March 2020, the network effectively mobilized around leveraging some of the designated CARES Act funds to be used in states to respond to the widespread adversity and stress experienced from the pandemic.

During conversations concerning the House-passed HEROES Act in May 2020 and after, the Campaign advocated for a trauma-informed response to the pandemic, which led to several

provisions being included. The Campaign will continue advocating for the next COVID relief package that is expected to pass in 2021. In addition to continuing Campaign advocacy efforts in support of pandemic relief and recovery, there will be a return to the original schedule of Campaign actions that were planned from the beginning.

### Plans for 2021

With a network that now reaches all 50 states, the Campaign is well-positioned to educate many Congresspeople and work to build the membership of the House Trauma-Informed Care Caucus. The Campaign will also continue to work with national organizational partners across various sectors and stakeholders from around the country to develop a comprehensive policy vision for the United States, and advocate for legislation that advances a federal approach that manifests the ultimate goal of a resilient nation.

As year two of the Campaign begins, so many community leaders have joined together across the country to advocate for a trauma-informed and resilient future. The progress of the Campaign would not be possible without the incredible work being done in communities and states across the country. **You are the central force in this Campaign!**

We hope that you and your loved ones stayed safe throughout a very challenging 2020 and remain safe in 2021. There is much work to be done. We look forward to continuing to work with you all.

Please share this newsletter with others in your network and have them sign up as a [Local Liaison](#) or a [Campaign Member](#)! Every voice will be important this year!

Sincerely,  
**Marlo Nash and Jesse Kohler**  
National Trauma Campaign Co-Chairs

## Campaign Office Hours

Do you have questions or thoughts about trauma-informed advocacy, policy developments, or how you can help advance the National Trauma Campaign?

**Join the Campaign Core Team for our monthly “office hours,” held from 4:00 - 5:00 PM ET on the Wednesdays noted below. [Click here to join us!](#)**



Upcoming Dates:  
January 27<sup>th</sup> • February 17<sup>th</sup> • March 17<sup>th</sup>

## Statement About the Events of January 6<sup>th</sup>

January 6, 2021 was a sad and disturbing day for many reasons. We feel for the intense fear that was felt by our elected officials and their staff. The stress experienced by those we all work with in both chambers of Congress through this Campaign was traumatizing for many. It is notable that the day also saw what was, at the time, the record high number of deaths in a single day from COVID-19. We acknowledge the pain and trauma that blankets our country.

The events of that day are another manifestation of racism and anti-semitism in a country where too many families and communities experience racialized trauma every day layered with historical trauma that has been inflicted across many generations. The unjust differences between how those who besieged the nation's Capitol in 2021 are being treated compared to those who peacefully demonstrated for the Black Live Matters movement in 2020 are starkly visible in the pictures and videos that many have compared side-by-side. This further compounds the pain.

The discrimination that runs rampant through our nation is sickening and must end. The historical and present-day trauma that has been inflicted regularly for so many people in America is unacceptable. The Campaign is committed to serving as a tool for ensuring that federal policies, programs, and financing serve to bring racial justice as our country works toward a trauma-informed and resilient future.

The [December CTIPP CAN](#) call was focused on the intersection between the anti-racism and trauma-informed movements, if you are looking for more information on the subject.

## Online Film Festival & Discussion

The [National Trauma Campaign](#) has partnered with [ACEs Connection](#) and [the Relentless School Nurse](#) to host the [Transform Trauma with ACEs Science Film Festival](#). The films chosen for this series focus on generational, historical, racial, and secondary trauma as well as individual-, community-, and systems-level healing and change. With the pandemic and collective efforts to address racial trauma and healing, we hope to stimulate collaborative conversations related to preventing and healing trauma and inspire trauma-informed change.



The next community discussion will center on the final two parts of PBS's *Whole People* series, [streaming for free on March 12th and 13th](#).

Joining us for the follow-up community conversation on March 16<sup>th</sup> will be Father Paul Abernathy from the [Neighborhood Resilience Project](#), who will be sharing about the Trauma Informed Community Development model.

**To join in on the discussion, [pre-register here!](#)**

## New Congress and Gearing Up for the Next Two Years

### Fast-Pace Anticipated

The new formation of the executive and legislative branches of the federal government, paired with what is appearing in drafted bills and plans, offers a promise for great opportunities to make progress toward the Campaign's vision over the next two years. There seems to be a growing understanding of the impact the events of 2020 have had on mental health, which may increase receptivity in Congress for working on achieving the goals of the trauma- and resilience-informed movement. Anticipating a fast pace, each participant in the Campaign network needs to be prepared to be in touch with congressional offices through every Campaign call to action.

### Millions of Federal Dollars Directed Toward Addressing Trauma

In the stimulus package passed at the end of 2020, there were some notable investments that can be directed toward addressing trauma. There was **\$54.3 billion** for school districts (state-by-state allocations forthcoming). The law allows these funds to be spent in part on addressing social-emotional well-being of children and implementing trauma-informed supports.

Directly addressing trauma and ACEs were \$10 million more dollars allocated to National Child Traumatic Stress Network (NCTSN), \$50 million additional for SAMHSA's Project AWARE (Advancing Wellness and Resilience in Education), and \$600 million for Certified Community Behavioral Health Clinics. The FY21 Appropriations also included \$5 million for enhanced data collection on ACEs by the CDC and language supporting the work of the federal Interagency Task Force on Child Trauma. Directly addressing racial equity were \$300 million for targeted outreach and education and vaccine distribution in communities of color, Paycheck Protection Program guidelines to more intentionally reach businesses run by people of color, and investment in greater internet access for low-income families and communities (both urban and rural). With respect to housing, the eviction moratorium was extended until 1/31/2021 and \$25 billion for rental assistance will be distributed via state and local governments.

### How this Impacts the Campaign

Like in 2020 around CARES Act funding, there is an opportunity to mobilize in your states for education and other funding to be used to provide trauma- and resilience-informed support in schools to respond to stress caused by the pandemic. Additionally, we believe that there will be a larger stimulus package passed in the near future. The Campaign will be advocating that more direct support be included to address trauma and build resilience.

## The Campaign's Website

The Campaign has a new website! [TraumaCampaign.org](https://traumacampaign.org) is the one-stop shop for all things Campaign-related and will be continuously updated. One of the most exciting new features is that you are acknowledged on the website for your volunteer participation in the Campaign.

On the [Meet the Team](#) page, you will find a listing of the Campaign's [Local Liaisons](#) from across the country who gave permission to share their names and email addresses so that others in their districts can reach out to them for support. There are already a few examples of multiple people teaming together to contact their elected officials and we hope that this enables advocates in more districts to do the same! There are also names of [individuals and organizations](#) who gave permission to share their names to help promote this networking. If you do not see your name and/or email address and would like it to be added, or see your name and do not want it to be there, please email [jesse@traumacampaign.org](mailto:jesse@traumacampaign.org).

Other highlights are the new [Join the Campaign](#) section, with new links to sign up as a [Local Liaison](#) or a [Campaign Member](#). More information is gathered through the sign-up process now—such as demographic information—so the network can be accurately described and there can be intentionality toward engaging leaders from underrepresented communities. Those who signed on before the application was updated will be given the opportunity to share additional information as well in the coming weeks.

The Campaign's [Advocacy Tools](#) page has toolkits and other useful resources for you to use and download, and there are full [infographics](#) on one page (with some new infographics!) and a [social media toolkit](#) with downloadable graphics and model language you can use to post this information on your own social media pages. Additionally, we have published the majority of an [Orientation Series](#) for our advocates to learn more about the Campaign as well as the resources and support available to you throughout this journey. There will be more videos added to the orientation as time moves forward.

Visit the [Share Your Story](#) page to share successes and stories from across the Campaign network, including from the National Campaign Core Team. Your stories will inspire action and recruit more people to this movement. If you are interested in sharing your stories, whether it is a story about your advocacy journey, the work you do, why you are interested in the issue of trauma and resilience, or anything else, please [Submit a Post](#)! You can either write a blog post or respond to one of the FlipGrid prompts, and also check out what other members of the Campaign network have to say!

More will be added to the website as time moves forward and there will be more resources and tools available to help continue to build capacity as advocates for the trauma- and resilience-informed movements. You will receive updates via this newsletter.

Please share the Campaign's new website far and wide, encourage new people to join the Campaign, and grow the influence of this effort in new and exciting ways.

## CTIPP CAN Updates

The **CTIPP Community Action Network (CTIPP CAN)**, held the **third Wednesday of each month from 2:00 PM - 3:30 PM EDT**, is a monthly remote presentation open to all.

**Please note that, due to Inauguration Day, both the January office hours and CTIPP CAN call have been moved to January 27<sup>th</sup>.**



The CTIPP CAN presentations have two objectives:

- ◆ During the first half hour of CTIPP CAN calls, representatives from the CTIPP National Trauma Campaign and guests report on developments on trauma-informed legislation under consideration in Congress.
- ◆ During the remaining hour, speakers present on issues of importance to those involved in promoting trauma-informed programs at the Federal, State, and local levels.

### Upcoming CTIPP CAN Topics

**January 27<sup>th</sup>:** We will have presentations by three Universities that have launched initiatives to become completely trauma-informed. Eastern Tennessee State University will describe its recently created Building Better Brains Institute, while Southern Oregon University will describe how it is incorporating trauma-informed science into every classroom as well as throughout the campus, and Florida State University's Center for Prevention & Early Intervention Policy."

**February 17<sup>th</sup>:** We will be honored by a presentation by the First Lady of Delaware, the Honorable Tracey Carney, and her team about how they launched and are now implementing Trauma Matters Delaware, a government-private partnership that was one of the first statewide trauma initiatives. There will also be a presentation by Southern Oregon Success, a cross sector initiative to make all of Southern Oregon trauma-informed.

### CTIPP CAN Call-In Information



Link to join using the Zoom app on your computer, tablet, or smartphone:  
<https://us02web.zoom.us/j/742183645>

Phone number to join by calling in on your phone:  
Dial **+1-929-205-6099**

Then, when prompted, enter **742 183 645** as the Zoom Meeting ID

## Mindful Moment

# TENSE AND RELEASE

## MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

Please consider [making a donation to support the Campaign!](#)

Donations will be made to the 501(c)(3) organization CTIPP and are 100% tax deductible. Your generosity helps support our growing team and infrastructure as we work toward comprehensive trauma-informed legislation and a better future.