

TRAUMA AWARENESS MONTH

MAY 2020

On October 17, 2018, [Governor John Carney](#) signed Executive Order 24, to make Delaware a Trauma-Informed state. The Executive Order addresses the impact of various kinds of trauma across the lifespan and multiple life domains. The Executive Order charges the Family Services Cabinet Council (FSCC) with promoting “May as Trauma Awareness Month,” with events held and publicized throughout the state. We were proud to host our very first Trauma Awareness month in 2019, initiating the first annual Compassionate Champions award. Our Trauma Informed community launched over 20 events statewide engaging nearly 2000 people.

In 2020, we are looking forward to expanding this effort through a deep partnership with the members of Trauma Informed Delaware, Trauma Matters Delaware, and the Family Services Cabinet Council. See the opportunities to engage outlined below!

For Trauma Awareness Month 2020, we invite you to:

[Review and share](#) Delaware’s Trauma BluePrint

[Attend](#) the Trauma Informed Delaware Webinar Series

[Share](#) your inspiring COVID-19 Support Stories

[Sign up](#) for a trauma-specific approach to COVID-19

[Apply](#) for a community mini-grant

Review and share Delaware's Trauma BluePrint

Delaware's Trauma BluePrint outlines Delaware's path to becoming a trauma-informed state. This document discusses Delaware's trauma landscape, past and present, offering tools and solutions for Delawareans to support our state's efforts to along the trauma continuum.

Share your inspiring COVID-19 Support Stories

The unprecedented spread of COVID-19 has been a challenging experience for us all, and during these challenging times, we want to elevate stories from our local community heroes during COVID-19. Please submit your COVID-19 inspiration stories [here](#), and we will share those stories in our newsletter and on social media.

Attend the Trauma Informed Delaware Webinar Series

Join us during our four-part webinar series to celebrate our bright spot strategies and honor our local trauma champions. The webinar series will include an update on our current trauma landscape, ideation, seminars for grassroots healing, industry standards related to a trauma-informed COVID-19 response, and how to collaboratively enhance our sector's response to COVID-19. [Click here to register.](#)

May 7th at 12 PM: State of the State on Trauma in Delaware

Hear from First Lady Carney as she shares the progress of trauma work in Delaware since Governor John Carney signed [Executive Order 24](#), to make Delaware a Trauma-Informed state.

May 13th at 12 PM: A call to action: COVID-19's Impact on the mental health landscape, and what we can do about it

In this session, we relay key findings from a COVID-19 related "ad hoc" working group formed to identify unmet needs and gaps in our mental health landscape that have emerged as a result of COVID-19. In response to what trauma/ mental health leaders are seeing right now on the ground, and also what we are anticipating will emerge as a result of increased stress due to prolonged uncertainty and financial stress, we outline areas where we can collaborate and make progress as a sector committed to advancing mental health and trauma-informed care. On this webinar, we will share the top priority areas and strategies outlined by this team and will ask for the support of the broader community to aid in these efforts.

May 20th at 12 PM: Cultivating Our Resilience: Strategies for Those on The Front Line

This interactive webinar will discuss the concepts, signs of, and risks for primary, secondary, and vicarious trauma and practical strategies and resources to build resilience for front line workers across a variety of service sectors. Participants will have the chance to discuss opportunities and challenges for maintaining resilience in the context of COVID-19.

May 27th at 12 PM: Building Community Resilience: One Voice At a Time

As Delaware adapts to living with the impact of COVID-19, we must turn our attention to communities that are being disproportionately affected. It is important that those communities have a voice in shaping the process of being made whole. We must also give voice to the many community healers and practices that currently lay the foundation for increased resilience. This panel discussion will explore the realities of trauma from the lens of the community. We will also affirm the often overlooked ways that communities create spaces for wholeness.

Sign up for COVID-19 specific technical support

Adjusting to the unprecedented spread of COVID-19 is challenging for nonprofits and local organizations in our state. Sign up to find out more about trauma-informed, community based mental health resilience and a trauma-informed approach to COVID-19. TMD with Social Contract is here to support you and your organization through this trying time. [Sign up](#) for FREE COVID-19 specific one-on-one technical support and coaching during Trauma Awareness Month.

Apply for a Community Mini-Grant

As a response to the unprecedented COVID-19 epidemic in Delaware, we recognize that communities across our state are unique, with personalized needs and support. Although every community is different, we know low-income communities, communities of color, the elderly and those with disabilities are being disproportionately impacted by COVID-19 due to health concerns, job loss, and other compounding factors. During these trying times, Trauma Matters Delaware (TMD) is focused on empowering communities with the tools and resources needed to support each other.

As a result, TMD will grant between 5-10 Community Mini-Grants between \$500 and \$1,000 for the purpose of activating community-led mental health, wellness, and resilience initiatives. [Click here](#) to submit an application.