

International Center for Trauma Education and Care

Spring 2024 Newsletter

Edited by:
Kiersten Lechleitner



Milestones since
October 2019



Total People Trained

15,863



Total Educators Trained

2910



Total Pastors Trained

1449



Total Countries Reached

12

From Our Executive Director

As we approach the midpoint of the 4th year since the founding of what we now refer to as the “Trauma Ed Center,” I want to share about the Brain Architecture Game that has become one of our training highlights. <https://dev.thebrainarchitecturegame.com/>

Our own Dr. Dustin Young was introduced to it and led us to purchase and implement it as part of the training we offer. This interactive tabletop game is a powerful experience that builds an understanding of the impact of experiences on early brain development, the role of relationships, and the impact (negative and positive) of what some might say are “small things” such as safe playgrounds, access to fruit and vegetables, an adult helping to navigate a conflict with a peer and even a comment from someone about a job well done. The game is a 75-90 minute experience for 4-6 people at a table building a “brain” with pipe-cleaners and straws.

We have greatly enjoyed experiencing it with college students from numerous professions, varied leaders, pastors, teachers, therapists, medical professionals, women’s retreat attendees, and others. As we engage in the complexities the game presents with frustrations, laughter, comparisons, and at times attempts at “slightly cheating for the good” we are always left sitting together in the recognition that life has adversity but that healing can happen in intentional relationships and community. Just as the group comes together to strategize, create, and support the structure they are building, we understand the need to transfer this into our every activity as we leave the space where the training happened.

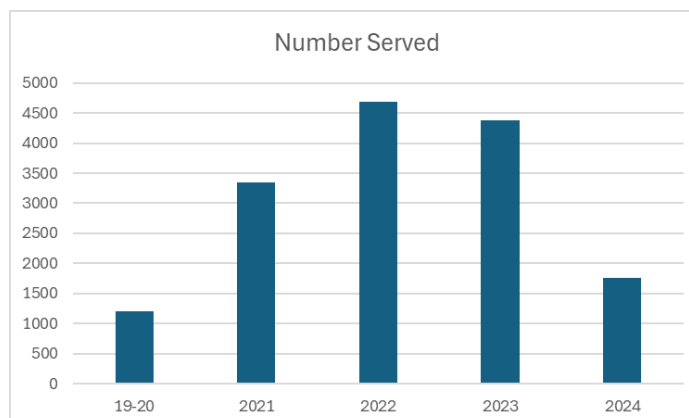
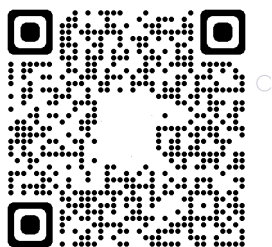
Post-traumatic growth can happen, but it needs all of us!

Thank you for being on this journey with us,

Ingrid



Learn More



In the Community and Beyond

Contributors -
Ingrid Slikkers
Dustin Young



Trainings Offered:

Introduction to
Trauma Awareness

Trauma Responsive

Trauma and Mental
Health Cohort

Suicide Prevention
Training

Trust Based Relational
Intervention
(TBRI)

And more....

Suicide Prevention:

Dr. Young completed training to facilitate Soul Shop, a suicide prevention training specifically designed for faith communities. This training helps in identifying risk factors, ways to talk with others about suicide concerns and how to respond should a community lose a person to a death by suicide.

Lloyd Hamilton also trained to do Soul Shop specifically for Black Churches.

Presentations and Trainings:

On Campus:

Trained with 9 different departments on campus - math, nursing, religion, seminary, speech, student life team, student missionaries, title XI office and campus safety.

Shared on Trauma and healing in community for 400 + students for a campus wide chapel.

Local:

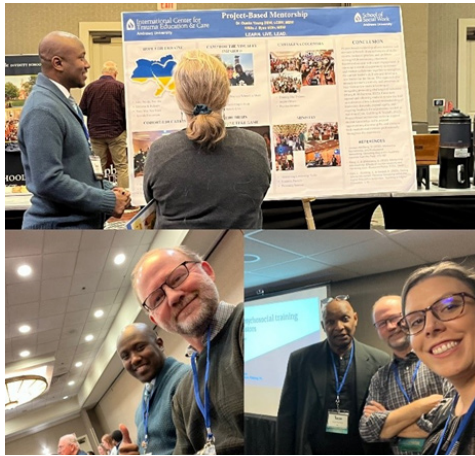
Provided United Way partners and other local organizations training on trauma-informed principles in the workplace, techniques to evaluate their agencies, and practical changes they can make immediately.

Request Training



In the Community and Beyond

Contributors -
Jenica Joseph
Ingrid Slikkers
Dustin Young



Milestones Since October 2023



Total People Trained
1975



Total Trainings
55

Presentations continued...

Trained Corewell Health employees on the effects of childhood trauma on a growing brain using the Brain Architecture Game.

Completed an "Introduction to Trauma" presentation for the Berrien Springs Spanish Church Children Ministries leaders.

National:

Presented at the Middle Kentucky Adventist Fellowship community about the gift of hope when considering a world that feels heavier and harder to find a small amount of hope each day.

Shared at a Council of Independent Colleges about the initiatives happening on campus to support departments/schools with increasing trauma-informed practices within their curriculum, content and personal lives.

Hosted by the Tillamook Adventist Church to share about our Trauma Ed initiatives, adventures and the hope that has been shared by participants across the globe.

National Association of EMS and Fire Fighter Educators continued consulting with Dr. Young about embedding trauma informed approaches into their course design for responders

The effects of childhood trauma on our health "cost an estimated...\$748 billion annually in Bermuda, Canada, and the United States."

<https://www.cdc.gov/violenceprevention/aces/fastfact.html>

June 29, 2023



In the Classroom

Contributors -
Charity Garcia
Ingrid Slikkers
Dustin Young



Milestones Since October 2023



Total Educators Trained

712



Total Education Specific Trainings

7

Training Church Educators:

Trained teachers in the **Rocky Mountain Conference** how to manage their own stress and trauma while working with traumatized children.

Presented to the **Michigan Conference Education Department** on: "What is Trauma? How does it impact Adventist schools? How can we implement care?"

Presented to the **Lake Union Educational Leadership** on how to lead from a trauma informed perspective.

Spoke at the "Together as One" event in the **Oregon Conference**, about the impacts of trauma and trauma informed approaches to support student mental health literacy.

Training Public Educators:

Hosted a series of four webinars training teachers on, trauma informed educational practices, the impact trauma has on academics, and how to respond to resulting behaviors. These webinars were offered worldwide and people as far as Bolivia and Uruguay took part.

Local Community Childhood Professionals:

Held Trust Based Relational Interventions (TBRI) training for community leaders and Andrews students. This training teaches childhood professionals how to meet the complex needs of vulnerable children.

Trained local Tri-County HeadStart staff on the effects of early childhood experiences on the brain using the Brain Architecture game.

"Creating safe, stable, nurturing relationships and environments while youth participate in faith-based or youth organizations can prevent childhood trauma and help all children and youth reach their full health and life potential."

<https://www.cdc.gov/violenceprevention/aces/help-youth-at-risk.html>

June 29, 2023



Pastoral Initiatives

Contributer-
David Sedlacek
Co- Presenter
Beverly Sedlacek



Milestones Since October 2023



Total Trainings

10



Total Countries Reached

4

Presentations:

Held a weekend seminar at the Minneapolis First SDA Church about Trauma and Healing.

Spoke at Eau Claire Michigan SDA Church on, "God the Healer of Broken Hearts."

Held a seminar in Guam, entitled, "Untangling the Knotts of Our Past," that was broadcast several Micronesian churches.

Addiction Recovery Curriculum:

Worked closely with the NAD Health Ministries Department to integrate trauma content into the revised Journey to Wholeness Christ-Centered 12-Step program for recovery from addiction.

<https://www.adventistrecoveryglobal.org/about-us/12-step-method/>

Research:

Completed the quantitative analysis of study on trauma in pastors, wrote up the results, and sent them to the leadership of the NAD Ministerial Department and the International Center for Trauma Care and Education.

Completed the data collection for the qualitative analysis of this research and am in the process of analyzing the data and writing up a report.

Held a seminar in Guam, entitled, "Untangling the Knotts of Our Past," that was broadcast several Micronesian churches.

Our pastors are not immune from trauma "the experience of physical abuse was consistently higher than the national average. "

Trauma and its Impact on Pastoral Leadership
David Sedlacek, PhD, LMSW, CFLE

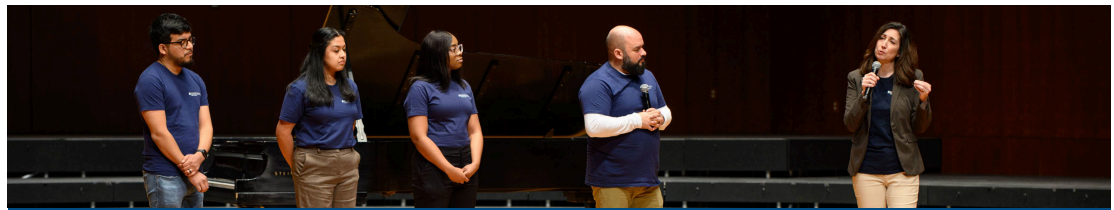
2023



Leaders in Training

Contributors:

José Bourget, Yailen Contreras, Serika Charles Delfish, Leslie Rodriguez, Isai Ramirez, Ricco Ruiz,



José Bourget - My work primarily involves emerging generation of adults here at the university. Research has demonstrated the gen z has on record some of the most significant challenges to mental health and well-being. When you look at the world that we live in it's easy to understand why. The work of the Center provides effective tools to help professionals work in restorative ways that strengthen students success not simply in their academics but in life. As a result, the vice president of Campus and Student life accepted my proposal to take all of her professional staff through trauma informed training and certification. She understood the value this will offer our students and her staff

Serika Charles Delfish - Being a Trauma Ed intern has profoundly impacted me both professionally and personally, unveiling strengths and skills previously unknown to me through our collaborative efforts and individual projects. Our work in raising awareness of trauma not only restores hope but also teaches necessary pathways to resilience and healing. Witnessing the spark of hope ignited in the eyes of those we've served is humbling. For me, this work is not just a professional duty, but a calling that breaks boundaries, opens doors, initiating the healing of fractured hearts and communities.

Isai Ramirez - Helped to create and then teach a coping skills course during the "Care for Cuba" seminary trip.

Leslie Rodriguez - Leading the skills group for teen orphans in Honduras was truly impactful. Over six weeks, we built trust, resilience, and a strong foundation for these teens, providing essential life skills, psychoeducation, and spiritual guidance. Personally, this experience has been deeply enriching. As a Latina leading this group for fellow Latinos, witnessing the positive transformation in these teens has touched my heart in ways I never imagined. It reaffirms my commitment to supporting and uplifting our community through education and compassion."

Ricco Ruiz- As a pastor, historically, I have found one on one counseling to demand more of my emotional energy than I had the capacity to sustain. My internship with the International Center for Trauma Education and Care helped me realize that I hadn't yet acquired the tools or training that I needed to support this area of my ministry. In just one year I've pivoted my long-term goals to include the pursuit of a clinical license and potential therapeutic practice as a result of my experience with the Trauma Ed Center.

Intern Developed & Led Presentations:

- **Trauma Informed Cohort** - a 6 week training with individual consultations by interns.
- **Trauma Informed in Your Profession** - a 5-Week Short Course
- **Psycho Educational Social Emotional Learning** - for staff, the board, and students at El Hogar orphanage in Honduras.
- **Coping Skills** - 9 day course developed for community outreach
- **Sexual Assault Trauma**
- **Student Missionary Training**

"64% people in the US will experience at least one adverse childhood experience before the age of 18. 1 in 6 report 4 or more."

<https://www.cdc.gov/violenceprevention/aces/fastfact.html>

