Becoming a Trauma Informed Community

What is Winnebago County Doing?

The Winnebago County Health Department and its many partners are working toward a Trauma Informed Community. Workgroups have been formed to:

- Train and educate the community on Trauma 101
- Hold community events and discussions on trauma
- Work to include trauma informed policies in practices & procedures
- Spread hope and positivity in our community

To join a workgroup, contact the Winnebago County Health Department at 815-720-4211 or TIC@wchd.org.

What Can You Do?

- **Join our mail list.**
  Send an email to TIC@wchd.org.
- **Get Trained in Trauma 101.**
  To attend or host a training, contact TIC@wchd.org.
- **Share Positivity.**
  Remember that our everyday interactions with others can make a difference and help provide hope.
- **Learn more.**
  Visit the Winnebago County Trauma Informed Community Facebook page or website.

  Facebook: **@WinnCoTIC**

  Website: **WinnebagoTraumaInformed.com**

Becoming a TRAUMA INFORMED Community

Reducing trauma through an informed and supportive community.

WINNEBAGO COUNTY
TRAUMA INFORMED
community

PREVENTING Harm, Instilling Hope

Winnebago County is working toward becoming a Trauma Informed Community.

What is Trauma?

Trauma is an event or experience that has a negative effect on an individual, including:

- Homelessness
- Substance Abuse
- Unemployment
- Family Violence
- Bullying

What are the Effects of Trauma?

Trauma can negatively impact healthy development, affect relationships, and contribute to mental health issues including substance abuse.

An individual can be affected by multiple traumas. However, an individual's response to trauma has a larger impact on their overall health and wellbeing than the number of traumas experienced.

The long-term effect on a person with trauma can be reduced through an informed and supportive community.

Illinois 2-1-1
Get Connected. Get Answers.
United Way of Rock River Valley

Get help 24/7

Call 888-865-9903

www.findhelp211.com

What is a Trauma Informed Community?

A trauma informed community recognizes the signs of trauma and works collectively to address trauma through:

- Empowering residents
- Building healthy relationships
- Implementing trauma informed policies and practices
- Reducing re-traumatization through agency collaboration and support services.

Winnebago County Trauma Informed Community Mission:

To become a trauma informed community which recognizes the collective impact of adverse experiences and fosters resiliency and well-being in its residents.