

COMMUNITY CARE



THE KCIT RESPONSE

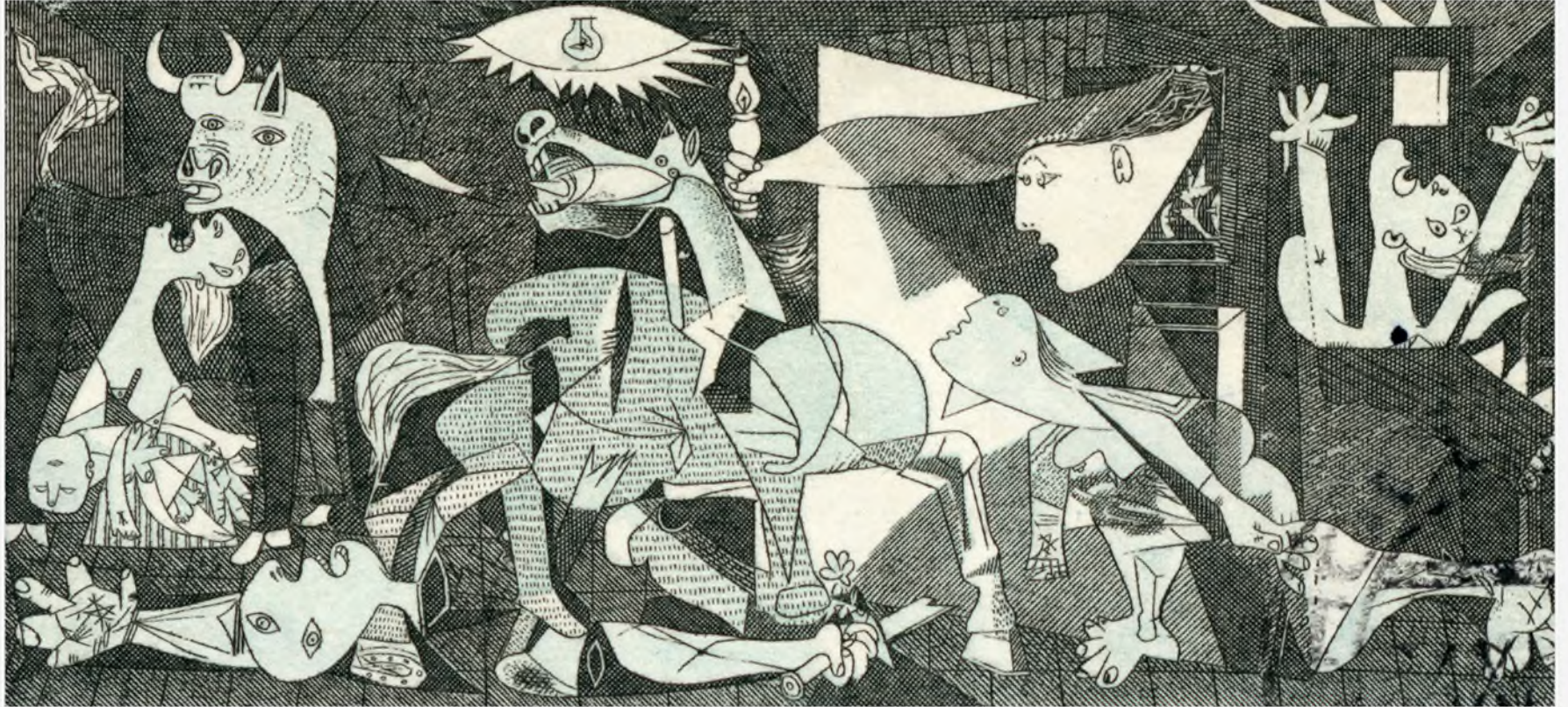
TRAUMA

Trauma occurs when both internal and external resources are inadequate to cope with an external threat"

- Internal: Creating calm from the inside out
- External: Creating calm from the outside in



TRAUMA



(Guernica)

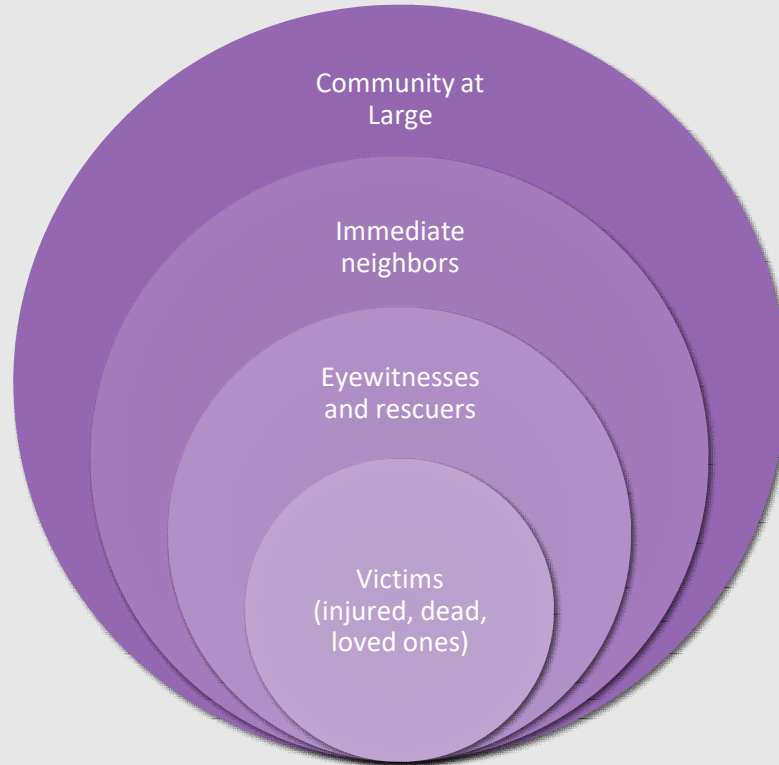
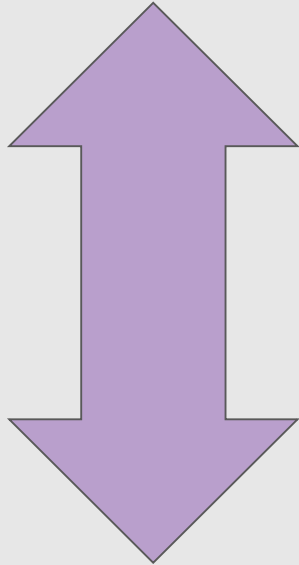
**TRAUMA IS NOT ONLY THE
OCCURRENCE OF EVENTS
AND EXPERIENCES, BUT THE
ABSENCE OF LOVE, SAFETY,
TRUST, BELONGING, &
CONNECTION.**



TRAUMA & COMMUNITY

- Emotional ties
- Loss of key leaders
- Access to community and faith based venues interrupted
- Destruction of community icons, traditions
- Increased cultural tensions

PROXIMITY EFFECTS



Community at
Large

Immediate
neighbors

Eyewitnesses
and rescuers

Victims
(injured, dead,
loved ones)

SYSTEMIC TRAUMA



MATERNAL DEPRESSION • SUBSTANCE USE • EMOTIONAL NEGLECT • DIVORCE
DOMESTIC VIOLENCE • SEXUAL ABUSE

ADVERSE CHILDHOOD EXPERIENCES



THE PAIR OF ACES

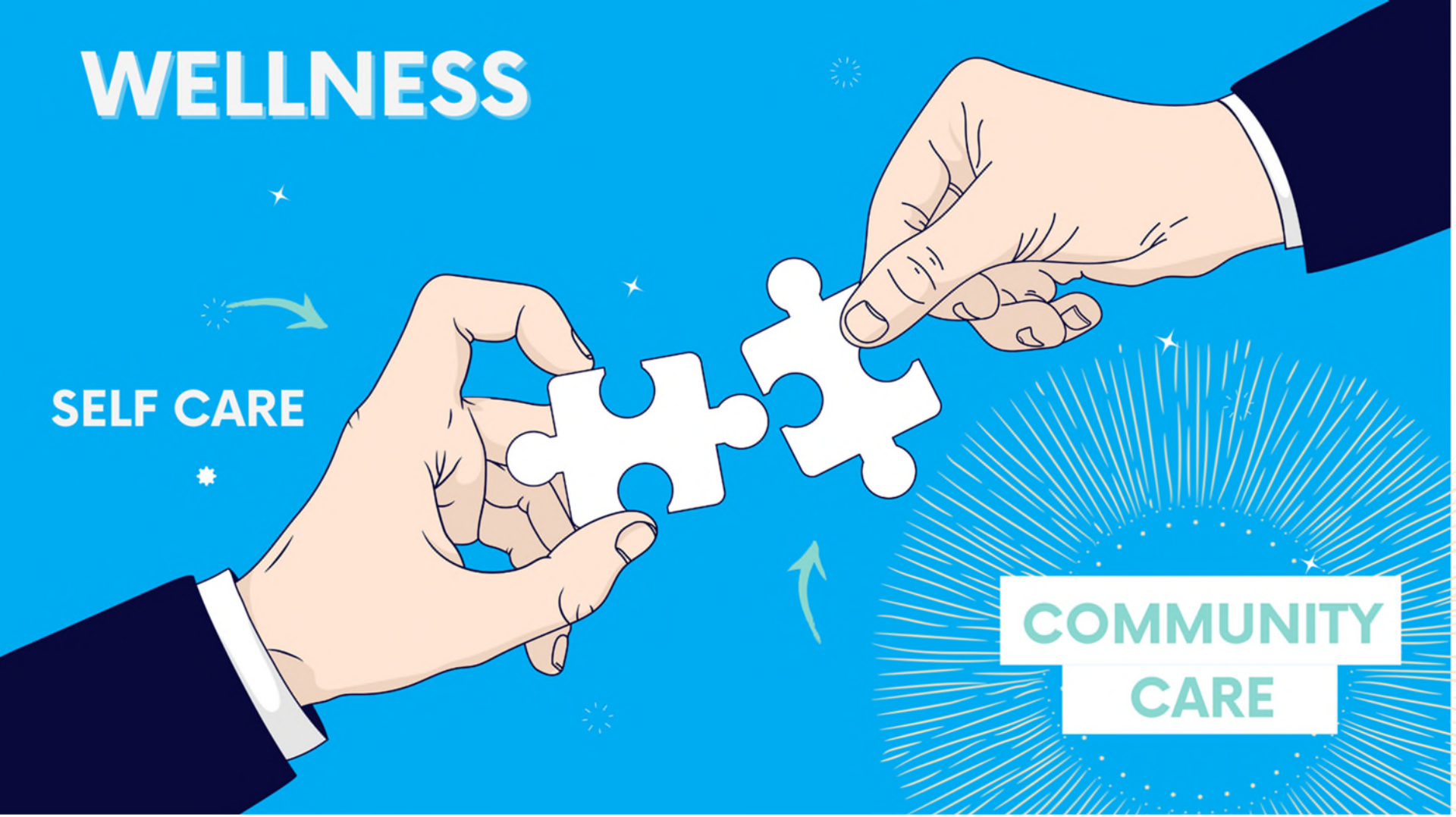
LACK OF OPPORTUNITY, ECONOMIC MOBILITY, + SOCIAL CAPITAL
POVERTY • DISCRIMINATION • COMMUNITY DISRUPTION
POOR HOUSING QUALITY + AFFORDABILITY • VIOLENCE

ADVERSE COMMUNITY ENVIRONMENTS

WELLNESS

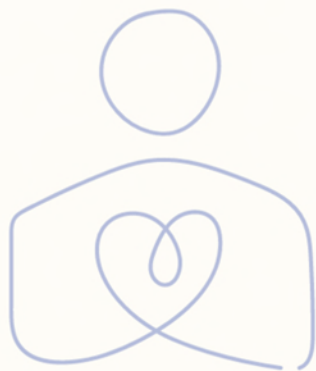
SELF CARE

COMMUNITY
CARE



SELF CARE

The regular practice of taking time to listen, identify, and prioritize the needs of the self.



LIMITS OF SELF CARE

"Shouting self-care at people who actually need community care is how we fail people"

(Nakita Valerio)



LIMITS OF SELF CARE

- **Shame**
- **Aloneness**
- **Social creatures**
- **Does not address systemic issues**

"During my years caring for patients, the most common condition I saw was not heart disease or diabetes but loneliness." - Vivek Murthy



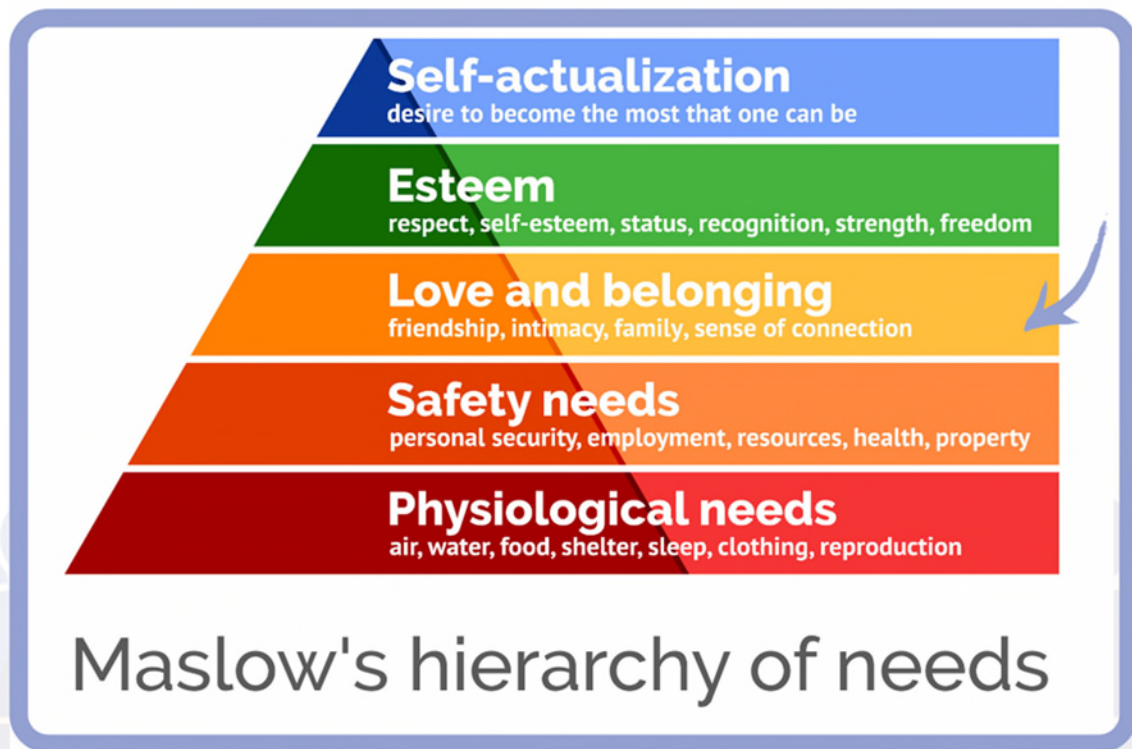
COMMUNITY CARE

The recognition of the undeniable cooperative and social nature of human beings and a commitment to reduce harm and using our privilege to be there for each other in various ways

(Nakita Valerio)



COMMUNITY CARE



CONNECTION

- Closeness
- Trust
- Feeling valued
- Feeling seen



social prescription

PRECEDENCE FOR COMMUNITY CARE

- Peer Support Services
- Village Living
- Barn raising
- Individualist Vs Collectivist



GROUP CRISIS INTERVENTION



SECONDARY RESPONSE

1

Physical Rescue

2

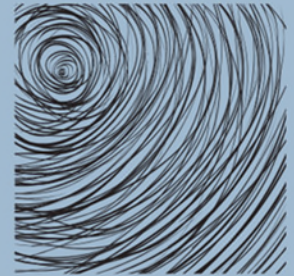
KCIT GCI

3

Counseling



SENSES GET INFORMATION





TRAUMA

ROLES



SCRIBE



FACILITATOR



SUPPORT



PAST



PRESENT



FUTURE

questions

How did you EXPERIENCE the event?



PAST



PRESENT



FUTURE

How do you EXPECT the event to impact you?





PAST



PRESENT



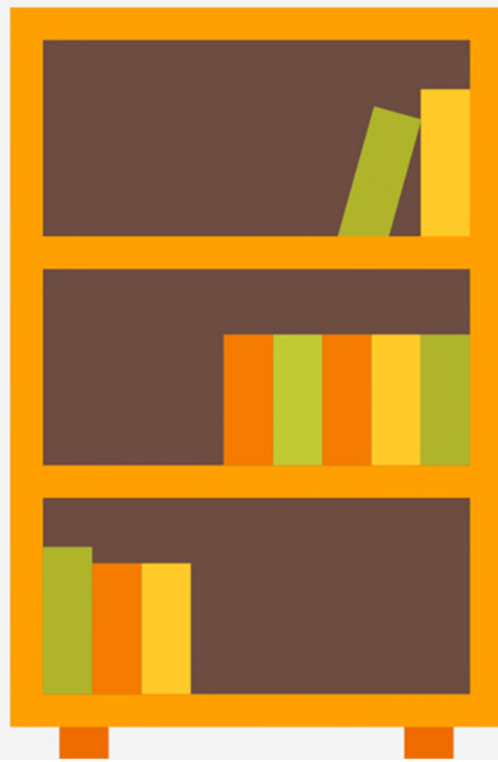
FUTURE

*educate
validate,
normalize,*

OUTCOMES



- Narrative Organization
- Integration
- Empowerment
- Connection
- Not Alone



CASE STUDY

- Domestic violence organization
- Long time client murdered(?)
- Left shelter and did not return
- Staff experienced disenfranchised grief



CASE STUDY

- Services requested by Administration helped staff feel supported and heard
- Staff were given a safe place to discuss feelings of frustration, anger, and helplessness
- Normalize and Validate Staff reactions
- Brought staff together to reconnect and support each other
- Gave voice to staff and their concerns
- Facilitated by a neutral party
- Empowered staff to transform their pain through remembrance and honoring of their client



SERVICES



- Group Crisis Debriefing
- Companionship for community vigils, memorial services, and conferences
- Trauma-Informed Trainings
- Technical assistance

WE RESPOND TO

Any crime that thrusts a community into crisis/ grief

Community

- Informal/ formal
- Organizations
- Place of Employment
- Schools

Crime

- Sexual Assault
- Shooting Events
- Homicides
- Arson
- Terrorism

THE TEAM

- Volunteer Led
- Covers the entire state
- Certified through KCIT Training
- Allied Professionals

WHAT TO EXPECT

- Promote the GCI event
- Within a few days or few weeks of critical incident
- Usually lasts 1-3 hours
- Can involve any number of people
- Homogeneous groups
- GCIs conducted by teams of 3 or more



HOW TO ACTIVATE



CONTACT

- 1-855-SOS-KCIT
- INFO@KCITPA.ORG

- We need to be requested
- KCIT Coordinator will work with you step by step