

The North Carolina TIC Project is a unique opportunity for communities across the state to develop a trauma-informed community response for children and families. These communities serve as a first step in a larger effort toward the adoption of a trauma-informed approach throughout our state.

## PURPOSE

As a part of the TIC Project, providers, service systems, and communities:

**SPREAD** knowledge about trauma and its impact on children, families, and the community.

**EXAMINE** current practices when interacting with children and families who have experienced trauma.

**IDENTIFY** needs for trauma-informed services.

**CREATE** trauma-informed service systems, such as mental health, education, juvenile justice, and child welfare, to name a few.

**PLAN** for unified collaboration across systems to bring trauma-informed care to children, families, and the workforce.

## WHY DOES NC NEED TRAUMA-INFORMED COMMUNITIES?

Childhood trauma is a serious public health problem that impacts our nation's youth.

**Over 60% of youth are exposed to abuse, neglect, or other traumatic events before they turn 17.**

Although many children demonstrate resilience after trauma, others experience emotional or behavioral difficulties that impact their socioemotional, cognitive, and academic functioning.

A comprehensive and coordinated response across systems is needed to prevent and treat childhood trauma. This includes addressing historical and racial trauma to promote racial equity in trauma-informed care for children, families, and the NC workforce.

## PROGRESS

Between 2018 and 2020, the TIC Project:

- ✓ Created a Community-Wide Needs Assessment to learn about community-specific practices and needs related to trauma-informed service systems, which received **1,859 responses**.
- ✓ Spread knowledge on the impact of trauma, components of a trauma-informed system, and the importance of trauma-informed communities by training **863 individuals** across six communities.
- ✓ Provided **60 hours** of individualized coaching and consultation across and within communities to develop strategic plans to move trauma knowledge into trauma-informed action. This consultation includes connection to community-driven resources and plans for sustainability.

## COMMUNITIES SERVED

**Cohort 1 [2018-2019]** 1. Caldwell, 2. New Hanover, 3. Wilson, Edgecombe

**Cohort 2 [2019-2020]** 4. Cabarrus, 5. Chatham, 6. Pitt **Cohort 3 [2020-2021]** All TIC Cohort Communities

Starting in 2020, the TIC Project focused on supporting the continued trauma-informed work of these six communities and adapted quickly to the shifting challenges of COVID-19. In 2020 and 2021, the TIC Project will partner within and across communities to put trauma-informed knowledge into action through strategic planning, measurable outcomes, and continued consultation with faculty.



The TIC Project is guided by SAMHSA's concept of a trauma-informed approach in which individuals, organizations, and systems:

- REALIZE** the widespread impact of trauma
- RECOGNIZE** the signs and symptoms of trauma
- RESPOND** by integrating knowledge into policies, practices, and procedures, and
- RESIST** re-traumatization