

June 2021

Trauma-Informed Resiliency Oriented Care – A Series of 12 Webinars

Aetna Better Health of Louisiana (ABHLA) is pleased to announce the first in a series of 12 webinars, open to all parties at no cost.

This series is aimed at all staff, all providers, all tribal connections, peer support specialists, and others who wish to learn more about Trauma Informed Care (TIC).

Each webinar:

- includes presenters from Aetna and the National Council for Behavioral Health/Mental Wellbeing.
- is 2 hours in length with an attendance capacity up to 1,000 participants.
- is interactive; participants should be prepared with both video and audio capabilities.
- has a follow-up, 1-hour discussion, referred to as an “Office Hour”, occurring 2 weeks later.

Continuing Education Units (CEUs)

Webinars are approved for **2.0 hours** of continuing education by NASWLA and LCA, & OBH (for Peer Support Specialists). Approval has also been requested for LMFTs and LACs.

Office Hour calls may not provide CEUs, as discussion content is variable.

Webinar 1 of 12: ACEs are not Destiny Date: 6/15/2021 Time: Noon – 2:00 PM CT

Registration <https://virtual.tpn.health/6-15-aetna-webinar-ct-aces-are-not-destiny/>

Trauma is a near universal experience of individuals who seek assistance from providers. Addressing trauma is now the expectation, not the exception. This training explores the connection between behavior and trauma, and identifies resilience-oriented trauma-informed ways to intervene with all those we serve. Participants learn what being trauma-informed looks like, and key strategies for implementing this approach, as well as highlighting the connection between self-care and compassion fatigue. By the end of this training, participants will be able to:

1. Define trauma and resilience.
2. Understand the prevalence and impact of trauma, including understanding findings from the Adverse Childhood Experience (ACE) study.
3. Be aware of the neuro/bio/psycho/social impact of trauma.
4. Explain the connection between behavior and trauma and ways to intervene with those we serve in a trauma-informed, resilience-oriented manner.
5. Understand the connection between self-care and compassion fatigue.

Presenters

- From the National Council:
 - Elizabeth Guroff, LCMFT, Director, Trauma-Informed, Resilience-Oriented Services
 - Amelia Roeschlein, DSW, LMFT, Consultant
- From Aetna: Michelle LaFitte, LPC-S, Administrator, Crisis System

Office Hour Follow-Up Discussion Call Date: 6/29/2021 Time: 1:00 PM CT

The Registration link will be available as a button on the main event page and is also accessible with this link: <https://tpn.health/events/wp/Aetnawebinarfollowup>.

Questions and Support:

For questions, please contact LAProvider@AETNA.com or call 1-855-242-0802 and follow the prompts.