

2023 IN REVIEW



REFLECTION

As 2023 comes to an end, I'm reflecting with gratitude on the amazing opportunities I had this year to provide trauma informed resilient centered professional development and organizational coaching to dozens of agencies! Many of my colleagues, family, and friends often ask about my work, so here is a partial recap of projects I was involved in this past year.

2023 IN REVIEW

I added many frequent flyer miles as I presented in-person in eight states and virtually in three. These included Arizona, Indiana, Massachusetts, Michigan, Missouri, Ohio, Pennsylvania, Nevada, North Carolina, Tennessee, and Texas. I also co-hosted four virtual Global Resiliency Accelerator events with my colleague Dr. Warren Larkin of the UK where multiple countries were represented by attendees at each event.

I'm honored to have presented to healthcare professionals speaking to physicians of the Michigan Neurological Institute and training statewide public health nurses for the Tennessee Department of Public Health. I partnered with Marion Ohio Public Health Department to provide a full-day workshop on *Creating Trauma Informed Resilient Communities* in October where dozens of community agencies had personnel in attendance. I completed an eleven-month organizational coaching contract with one of

the larger public health department in Tennessee, the Sullivan County Regional Health Department to support them in their journey to move from trauma aware to trauma competent. At our celebration event this past spring, local media attended, resulting in my health department friends making the front page of the newspaper the next day sharing their outstanding achievements.



**SULLIVAN COUNTY REGIONAL
HEALTH DEPARTMENT**

LOOKING FORWARD TO A GREAT YEAR AHEAD!

As we enter the year 2024, I'm filled with great anticipation for what lies ahead! If you're interested in learning more about how I can help enhance or support your work, please feel free to visit my website at <https://BeckyHaas.com> or drop me a line at Becky@beckyhaas.com. This year, my goal is to inspire hope wherever I go, and I hope you'll join me in this mission. Happy New Year!

Strong BRAIN Institute

As a founding member of the East Tennessee State University Ballad Health Strong BRAIN Institute (SBI), I represented the Institute to provide a 90-minute training to the ETSU university President, his council and all the university Deans. As part of the SBI, I serve on a 5-year grant awarded the SBI from the TN Department of Public Health to create a Better Workplaces Tennessee designation which now in our second year we are enrolling and navigating TN business through this designation process. Partnering with the Tennessee Institute of Public Health which is housed at ETSU, in February I recorded training for Puerto Rico Health Department staff on *Eliminating the Stigma of Accessing Mental Health Resources*, which was translated into Spanish as well as contributed to create a toolkit for them of mental health resources.

LEE COUNTY SHERIFF'S DEPARTMENT



Having begun my trauma informed work in 2014 while working for the Johnson City Tennessee Police Department, it is always a joy for the opportunity to influence members of law enforcement. This year I presented *Trauma Informed Policing and Train the Trainer* to the Sullivan County Tennessee Sheriff's Department in May and the Lee County North Carolina Sheriff's Department in September.



Newsletter Highlight

In August I was invited to record a two-hour version of *Trauma Informed Policing Training* for the National Police Virtual Academy which will be added to their catalog of law enforcement trainings in early 2024. In July I was delighted to return for a second year to present at the National School Resource Officers Conference.

CREATING SUSTAINABLE ORGANIZATIONAL CHANGE

In February I provided a day of training to 150 School Psychologists in San Antonio, Texas for the Northside Independent School District who work in 121 schools serving 102,000 students. I provided training to educators in Ohio for the Ohio Department of Mental Health and Addiction Services as well as a keynote and workshop in October for a conference hosted by Marion-Crawford Prevention Programs where educators from the Marion County Ohio Public Schools and nearby districts participated. Desiring to create sustainable organizational change, I'm delighted to have contracted with the Cumberland County Tennessee School District to provide training and organizational coaching for school staff. Our goal is to shift all their twelve campuses to being Trauma Informed, and Resilient Centered. In the spring, I was honored to work with the Massachusetts Center on Child Wellbeing and Trauma on developing materials related to Handle With Care.



2023 provided several speaking opportunities to educators where I was able to share about the Emory & Henry College professional certificate, *Creating Trauma-Informed Resilient Schools – Toolkit for School Professionals* we created in 2022.

Create resilient schools.

A new online trauma-informed care in the classroom course is offered by Emory & Henry College Department of Education. The course was filmed with a live audience and is offered in eight modules.



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Education Department
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Creating Trauma-Informed Resilient Schools: A Toolkit for School Professionals

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TRANSFORMATIVE SOLUTIONS NETWORK OF PENNSYLVANIA



Joining forces with my Blue Collar Consulting friends Chuck Price and Brooke Sena, I've been a partner of a six month grant awarded to Blue Collar Consulting by the NC Healthy & Resilient Communities Initiative at North Carolina Partnership for Children. This wonderful project is to help ten North Carolina counties grow their resilient communities and support organizations as they move from trauma aware to trauma competent. Three non-profits enlisted my help in North Carolina, Pennsylvania and Missouri to provide training for faith-based communities. The Transformative Solutions Network in PA provides support

to local agencies and regional chaplaincy services for local prisons and hospitals. The Phelps County Missouri Dream Center and Grace Church, among many services, provide a USDA county-wide food distribution program to help feed hundreds of families. I made two visits this year to Lee County North Carolina, where in January the Partnership for Children and Families in Lee County North Carolina brought together local church leaders they partner with for training in *Using a Trauma Informed Approach in Faith Based Settings*.



Several organizations desired professional development for all staff on the *Basics of Trauma, ACES, Resilience and Using a Trauma Informed Approach*. I enjoyed training staff for the Goodwill Industries of Tennessee, Tusculum University TRIO program staff, and speaking in March for the Tennessee Early Childhood Educators (TECTA) at their state conference. I provided a workshop to the Tennessee Boys and Girls Clubs state leadership, as

well as a keynote at Tennessee Department of Juvenile Justice state conference held in Knoxville, Tennessee. After delivering a closing keynote for the TN Coalition to End Violence 2023 Annual Conference, "Ending Violence: Advocacy in Action", leadership wrote to me saying, "You provided us with such a valuable and important message. Our participants were inspired by your passion for this important work and gained new insights to be used in their communities. Among so many wonderful responses, attendees shared your session was the highlight of the whole conference and gave them new resolve and inspiration to act." This year brought new opportunities to travel to Nevada and work with the PACT Coalition who had received a High Intensity Drug Trafficking Area (HIDTA) grant. Over three days I provided to PACT partnerships from across the state the *Basics of Trauma, ACEs, Resilience and Using a Trauma Informed Approach* Course as well as the *Train the Trainer*. This will enable many agencies to begin training more extensively in their own counties.

TEXAS DEPARTMENT OF JUVENILE JUSTICE CHIEFS CONFERENCE

For a second year, I was invited to return to Texas to speak at the Texas Department of Juvenile Justice (TDJJ) Chiefs Conference. This year I presented to the TDJJ Chiefs on *Implementing Trauma Informed Approaches in a Juvenile Justice Setting* during a three-hour workshop.



Recording at Virtual Academy



This year it was an honor to continue serving as an Advisory Board member for Navigate 360. Through this service, I was invited by Navigate to speak at the PBIScon Conference as well as provide a second workshop in November aimed at helping educators with classroom strategies for creating a trauma informed response. I also served again on the Pathways to Resilience Expert Advisory Board as Pathways convenes a growing number of states around the conversation of trauma and resilience. A new area for growth was provided by NAMI who asked me to provide instructional design as they developed a trauma informed training for youth workers that will release sometime in 2024.

WOW!! I'm overjoyed at the great partnerships, people, and work that I've been allowed to contribute to in a small way in 2023. I'm inspired by committed professionals across all sectors who tirelessly support children, youth and families to help those who have experienced trauma to not only heal but to flourish. I'm grateful for my family who are my biggest cheerleaders as this work grows and as a person of faith, to God who made all this possible. It certainly was never in my career plan to go in this direction and become a passionate advocate for reducing the effects of childhood adversity. I'm completely humbled and cannot take credit for the favorable opportunities that have opened!



So now, as we change our calendars to 2024, I have great excitement for this year ahead! I hope this year to do my part to inspire hope wherever I go. Happy New Year!

~ Becky



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