



# Trauma-Informed Systems (TIS) 101

**May 22, 2024**  
**1:00 - 5:00pm**

**In-Person Training**  
**Learning Partnership**  
**1075 E. Santa Clara Street**  
**2nd Floor**  
**San Jose, CA 95116**

**Melody Hames** is a Mental Health Peer Support Worker with Behavioral Health Services in the Cultural Communities Wellness Program. She has over a decade of facilitation/trainer experience. She holds a Bachelor of Science degree in business administration and an Associate of Science degree in Early Childhood Education. Melody is a certified trainer of TIS 101, Mental Health First Aid, QPR and an advance level Facilitator for the Wellness and Recovery Action Plan. She is also a Client Culture trainer. As the team lead for the African Heritage community, Melody is an advocate, connects community members to appropriate behavioral health services, is a presenter and speaker, offers workshops and other community events. She has dedicated herself to encouraging, uplifting, and supporting others. "Because of my life's experiences, values, and beliefs, I will do my best to always do my best – to be, give and create beautiful melody."

**Description:**

This 4 hour training was developed for staff working in impacted systems of care, with the goal of moving those systems from being trauma-inducing to become healing organizations. The training focuses on our six trauma-informed principles:

1. Understanding Trauma and Stress
2. Cultural Humility and Equity
3. Safety and Stability
4. Compassion and Dependability
5. Collaboration and Empowerment
6. Resilience and recovery

By creating a shared understanding and language to address stress and trauma, organizations are then better able to serve consumers and support the workforce and begin to move away from blame towards compassion.

**Measurable Learning Objectives:**

- Identify 3 effects of trauma and toxic stress on brain and bodies
- List the 6 principles of Trauma Informed Systems
- Explain how trauma and toxic stress impacts our relationships
- Name 2 practices that cultivate gratitude
- Integrate 2 strategies to build individual and organizational resilience and trauma-informed responses in workplace relationships

County of Santa Clara's Behavioral Health Services Department (CSCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for the County of Santa Clara's LMFTs, LCSWs, LPCCs, and/or LEPs. CSCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for **3.5 hours of continuing education credit** for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider #131775. CSCBHSD is approved by California Consortium of Addiction Programs and Professionals - Educational Institute (CCAPP-EI), Provider Number 4S-95-305-0425 for 3.5 CEHs. Lunch and regular breaks during the training do not count toward continuing education credits.

**Our Trainings are free!**  
**Register at <http://sccllearn.sccgov.org>**

- Registration and cancellation close at 9am two business days prior to training. You will be recorded as a No-Show in sccLearn if you don't attend and did not cancel the training.
- CE Certificates will be available to download in sccLearn 2-3 weeks after the training.
- If you have questions, need accommodations, or have a grievance, please contact LPTraining@hhs.sccgov.org or (408) 792-3900.

**Target Audience:**

**County of Santa Clara's Behavioral Health Services and Contract Provider staff**