

# Trauma Informed Practice and Resilience for Brokerage Staff

A culturally responsive online training series for Oregon Support Service Brokerage workforce to introduce trauma informed care and workforce resilience. This learning series will build upon previous offerings, but please do attend any that you can, even if your schedule will not allow you to participate in all four offerings.

May 19

## **Trauma Education: Science, Hope and Healing - Introduction**

Trauma is common in our society and the ID/DD community. Learn the definition of trauma, recognize signs and symptoms and explore protective and compounding factors.

**10:00-11:00**

Mtg ID#878 5168 5743  
(669) 900-6833

May 25

## **Trauma Education: Science, Hope and Healing- The Brain**

Trauma and toxic stress can have lasting impacts on the brain. Learn common effects and how our amazing brains work behind the scenes.

**1:00-2:00**

Mtg ID#856 30377047  
(669) 900-6833

May 26

## **Trauma Education: Science, Hope and Healing- Supporting Your Clients**

Most likely your clients have been impacted by trauma. Look deeper into the effects on memory and the sensory system. Identify ways you can support your clients in a trauma informed way that supports you as well.

**1:00-2:00**

Mtg ID#865 2518 2078  
(669) 900-6833

June 1

## **Trauma Education: Science, Hope and Healing- Supporting Your Clients**

Featuring Melissa Ballard Batiste. Resourcing yourself at work can be a challenge. Join us to discuss the Vagus Nerve, meeting your needs and caring for yourself throughout the day. Learn how to make stress more manageable from a brain perspective. We explore simple ways to calm the body and mind to support yourself and your nervous system in your life and work.

**9:00-10:30**

Mtg ID#840 5436 8140  
(669) 900-6833



Shauna Signorini

Shauna is passionate with her message of Trauma, Hope and Healing. As a speaker around the state of Oregon and across the nation, Shauna teaches people to understand trauma's effects on a person's development and their life. Her community values the way she includes the brain and nervous system in her self care discussions. There is hope; the brain can change! Shauna is an Adult/Youth Mental Health First Aid Trainer and is Tier Two Certified in Collaborative Problem Solving. She previously served the state as the coordinator of the Oregon Family to Family Health Information Center. [www.shaunasignorini.com](http://www.shaunasignorini.com)



Melissa Ballard-Batiste

Melissa (she/her/hers) is a Black, Cis-femme, clinical social working story teller. As the founder of Inspired Boldness, she advocates for authentic living, boundary setting and radical self-care. She encourages mental, physical and spiritual health while existing unapologetically in her identity. She continually works to provoke critical and conscious thought and inspire boldness. Melissa specializes in helping people face life's challenges and work toward living their best life on their own terms.

**Chaos and Adverse Childhood Experiences can influence behavior. Knowing how the brain, nervous system, and Vagus Nerve work makes all the difference.**

**-Shauna Signorini, Wellness and Resilience Educator**

**Contact:**

For questions or assistance, please contact OSSA at [katierose@oregonsupportservices.org](mailto:katierose@oregonsupportservices.org)

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