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# Mindful Trauma-Informed Workforce Development

For Adults in Nevada's Workforce Development Programs

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# 223.4 million people = trauma

“70% of adults experience at least one traumatic event in their lives” — *National Council for Behavioral Health*

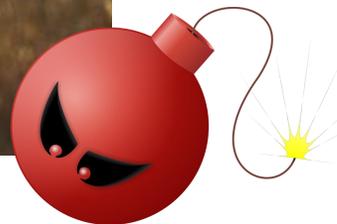
# Agenda

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1. Stop, Drop & Breathe™
2. Trauma Defined
3. The Science & The Cost
4. Trauma-Informed Care
5. My Intervention ...



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STOP DROP  
& BREATHE™



# Mindfulness

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# Trauma Defined

## **TRAUMA ≠ ABUSE**

An event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening --SAMHSA



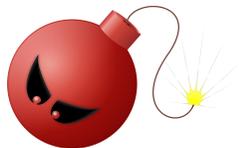
# NEAR SCIENCE



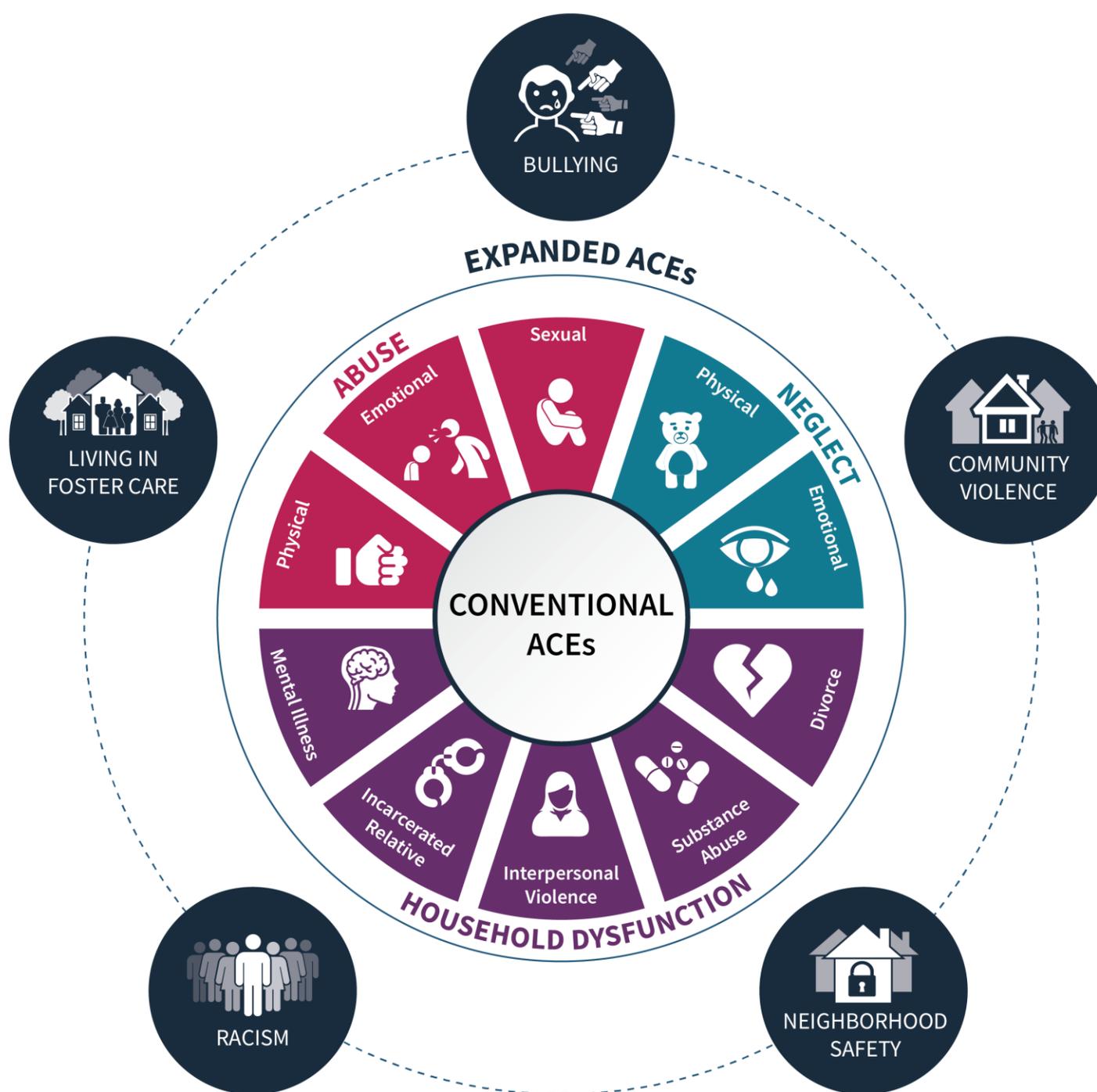
## The Science

# 3





Source: Cronholm, P. F., Forke, C. M., Wade, R., Bair-Merritt, M. H., Davis, M., Harkins-Schwarz, M., Pachter, L. M., & Fein, J. A. (2015). Adverse childhood experiences: Expanding the concept of adversity. *American Journal of Preventive Medicine*, 49(3), 354–361.



# Untreated ACEs Cost to Employers

Productivity loss resulting from on-the-job employee mental health problems

**\$150B**

Anxiety & Depression

**\$125B**

Substance Abuse

**\$246B**



Source: American Psychological Association Practice Organization as referenced in the East Iowa Trauma-Informed Consortium

# Trauma-Informed Care Defined

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# 6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH



1. SAFETY



2. TRUSTWORTHINESS  
& TRANSPARENCY



3. PEER SUPPORT



4. COLLABORATION  
& MUTUALITY



5. EMPOWERMENT  
VOICE & CHOICE



6. CULTURAL, HISTORICAL,  
& GENDER ISSUES

Source: The CDC's Center for Preparedness and Response (CPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), 2022.

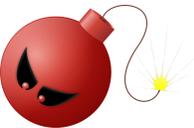
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# My Intervention ...

Mindful Trauma-Informed Care for Adults in Nevada's  
Workforce Development System Pilot Program

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# Conclusion

## Everyone wins with Trauma-Informed Care

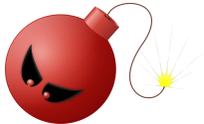
- Billions \$ saved in public services
- 56% reduction in ER visits
- 98% reduction in school suspension rates

**Every \$1 invested into prevention can save \$35**

Source: CTIPP



Image by Francisco Zuasti from Pixabay

**THANK  
YOU** 

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