



Department of
Health

Ohio Department of Health Youth Homelessness Program Community of Practice

January 18th, 2024

Logistics



**All participants
can unmute**



**You can share
your camera**



**Questions can be
asked
throughout the
training**



**The powerPoint
will be sent out
after each
training**



Breakout rooms



**Polls/
quizzes**



**Handouts/
Materials**



**Audio/video
issues**

Agenda

- Welcome
- Introduction Activity
- App and Reporting Check In
- Trauma Informed Care
- Small Group Discussions
- Next Session
- Closing

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Community of Practice Norms

1. Treat each other with dignity and respect.
2. Differentiate between opinion—which everyone has—and informed knowledge, which comes from sustained experience, study, and practice.
3. Recognize how your social positionality (e.g., race, class, gender, sexuality, ability) informs your perspectives and reactions.
4. Trust each other. Have confidence that the issues discussed will be kept in confidence.
5. Listen first to understand, and don't be dismissive of the input received when we listen.
6. Be vulnerable and risk being wrong sometimes. Thoughtful discussion is expected.

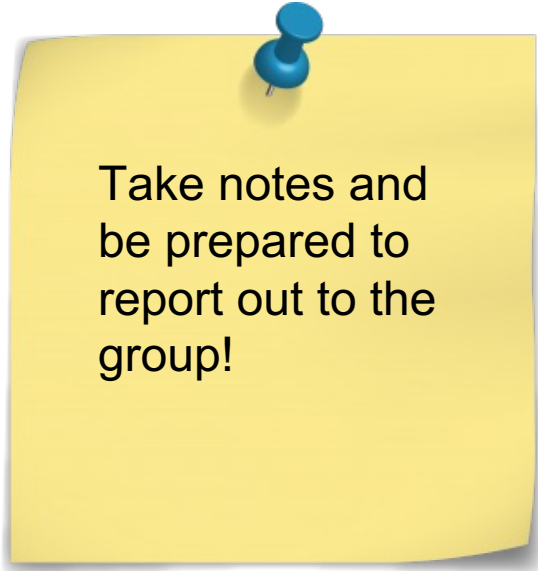
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Introductions

In Breakout Rooms, please share and discuss:

- Your name & pronouns
- Your organization & role
- What's your word or phrase for 2024?



Take notes and
be prepared to
report out to the
group!

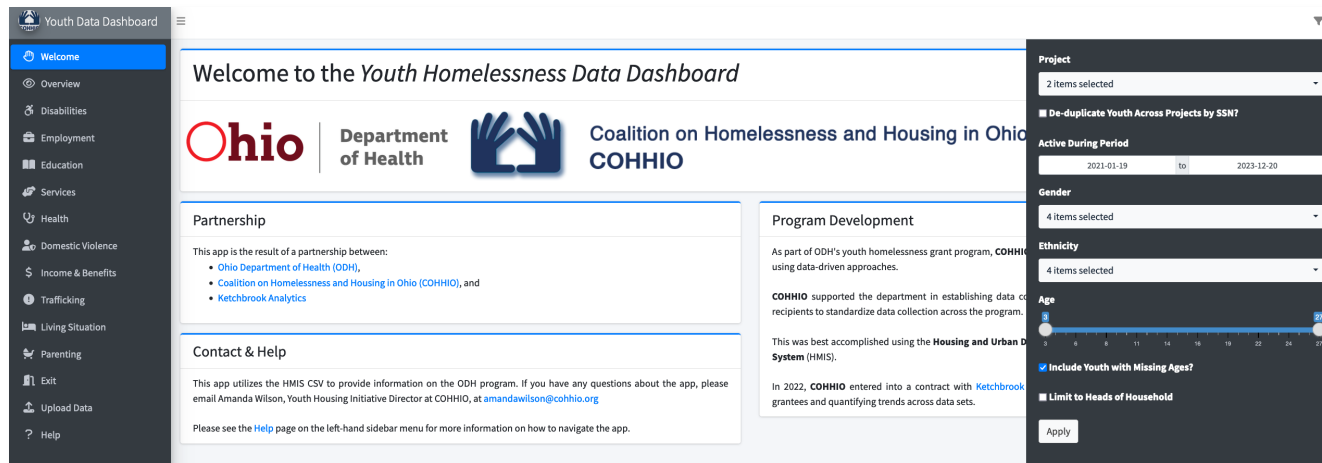
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Image source

App and Reporting Check In

- www.cohhio.org/youth-data



App and Reporting Check-In

Reporting Requirement

- Unhashed HUD/HMIS CSV export
 - Submissions need to be separated by Organization
 - Report should be cumulative to the beginning of the grant period (07/01/2021)

Quarter	1	2	3	4
Reporting Period	7/1/21-09/30/23	7/1/21-12/31/23	7/1/21-3/31/24	7/1/21-6/30/24
Reports Due Date	October 10, 2023	January 10, 2024	April 10, 2024	July 10, 2024

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Image source

Trauma Informed Care

Trauma Informed Care involves:

- Understanding that clients are the experts of their lives
- Understanding the three aspects of trauma:
 - The event, the experience of the event, and the effects of the event
- Recognizing that most people experience trauma in their lives and trauma can impact social functioning and well being

Trauma Informed Care

The core principles of trauma informed care:

- Safety
- Trustworthiness & Transparency
- Empowerment
- Collaboration
- Humility & Responsiveness

Trauma Informed Care can both improve how we serve our clients and prevent burn out.

Trauma Informed Care

Sensitive Interviewing

Sympathetic De-escalation

Basic Somatic Techniques

Trauma Informed Care

Sensitive Interviewing

- Relax, focus on the client, and take time to listen carefully
- Avoid rushing to solutions. Spend time exploring and clarifying the client's concerns.
- Avoid overuse of professional jargon
- Be aware of your own and the client's eye contact, nonverbal behavior, verbal responses
- Recognize the importance of silence

Trauma Informed Care

Sympathetic De-escalation

- Understand that harmonious behavior is more difficult to maintain when experiencing a crisis or needs are unmet
- Be aware of and recognize common signs of crisis
- Show respect, build rapport, and engage with clients in compassionate and authentic ways
- Strive to understand the client's perspective, and be empathetic regardless of understanding
- Take time to check your biases

Trauma Informed Care

Basic Somatic Techniques

- Ways to reduce stress and improve mood by engaging both body and mind to calm the nervous system
- Three techniques: grounding, breathwork, progressive muscle relaxation

Trauma Informed Care

Basic Somatic Techniques

- Grounding - Involves intentionally acknowledging your surroundings.
 - Think of: Five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- Breathwork - Ways to influence how you feel by breathing in intentional patterns.
 - 4-7-8, diaphragmatic breathing, and pursed lip breathing.
- Progressive Muscle Relaxation – Reduce tension in your body by tightening and then relaxing one area of your body at a time.
 - Most effective to listen to a guide.

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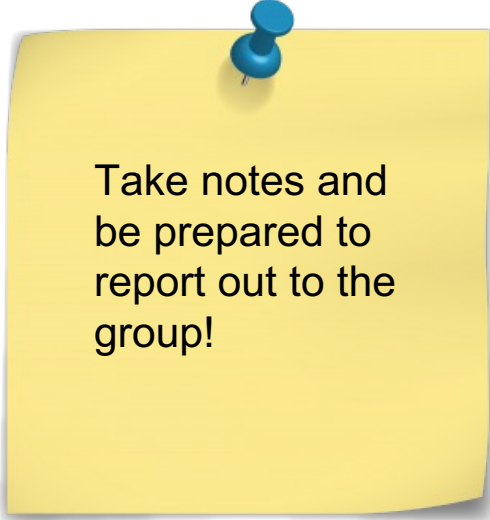
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Discussion: Sensitive Interviewing

In Breakout Rooms

- Why is understanding clients as the experts of their lives so important?
- How does it feel to sit in silence with a client?



Take notes and
be prepared to
report out to the
group!



Report Out: Sensitive Interviewing

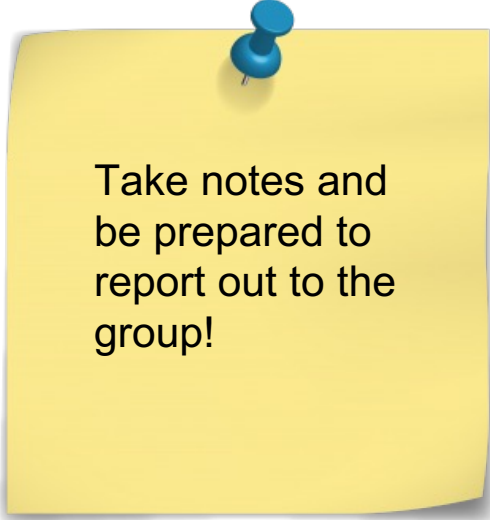
What key take aways do you have to share from your discussion?



Discussion: Sympathetic De-escalation

In Breakout Rooms

- What do you see as common barriers to sympathetic de-escalation? What are some common signs of crisis?
- What are some ways to build rapport with someone who is experiencing a crisis?



Take notes and be prepared to report out to the group!



Report Out: Sympathetic De-escalation

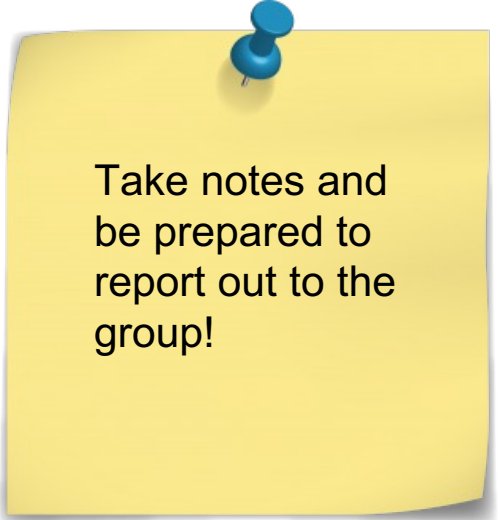
What key take aways do you have to share from your discussion?



Discussion: Basic Somatic Techniques

In Breakout Rooms

- Have you tried somatic techniques before?
- When can you use somatic techniques?
How can you use somatic techniques with clients?



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Report Out: Basic Somatic Techniques

What key take aways do you have to share from your discussion?



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Next Steps

FY24

- February: Serving Minor Clients with HY Funds
- March: Motivational Interviewing and Narrative Medicine
- April: Collaborating with Community Partners
- May: Exit Interviewing
- June: ?

Check-Out

- What do you want to discuss in future Community of Practice sessions?



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2023-2024 Community of Practice Calendar

October 19, 2023	March 21, 2024
November 16, 2023	April 18, 2024
December 21, 2023	May 16, 2024
January 18, 2024	June 20, 2024
February 15, 2024	

Resources

[Community of Practice Shared Folder](#)
[ODH Youth Homelessness Program Website](#)
[Today's Notes Document](#)



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