

Trauma is a big issue.

“We need to take a wide view and have a broad impact, where we don’t wait for challenges to occur and instead take an innovative approach by meeting people where they live, work and play. This calls for a public health approach where everyone plays a role.” - Arthur C. Evans, PhD, Commissioner

People who experience traumatic events have an increased risk of developing a range of behavioral health concerns. To address this, DBHIDS has developed a variety of evidence-based practices and innovative approaches to raise the level of resilience and heal the effects of trauma in the City of Brotherly Love. Below are some of the examples of how DBHIDS is helping to strengthen our communities.

TRAUMA-INFORMED CARE

We collaborate with behavioral healthcare organizations and systems of care to help provide trauma-informed and trauma-focused treatments to children, adolescents and/or adults.



EVIDENCE-BASED TREATMENTS

To ensure we are prepared to serve children and adults who have been traumatized, we offer state of the art evidence-based treatments. The Philadelphia Alliance for Child Trauma Services (PACTS) is a network of child serving systems and organizations that provides the most effective treatment for traumatized youth and their families. To date, we have trained 185 professionals from 15 behavioral health agencies in Trauma Focused-Cognitive Based Therapy, approximately 5,000 children and adolescents have received trauma screening and assessment, and approximately 700 youth have received trauma-focused treatment.

Our Prolonged Exposure Initiative is an evidenced based cognitive-behavioral focused intervention used to reduce symptoms of PTSD, depression, anxiety and anger in trauma survivors. DBHIDS currently has a network of 10 providers which treat individuals in both mental health and drug and alcohol outpatient and intensive outpatient settings throughout Philadelphia.



HOSPITAL-BASED INTERVENTIONS

One promising place for intervention and prevention of future violence is the emergency departments of hospitals. Healing Hurt People is a trauma-informed hospital-based violence intervention program developed at Drexel University that is expanding its reach at an unprecedented city-wide level here in Philadelphia. DBHIDS provides funding for trauma specific behavioral health, case management and other components of HHP at its existing Philadelphia sites and is now funding the expansion to other city hospitals.

TRAINING

We provide training opportunities to help inform the community, including residents, police officers, educators, and others, about how to identify, understand and respond to a traumatic event or crisis.



MENTAL HEALTH FIRST AID (MHFA)

We understand the earlier we intervene with behavioral health issues, the faster we are able to provide professional care as a community. MHFA is a free program offered to people who live and/or work in Philadelphia that trains community members and public safety personnel (e.g. police, fire) to identify, understand and respond to signs of behavioral health conditions and crises. To date, Philadelphia has trained over 10,000 aiders, including over:

- 700 in the Phila. School District
- 700 in the faith community
- 600 in the Phila. Police Department
- 300 in the Phila. Prison System
- 300 in the Phila. Fire Department



POLICE CRISIS INTERVENTION TRAINING (CIT)

Often times police are the first responders to a crisis or a traumatic situation. CIT training emphasizes the principles of violence prevention, de-escalation and community collaboration. A coordinated effort amongst the Philadelphia Police Department, DBHIDS, the Mental Health Association of Southeastern Pennsylvania, the Police Advisory Commission, Project H.O.M.E., the Family and Training Advocacy Center, and the University of Pennsylvania, the purpose of the training is to promote empathy and understanding while increasing effective communication with community members when they are in some of the most vulnerable phases of their life.

EARLY INTERVENTIONS

We have developed a variety of prevention and early intervention programs to help address behavioral health challenges earlier and connect individuals to necessary services sooner.



BEHAVIORAL HEALTH SCREENINGS & KIOSKS

We provide innovative programs to connect community members with behavioral health information or services and reduce stigma. Free, quick and anonymous behavioral health screenings are a component of Healthy Minds Philly, a DBHIDS public health strategy to extend non-treatment services to Philadelphians while offering treatment linkages as needed. The online screening helps to identify signs and symptoms of behavioral health challenges, such as

depression, anxiety, substance abuse, and other addictions. To date, we've screened approximately 10,000 individuals who may not otherwise have reached out and/or received behavioral health resources.

DBHIDS has also created the nation's first behavioral health screening kiosk located at a local university recreation center, available to students, faculty and the public, and a dental clinic at a local health center.

COMMUNITY INTERVENTIONS & ENGAGEMENT

We offer various community-based programs and strategies to build safe, resilient and trauma-informed communities that help to strengthen individuals, families and communities.



PORCH LIGHT PROGRAM

We use art to transform places, individuals, communities and institutions. Working with the City of Phila. Mural Arts Program, we create community murals that focus specifically on mental health and substance use, as well as other issues that affect our mental health including faith and spirituality, homelessness, trauma, immigration, war and community safety and tensions. The program strives to catalyze positive changes in the community, improve the physical environment, create opportunities for social connectedness, develop skills to enhance resilience and recovery, promote community and social inclusion, shed light on challenges faced by those with behavioral health issues, reduce stigma, and encourage empathy.



FAITH-BASED INITIATIVES

We recognize the important role the faith community plays in educating the public about supports and connecting people to services, especially for those experiencing trauma. The Faith and Spiritual Affairs unit is dedicated to informing faith and spiritual communities about behavioral health care while reducing associated stigma. Over the past ten years, the unit has worked with hundreds of faith-based leaders and communities, trained over 700 in Mental Health First Aid and had over 3,000 attendees at its annual conference this past year.



NETWORK OF NEIGHBORS RESPONDING TO VIOLENCE (NNRV)

We support communities in the wake of violence and emergencies. Over the last 10 years, Community Response Teams (CRT) have responded to traumatic events that impact communities, such as shootings, fatal auto accidents, and fatal fires. In June 2016, we are implementing a city-wide NNRV initiative which will initially train 100 community-based acute trauma responders (including CRTs) to provide support following violent incidents. Network members will be trained in a trauma recovery model which emphasizes healthy coping, skills to decrease stress and increase social cohesion, and strengthening individual and community functioning.



COMMUNITY COALITIONS

The community helps to define how mental health issues, such as trauma, will be addressed. The community coalitions each work in areas of the city where there are significant numbers of children, youth, and families who may be considered vulnerable in terms of their prospects for living in a safe, healthy, stable and supportive environment.

The coalitions are comprised of community and faith-based organizations, primary healthcare providers and licensed behavioral healthcare treatment providers, as well as additional community stakeholders such as local politicians, police, block captains, athletic coaches, and schools.

City of Philadelphia



Recovery • Resilience • Self-Determination

DBHIDS:



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