

Trauma is a big issue

“We want to take an approach to trauma that continues to build on resiliency, expands protective factors, takes into account people’s overall wellness, utilizes a population health approach, and incorporates evidence-based practices to decrease the impact of trauma.” - David T. Jones, 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

DBHIDS begins with a population-health perspective with regard to treating those recovering from trauma. We focus on developing resiliency, maximizing protective factors and ensuring the usage of evidence-based practices to decrease the impact of trauma



EVIDENCE-BASED TREATMENTS

To ensure we are prepared to serve children who have been exposed to potentially trauma events, we offer state of the art trauma-specific evidence based treatments. Including, Trauma screenings and assessments through the Philadelphia Alliance for Child Trauma Services, our Prolonged Exposure Initiative is an evidence based cognitive behavioral focused intervention. We also utilize Trauma Focused Cognitive Based Therapy (TF-CBT) and we have trained therapist in Child and Family Traumatic Stress Intervention to children and their families. Children and adolescents have received trauma screening and assessments, along with professionals from behavioral health agencies Trauma Focused (TF-CBT) Youth have received TF-CBT and we have trained therapist in the Child and Family Traumatic Stress Intervention (CFTSI) serving over many of Philadelphia’s youth and families.

PACTS a network of child serving, systems and organizations under leadership of the Philadelphia Department of Behavioral Health and Intellectual Disabilities (DBHIDS) that provides the most effective practices for traumatized youth and their families.



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 that was developed by Drexel University and is expanding its reach throughout Philadelphia. DBHIDS provides funding for trauma specific behavioral health, case management and other components of intervention and prevention of future violence through the Healing Hurt People program (HHP) at both St. Christopher’s and Presbyterian 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 no cost training sponsored by DBHIDS training offered to people who live, work or study in Philadelphia that teaches community members and public safety personnel (e.g. police, fire) to identify, understand and respond to signs of behavioral health conditions and crises. Philadelphia has trained aiders in many communities including, the Philadelphia School District, the faith community, local businesses, the Phila. Police Department, the Phila. Prison System, and the Phila. Fire Department.



POLICE CRISIS INTERVENTION TRAINING (CIT)

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 residents while offering treatment linkages as needed. The on-line screenings are non-diagnostic and help to identify signs and symptoms of behavioral health

challenges, such as depression, anxiety, and substance use. In partnership with MindWise Innovations, DBHIDS has also created the nation's first behavioral health screening kiosks currently 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

A joint collaboration with Mural Arts Philadelphia, focuses on achieving universal health and wellness among Philadelphians, especially those dealing with mental health issues or trauma. We do this by providing opportunities to contribute to meaningful works of public art. Porch Light projects are driven by issues that have tangible effects on local communities, such as mental health, substance use, spirituality, homelessness, trauma, immigration, war, and neighborhood safety. Call 215-685-0739 to learn more.



FAITH & SPIRITUAL AFFAIRS UNIT

The vision of DBHIDS' Faith and Spiritual Affairs (FSA) Unit is to achieve optimal health and wellbeing for all faith and spiritual communities, FSA is dedicated to: enhancing the understanding of behavioral health challenges, promoting inclusion and connectedness in one's community, and aiding in the integration of spirituality into behavioral health care and treatment.



NETWORK OF NEIGHBORS RESPONDING TO VIOLENCE

The Network responds to the traumatic stress associated with community violence, sudden loss, tragic accidents, suicides, burnout, and other impactful events. The Network is comprised of professionals and community leaders who have been trained on the impact and reactions associated with traumatic experiences. The Network utilizes the ASK Model, only providing support when invited by the community. Responders work alongside community leaders to provide technical assistance, facilitate group interventions, and healing spaces. All Network interventions are free and take place in community-based settings. Contact the Network at 215-233-4837 for support after a traumatic incident, to joining the Network, or to set up a presentation about the Network for your community.



COMMUNITY COALITIONS

Guided by a population health framework, Community Coalitions Wellness Initiative brings together organizations of different types to serve some of the most vulnerable communities in Philadelphia, including women and children, immigrant and refugee, and LGBTQ+. To reach individuals effectively, CCWI mobilizes groups already active in those communities, such as faith-based and community-based organizations, primary health and behavioral health providers. These organizations, along with other stakeholders, collaborate on the design and implementation of programming that capitalizes on the strengths of these communities to address their challenges. CCWI recognizes that collaboration between different types of organizations is key to increasing the Department's reach and in turn producing desired outcomes so all Philadelphians can thrive. Call

City of Philadelphia



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and INTELLECTUAL DISABILITY SERVICES

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