

Trauma Informed Policing: Purpose and Practices

Date: August 15, 2019

Time: 8:00 a.m. – 5:00 p.m.

Location: CNA (3003 Washington Blvd., Arlington, VA 22201)

Workshop Premise:

As first responders, police officers are frequently the first criminal justice officials on the scene of traumatic, sometimes gruesome, events where they encounter victims, witnesses to violence, and children and family members exposed to violence. In addition, suspected perpetrators of crime may also have a history of exposure to violence, which can affect how they respond to police officers. As a result, police officers may experience immediate, persistent, and/or delayed physiological and psychological effects and responses to exposure to trauma on a regular basis.

How law enforcement organizations identify and respond to trauma can go a long way in helping individuals, communities and officers recover from traumatic events, build resiliency, increase collaboration, and experience healthier outcomes. This workshop will explain to participants how trauma affects many aspects of police work and the lives of officers and community residents, how trauma affects the behavior of individuals that police officers come into contact with, and will provide concrete information regarding how several jurisdictions respond effectively to trauma-related issues.

Workshop Objectives:

- Learn about the importance and power of trauma, what it means, how it plays out in peoples' lives and in their communities, and the science underlying trauma informed care
- Demonstrate how police agencies can integrate trauma informed approaches into their organizations and programs in order to improve community engagement and prevent violence
- Identify and discuss challenges and promising practices in responding to crime victims and witnesses of violence, addressing community-level trauma and promoting resiliency
- Integrate the experiences of Strategies for Policing Innovation (SPI) sites that have successfully addressed trauma-related issues in the workshop sessions
- Discuss how first responders are impacted by regularly responding to traumatic events, the complexities of the problem for police officers, and the potential to provide officer training that focuses on trauma



The workshop will feature presentations by prominent experts and practitioners in policing, health care, and violence prevention, who have extensive experience and in-depth knowledge in trauma-informed care at individual and organizational levels.

Agenda

8:00-8:30 a.m.	Registration
8:30-9:00 a.m.	Welcome and Overview
9:00-10:00 a.m.	Keynote Speaker Trauma Informed Care, Setting the Context
10:00-10:15 a.m.	Break
10:15-11:00 a.m.	Plenary Session Community Trauma: Its Impact and Strategies
11:00 a.m. - 12:00 p.m.	Participant Discussion and Problem Solving Breakout <ol style="list-style-type: none"> 1. In what way(s) does your community experience trauma on a frequent basis? 2. What impact does that trauma have on your community; how is it experienced; how is it evidenced or observed? 3. Are there resiliencies in your community that can or should help community members? 4. How do police officers support and encourage resiliency, or how could they?
12:00-1:00 p.m.	Working Lunch
1:00-2:15 p.m.	Plenary Session Trauma-Informed Policing: Examples from the Field
2:15-2:30 p.m.	Break
2:30-3:45 p.m.	Plenary Session Officer Mental Health and Self-Care
3:45-4:45 p.m.	Participant Discussion and Problem Solving Breakout <ol style="list-style-type: none"> 1. List three ways in which police officers experience trauma in your community. 2. What are some similarities and differences in the ways that officers and community members experience stress in your community(ies)? 3. Are there collaborations that exist, or that should exist, that should support these action items and help your police department become trauma informed? 4. Given what you learned today, list two things you will do when you return to your community or agency to reduce the impact of trauma on community members and officers alike?
4:45-5:00 p.m.	Closing Remarks