



*Mental Health  
101 for Non-  
Clinician Staff*

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TURN BEHAVIORAL HEALTH

# *Agenda*



- Introduction
- Trauma Informed Company
- 4 R's
- What's my role
- What's my responsibility
- How might this impact me
- Who do I hand this off to
- How do I take care of myself

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*Executive Vice President*  
*Licensed Therapist*





***Why non clinician***

INSTEAD OF NON CLINICAL STAFF?



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## ***Trauma Informed***

Being Trauma-informed means to:  
Recognize the prevalence of adverse childhood experiences (ACEs) / trauma among all people. Recognize that many behaviors and symptoms are the result of traumatic experiences

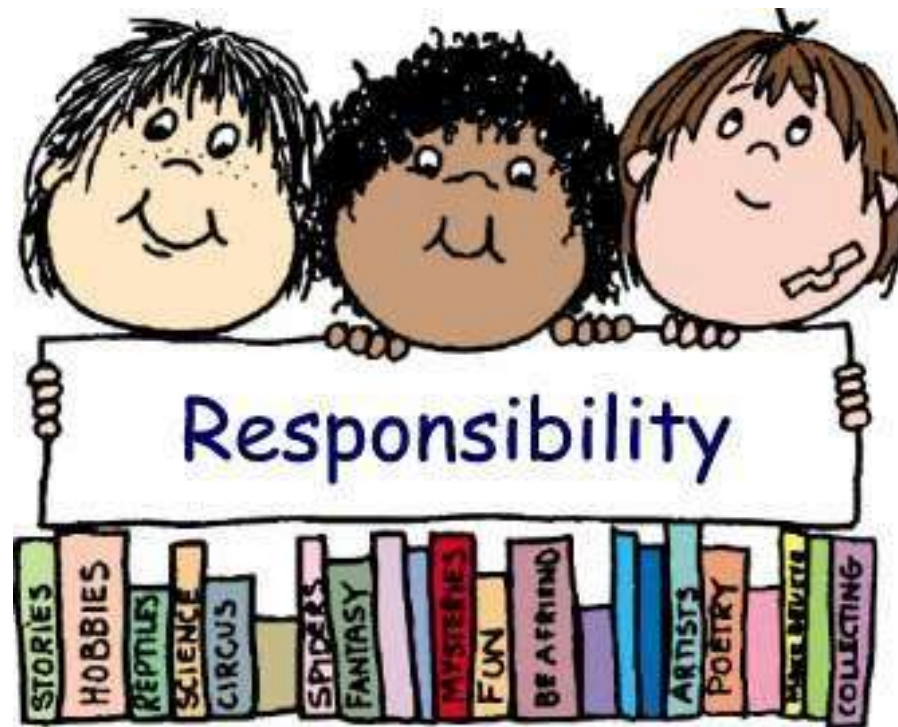
## ***4 R's***

- **Realization** means that all people at all levels of the organization or system have a basic awareness about trauma and understand how trauma can affect families, groups, organizations, and communities as well as individuals
- **Recognize** means people in the organization or system are also able to identify the signs of trauma.
- **Respond** means the facility responds by applying the principles of a trauma-informed approach to all areas of functioning. All staff change their language, behavior, and policies to consider how traumatic experiences of residents.
- **Resist** means the organization seeks to resist re-traumatization from unintentionally interfering with the recovery of clients, the well-being of staff, and the fulfillment of the organizational mission.



*What's my role*

# *Do I have responsibility in this?*



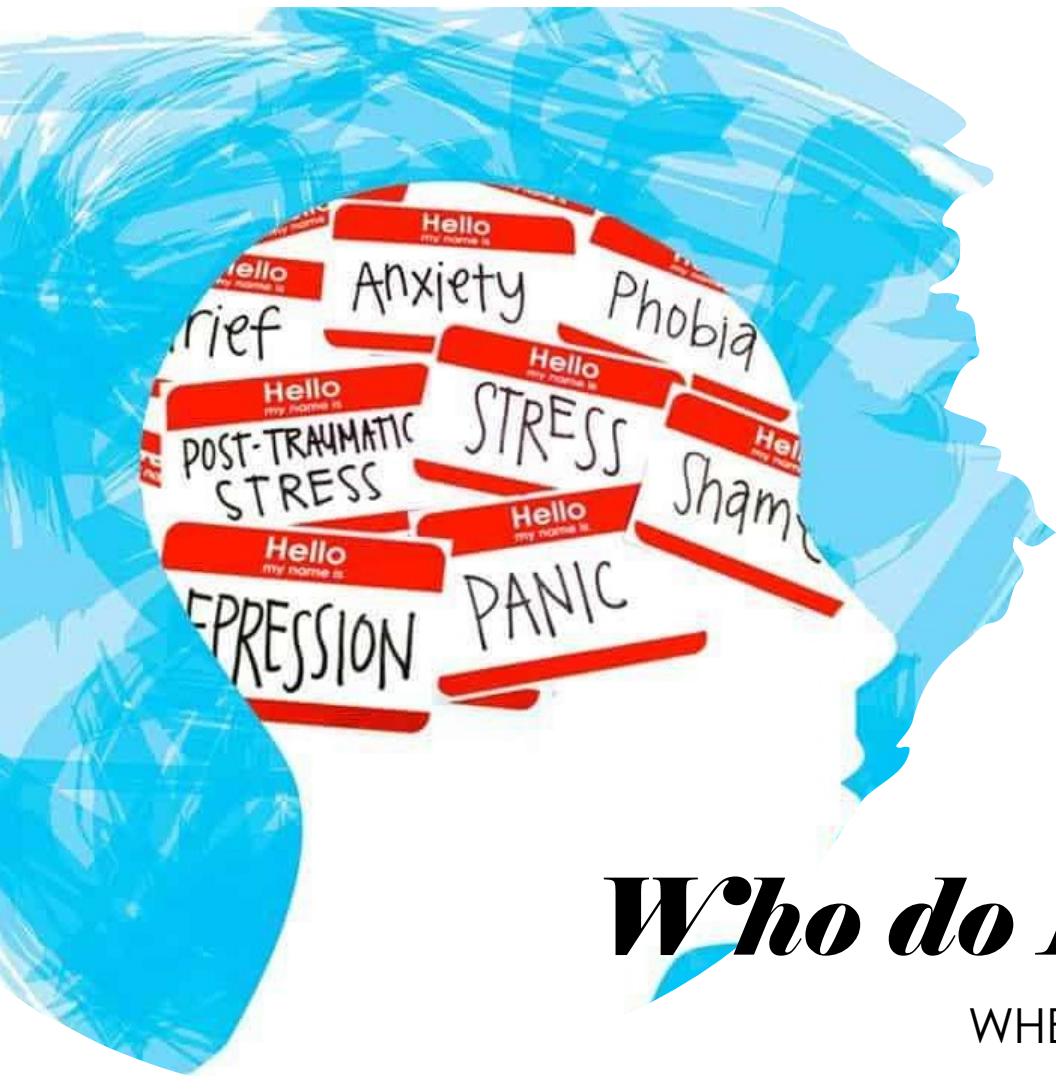


## ***IMPACT to Staff***

“My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.”

— Steve Goodier

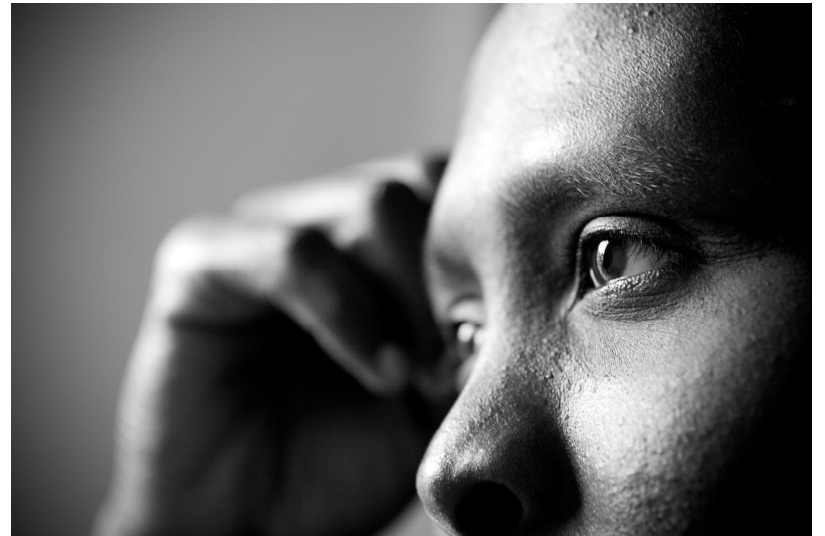




## ***Who do I pass this on to...***

WHEN TO STAY ON THE LINE AND WHEN TO  
TAKE A MESSAGE

*The aftermath...  
How do I take  
care of me...*



A large, horizontal, pink brushstroke graphic with a textured, hand-painted appearance. It is positioned on the left side of the slide.

*Questions...*

No one has ever  
become poor by  
**giving.**

Anne Frank  
Sunday - Sep 23, 2012 (4:41 pm)