

Caregiver Education

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Agenda

Personal lived experience

What is Caregiver Education

Modules of Caregiver Education

A few activities in Caregiver Education

How to get this training at your agency

What is Caregiver Education



Helping parents/caregivers understand how traumatic events may impact children and to recognize behaviors as symptoms.

Showing off my shoes.
Here's my story



Module 1:
Introductions

Introductions

Group discussion
about rules

Explaining Caregiver
Education

Module 2: Trauma 101

What does “trauma” mean?

Types of trauma

Children’s responses to trauma

Recovering from trauma

Resilience

Module 3:
Understanding
Trauma's Effects

Your internal alarm system of the brain

How trauma derails development at different ages/stages

How parents can help development get back on track

The invisible suitcase

Module 4: Building a safe place

Safety and trauma

Emotional container

Managing emotional “hot spots”

Trauma reminders

Coping with those reminders

SOS: Identifying stress busters

Module 5:
Dealing
with
feelings
and
behaviors

Seeing below the
surface

The cognitive triangle

How parents/ caregivers
can help their child

Module 6:
Connections
and healing

Helping your child
build connections

Making it safe to talk

Talking about trauma

Module 7:
Becoming
an
advocate

Know your child's team

Working as a team

Being trauma informed

Helping your child heal

Module 8: Taking care of yourself

Caregivers also need care

Compassion fatigue

Self-care basics

Secondary Traumatic Stress (STS)

Making a plan to commit to self-care

Questions?



Interested in this training? You can contact:



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More information about trauma can be found at:
<https://www.nctsn.org/>