

Trauma, Youth Mental Health, and Suicide Prevention

**September Trauma Monthly
Special Topic**

Wednesday, Sept. 27th, 1PM-3PM

During this session we will explore ways to support youth through a trauma informed lens, while also processing strategies to strengthen the protective factors of youth considering suicide. We will identify unique characteristics of youth and the relevance to suicidal and self-harm behavior, risk factors, and warning signs.



Illinois
Collaboration
on Youth

IDHS
Illinois Department
of Human Services

Domestic Violence & Trauma

**October Trauma Monthly
Special Topic**

Tuesday, Oct. 31st, 1PM-3PM

During this training we will explore the traumatic impact of domestic violence on survivors. We will process the patterns of behaviors that can potentially lead to power and control within intimate relationships. Participants will learn about the different forms of domestic violence and ways to support clients who might be having this experience. Participants will gain an understanding of the trauma that challenges victims with coming forward and expressing the impact.



Illinois
Collaboration
on Youth

IDHS
Illinois Department
of Human Services

Disenfranchised & Complex Grief

**November Trauma Monthly
Special Topic**

Wednesday, Nov. 29th, 1PM-3PM

How do we normalize grief as part of the human experience? During this training we will explore what it means for grief to be ungrievable. We'll discuss different types of grief, as well as the risk and protective factors that can inform the grieving process. We'll gain strength-based tools and language for validating loss in different forms in ourselves and others. As a takeaway, we will identify unique characteristics of grief and the relevance to how it impacts our views of self, others, and how we move through and experience the world.



Illinois
Collaboration
on Youth

