

“TRAUMA HAPPENS. RECOGNIZE IT. TALK ABOUT IT.”

Helpful introductory resource material for counselors, therapists, clergy, and mental health organizations

The North Dakota Department of Human Services (NDDHS), Behavioral Health Division, created this toolkit as part of a statewide initiative launched June 1, 2015.

Funding for the “**Trauma Happens. Recognize it. Talk about it.**” project comes from a federal System of Care Expansion Grant awarded to the Behavioral Health Division in 2013. The goal of the grant is to include trauma care in the existing system of care for children and youth with serious emotional disorders, and their families.

The “**Trauma Happens. Recognize it. Talk about it.**” toolkit is **free** and intended for use by counselors, therapists, members of the clergy, and mental health organizations. The material offers a brief, clear introduction to trauma and discusses the following:

- What trauma is
- Who is at risk of being traumatized
- Possible trauma symptoms, and
- Critical first steps in recovery from trauma

“**Trauma Happens. Recognize it. Talk about it.**” includes the following material:

- Frequently asked questions about trauma (includes additional resources)
- Trauma fact sheet
- News release
- Poster
- 3-minute video (general and American Indian versions)

Counselors, therapists, members of the clergy, and mental health organizations can request additional copies of this material through the NDDHS Behavioral Health Division or by visiting the NDDHS web site (www.nd.gov/dhs).

