

Benefits of Joining a Support Group

- Gaining support and hope from others facing similar experiences
- Feeling less anxious, afraid or alone
- Sharing experiences and helping others
- Learning new skills for coping and enhancing your life
- Becoming more self-confident
- Feeling more in control
- Developing new friendships

Program Requirements

Services are available to all individuals who identify as Native American, who have experienced trauma and are looking for healing. Groups are open and voluntary, and participants are free to withdraw from the group at any time.

Groups are held weekly at each location. For more information on groups, or about Trauma Informed Care, please contact one of our Trauma Informed Care Therapists.

Lincoln & Omaha:

Emily Driver
Trauma Informed Care Therapist
402.943.6291

Sioux City, Norfolk & Niobrara

Amber Wendt
Trauma Informed Care Therapist
402.943.9997

**Strong Hearts
Native Helpline**
1.844.7NATIVE

Trauma Informed Care Group



**PONCA TRIBE
OF NEBRASKA**
DOMESTIC VIOLENCE PROGRAM



What is Trauma Informed Care?

In the United States, 61 percent of men and 51 percent of women report exposure to at least one lifetime traumatic event, and 90 percent of clients in public behavioral health care settings have experienced trauma.

Trauma Informed Care promotes a strength-based approach that seeks to empower people and increase their sense of self. Trauma Informed Care groups also focus on emotional development, helping people see the strengths they possess, and increase the skills participants need for healing.

Support groups play an important role in ensuring that participants can choose the words they want to use to describe their experience and help other people respect those choices.

Sources of Trauma

Trauma can result from a wide variety of events

- Emotional, physical, or sexual abuse in childhood
- Abandonment or neglect (especially for small children)
- Sexual assault
- Domestic violence
- Experiencing or witnessing violent crime
- Institutional abuse
- Cultural dislocation or sudden loss
- Terrorism, war
- Historical violence
- Natural disasters
- Grief
- Chronic stressors like racism and poverty
- Accidents
- Elder Abuse
- Any situation where one person misuses power over another.

Group Objectives

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences
- Explicate the process of trauma
- Provide specific therapeutic interventions to aid in healing from trauma

Group Topics

- Developing gender-responsive services
- Connection between trauma, mental health, and substance abuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Emotional development
- Secondary traumatic stress

