

## LSS/StreetWorks Safe Harbor Training 8/17/16

**Topic:** Calming the Storms: Reaching out to Wounded Youth with a Trauma-Informed Approach

**Summary:** This training session will cover childhood trauma, the neurobiological, emotional and behavioral impact of trauma on youth and what this means in the day to day work of people who provide service for youth. We will also discuss the intersection between Positive Youth Development, Harm Reduction and Trauma-Informed Care.

**Critical points:**

1. An overview of the physiology of adolescent brain development.
2. The impact of trauma on the brain
3. The basics of trauma-informed care and what it means in day to day staff interactions with youth and programming.

**Presenter:** Paula Schaefer, Safe Harbor Training Coordinator, Minnesota Department of Health



Paula is a nationally recognized trainer and consultant on system-involved girls and trauma-informed care for the child welfare and juvenile justice systems. She currently is Safe Harbor Training Coordinator for MDH. Prior to joining MDH, she was owner of Paula Schaefer & Associates, a juvenile justice consulting firm that guided and inspired federal, state, county and private agencies to implement a data-driven female-responsive and culturally responsive, trauma-informed community and residential-based continuum of services for girls. She also worked in the Minnesota Department of Corrections as Acting Director of Planning and as Planner for Juvenile Females for the Female Offenders Unit. Her work experience also includes the St. Croix Girls Camp, a private 50-bed correctional facility for court-referred adolescent girls and Northwood Children's Home, a residential treatment facility for children and adolescents.

**Learning Objectives:**

1. Participants will understand basic adolescent brain development physiology and the impact of trauma on brain development.
2. Participants will be able to recognize the signs of trauma and be able to make a good decision about referral services needed.
3. Participants will identify policies and practices that could be improved within their own organizations programs to become more trauma-informed and will gain practical tools to do so.

**Be sure to save the date for the next StreetWorks Safe Harbor Trainings!**

10/19 – LSS State Center  
12/21—LSS State Center  
2017 dates and location TBA

*We are excited to embark on this journey with all of you as we work to improve outreach and services to at-risk and sexually exploited youth throughout the Twin Cities metro area.*

***Thank you on behalf of LSS and the Streetworks Collaborative***

Jen Fairbourne, Director of Metro Homeless Youth Services [Jennifer.Fairbourne@lssmn.org](mailto:Jennifer.Fairbourne@lssmn.org)  
Jim Scott, StreetWorks Senior Program Manager [James.Scott@lssmn.org](mailto:James.Scott@lssmn.org)

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