



# Let's Heal TOGETHER

## HAS YOUR FAMILY EXPERIENCED:

- Trauma symptoms, such as difficulty sleeping, negative thoughts, aggression, and/or hypervigilance
- Feelings of being unsafe in your neighborhood
- Loss of a family member due to violence
- A strained relationship
- Emotional or physical injury

If so, we have partnered with Seven Counties Services to provide AF-CBT to improve family relationships impacted by trauma.

If you are interested in receiving this therapy, please call **502-589-1100** to get started.

## Alternative for Families Cognitive Behavioral Therapy (AF-CBT)

### FAMILIES ARE TAUGHT TO

- Manage grief, anger, anxiety and stress
- Solve problems effectively
- Address family conflicts

### FAMILIES CAN EXPECT

- Individual, parent-child and family sessions
- Flexible scheduling and locations
- A focus on skill-building
- Counselors who understand trauma

### HOW FAMILIES WILL BENEFIT

- Enhanced coping and social skills
- Improved family relationships
- Reduced behavior problems in children
- More effective family communication

If you'd like more information on the Trauma Resilient Community Project, please contact: Nannette Dix, CSW at 502-612-0450



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## DEFINING RACIAL TRAUMA

Racial trauma, or race-based traumatic stress (RBTS), is the mental and emotional injury caused by encounters of racism and prejudicial treatment on the basis of race.

## THE IMPACT

Racial trauma manifests in the same way as other forms of trauma. The impact can be both emotional and physical. Emotionally, racial trauma can lead to depression, anxiety, hopelessness and violent behavior. Physically, continued physiological strain can lead to hypertension, heart disease and other health conditions.

## RACIAL TRAUMA THERAPY (RTT)

RTT is a treatment intervention which provides evidenced-based, race-based, trauma-informed therapy to those who have experienced race-based trauma and stress.

Your RTT certified therapist will help you:

- Process experiences of racial trauma
- Develop a healthy racial identity
- Build and practice coping skills for ongoing racial trauma

To get started with RTT, contact Spalding University Center for Behavioral Health at 502-792-7011

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