PSEM 18-16

November 6, 2018

**MEMORANDUM FOR HOME AND COMMUNITY SERVICES FIELD STAFF**



**From:** Waunita Schwandtner, Bureau Chief

Bureau of Systems & Staff Development

**Subject:** Statewide Trauma Informed Care & Situational Management And Response Techniques (SMART)

DSDS APS over the past two years has been working collaboratively with the Department of Mental Health to provide new employees “Trauma Informed Care” and SMART training. Based on feedback from attendees and staff we will be offering this training statewide to all DSDS employees. Descriptions of the trainings are as follows:

**Trauma Informed Care:**  Training that will define what trauma is and understand its prevalence in our clients, define PTSD and provide an overview of the brain and body physiology of the impact of trauma. This training will also describe what it means to become a Trauma Informed Organization as well as introduce building resilience.

**Situational Management And Response Techniques (SMART):** Training that introduces the realization that sometimes we find ourselves in situations that are less than safe. The training will focus on the need for good verbal de-escalation skills and awareness of surroundings. The training will allow participants to observe and practice hands on evasion skills to keep oneself safe in a moment of crisis. The emphasis is a hands off approach while keeping yourself safe and causing no harm to our clients.

The training dates and locations have been shared with Regional Management, and they will be scheduling staff to attend in order to ensure office coverage. The training will be offered twice in each region on the following dates and locations:

Region 5: November 13 & 30 Jefferson City, MO

Region 4 December 13 & 14 Kansas City, MO

Region 2 January 17 & 18 Cape Girardeau, MO

Region 1 January 28 & 29 Springfield, MO

Region 3 February 25 & 26 St Louis, MO

If there are any questions, please feel free to contact me via email at [Waunita.Schwandtner@health.mo.gov](mailto:Waunita.Schwandtner@health.mo.gov) or call Janice Schanbacher at 573/526-0714 with any registration questions or special accommodations.

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CC: Distribution List 2