



Yolo County Resilience Champion Workshop Series Course Guide - Cohort A

COURSE OVERVIEW

Welcome to the Yolo County *Resilience Champion* workshop series. This six-workshop series is designed to help you translate the concepts of a trauma-informed approach into meaningful action. By the end of this series, you will walk away with concrete next steps to begin or continue the process of integrating a trauma-informed and resilience-building approach into your setting.

ABOUT ORIGINS

Origins Training & Consulting supports leaders in their journey to build more resilient organizations and communities through the integration of a trauma-informed approach. Our work is informed by the original Adverse Childhood Experiences (ACE) study, the impact of toxic stress and systemic trauma, and the science of resilience. We provide training and consulting services to executives, management and supervisors, direct service professionals and paraprofessionals, caregivers, and community members across sectors aimed at shifting the narrative of how we understand health and behavior. Our approach is centered on the foundational role of organizational culture and emphasizes the importance of looking at internal practices and staff wellness when implementing and sustaining a trauma-informed and resilience-building approach.

FACILITATORS

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COURSE STRUCTURE

This course consists of six live workshops as well as support materials, which can be accessed through an online learning management system. The live workshops will be on Wednesdays (see dates below) from 11:00-12:30 via zoom at <https://us06web.zoom.us/j/84703722555>.

The online learning management system contains additional support materials for each workshop, including:

- **Video:** While we encourage everyone to participate in each live workshop, we will share a video of each workshop in the learning management system.
- **Activity:** The activity is designed for you to apply the information from each workshop into your setting.
- **Discussion post:** The discussion post is designed to help you synthesize and share your learnings from the activity. We hope that this cohort of Resilience Champions provides a community for all of you to learn from on another.
- **Additional resources:** A list of additional resources is provided for anyone interested in a deeper dive on that week's topic.
- **Feedback:** Each week we will give you a brief survey to share your feedback on what's working well and what could be improved in the course.

COURSE OUTLINE

| Date | Description |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop 1 Aug 31 | Setting the Foundation – Series Kick-Off: The purpose of this workshop is to introduce the series, articulate goals, and establish the foundation for ongoing collaboration. As part of this workshop, we will work with the champion team to reflect on their “why” and consider who is at the table and how to ensure the voices of patients and staff throughout the organization are included throughout the process. |
| Workshop 2 Sept 14 | Building and Communicating Your Vision: The focus of this workshop is on strengthening the foundation for promoting sustainable change. Participants will explore their leadership style, the overall vision for integrating this approach into their setting and how to communicate that vision across the organization. |



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| Workshop 3 Sept 28 | Defining Your Values: The focus of this workshop is on the role of values in building a resilient culture. As part of this, participants will explore their values, reflect on how their organizational culture developed, and consider how the culture does (or does not) reflect those values. |
| Workshop 4 Oct 12 | Exploring Your Strengths and Needs: The focus of this workshop is on exploring the strengths and needs of your setting, considering different organizational domains, such as leadership capacity, services, clients, policies and procedures, and physical environment. The goal of this workshop is to identify a process to gather information about strengths, assets, what's working well, and what organizations might do differently to best support staff and serve clients. |
| Workshop 5 Oct 26 | Defining Your Goals: The focus of this workshop will be on using the needs identified in the previous workshop to define concrete goals for integrating a trauma-informed approach and supporting sustainable culture change. Participants will then translate those goals into an action plan through the process of brainstorming and prioritizing potential solutions. |
| Workshop 6 Dec 14 | Capstone Session: Both cohorts will come together to share experiences and learnings and to explore next steps for implementation. The focus of this final workshop is on reflecting on the process of building a resilient culture and making it a reality. In this final workshop, participants will synthesize learnings and identify concrete next steps in the resilience-building journey. |

TIPS FOR SUCCESS

- Familiarize yourself with the foundational concepts of a trauma-informed approach, including ACEs, toxic stress, and resilience. You can find an overview of these concepts at <https://www.acesaware.org/ace-fundamentals/>
- Attend (and participate in!) each live workshop
- Establish an internal team and meet with your team in between workshops
- Utilize the activities and discussion board to help apply the concepts from each workshop
- Connect with and learn from others in your cohort
- Ask for help!