

[Agenda](#) for presentation<sup>1</sup>  
[Resource Sheet](#) from Dr. Crnabori



Welcome to Trauma Informed Faith, Care, and Church  
Thursday April 27 7-9 PM  
A Webinar for the Michigan Conference U.C.C.  
Featuring Dr. Mary Crnabori,  
Coordinator for Trauma Informed Schools, Metro Nashville

“Did you hear about the rose that grew from a crack in the concrete? Proving nature's laws wrong, it learned to walk without having feet. Funny, it seems to by keeping it's dreams; it learned to breathe fresh air. Long live the rose that grew from concrete when no one else even cared.”

— Tupac Shakur, The Rose That Grew from Concrete

[I Know What Heaven Looks Like](#) : A Modern Day Coming of Age Story Lawrence T. Richardson

[Managing Challenging Behaviors in Schools](#): Research-Based Strategies That Work  
co-authored by Dr. Mary Crnabori

ACE = Adverse Childhood Experience  
PACEs= positive & adverse childhood experiences  
Supporting communities to accelerate the use of PACEs science...to solve our most intractable problems.  
<https://www.pacesconnection.com/>

Original ACE Study <https://www.cdc.gov/violenceprevention/aces/about.html>  
Philadelphia ACE Project <https://www.philadelphiaaces.org/philadelphia-ace-survey>

Equity Centered Trauma Informed - without an acknowledgement of equity, it can't be trauma informed

Trauma is a natural biological response (physiological/psychological) ***"Issue is in our tissue"***

The Body Keeps the Score <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>

QTIP ***Quit Taking it Personal***

PTSD is recognized as diagnosable mental disorder in DSM-5  
Developmental Trauma Disorder, and  
Complex PTSD/Continuous Traumatic Stress Syndrome are NOT yet recognized in DSM-5  
(Diagnostic and Statistical Manual of Mental Disorders)

Polyvagal theory: 3 brains – brain, heart, gut body and nervous system connection to coping with stress

***Meaning Making*** is a huge area of potential for the church

“Slowly I have come to see that ASKING, and LISTENING, and ACCEPTING are a profound form of DOING”  
~Vincent J Felitti

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<sup>1</sup> Michigan Conference UCC Webinar 04.27.23 Trauma Informed Church

Words to create a culture of care<sup>2</sup>

FIXING often makes it worse

Understanding personal regulation is key to community care.

**Questions to consider for your local church and community:**

- 1) In reflecting on this information about stress and trauma, how has your church community been affected by stress and trauma?
- 2) What have you and/or your church done about it? What responses have you made, or strategies you have implemented or contemplated?

Insights from Rev. Jo Bahr @ Plymouth UCC Grand Rapids, MI

Powerful vulnerability matters in church

Story telling -- asking what are the pressure points in your life? Listening.

Community spaces.

Drinks and Deconstruction. Green/Yellow/Red - weekly ground rules.

Testimony focused. Honor the impact of stories of others. Being seen.

Responding to triggers.

Collective care.

Insights from Rev. Lawrence Richardson

Recognize capacity to cope in community, trauma collectively reducing capacity to cope in churches

Opportunity for community work Ruth Ellis Center <https://www.ruthelliscenter.org/>

Recognizing aging church in changing culture.

Building robust online ministry.

Call to Care Team of lay people. MORE Collective Care.

Affirmation and space to be and belong in LGBTQ community. First Fridays gathering.

Authentic selves. Be more real.

Personal Experience – spiritual capacity - Intersectional approach.

Intention and imperfection.

Insights from Rev. David Wheeler and Rev. Liz Wilson

Healing in music and kind gestures.

Community dinner.

School mission, student focus.

Center for Community Resilience. <https://www.allforoxford.org/about>

"respond vs reacting" -- the honoring and meeting of needs in a preventative way is work that the church CAN do **What we resist, persists**

WISE Church Toolkit <https://www.mhn-ucc.org/wise-congregation-toolkit/>

Welcoming Inclusive Supportive Encouraging

[Almost Everything](#): Notes on Hope Anne Lamott

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<sup>2</sup> Michigan Conference UCC Webinar 04.27.23 Trauma Informed Church