



# STRENGTHENING TRAUMA AWARENESS & RESILIENCE

## STAR Practice Session 4 Referrals: Connecting People to the Help They Need

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# Agenda

- ❑ Night Learning - Session 3 Debrief
- ❑ Referrals - Connecting People to the Help They Need
- ❑ Remembering Jaime
- ❑ Practice
- ❑ Debrief/Feedback
- ❑ Questions/Concerns
- ❑ Evaluation
- ❑ Next Steps



# Mindful Minute - Breakout

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Practice with Your Partner

Inquire about what would be most helpful  
(e.g. breathing, mindfulness, grounding)

5 Minutes

Let's review the [STAR Webpage](#)

# Our Learning

**Chat in or Raise a Hand if you have any thoughts about Regulation.**

# Module Review - Referrals

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**Share: What was one takeaway from the Referrals module?**

**Q & A: What questions do you have about regulation?**

**STAR Training Week 4**

**Referrals: Connecting  
People to the  
Help They Need**

# Elements of Referrals

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- 1. Finding available resources in the community**
- 2. Exploring interests in MH services or other supports**
  - a. Past experiences with the mental health system or other supports
  - b. Obstacles or barriers
    - i. Concrete obstacles: Time, transportation, child care.
    - ii. Psychological barriers: fears/anxiety, stigma, other people's beliefs, expectations
- 3. Share information about what to expect or share with providers**
  - a. Intake processes, interviews, questions
  - b. Sharing information about trauma and adversity
- 4. Empower**
  - a. Asking questions/Helping participants learn how to ask questions
  - b. Searching until you find someone with whom you feel safe/comfortable
- 5. Follow-up**

# Exploring Needs/Supports

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## Exploring Other Possible Supports

1. “What kinds of help do you think would be most useful to you at this time?”
2. “Are there supports that make things better for you or help you deal with your past or present experiences of trauma or extreme stress, such as support from family, friends, or others?”
3. “Are there other kinds of help that your family, friends, or other people have suggested would be helpful for you now?”

# Share: Please Chat-in

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Let's Chat

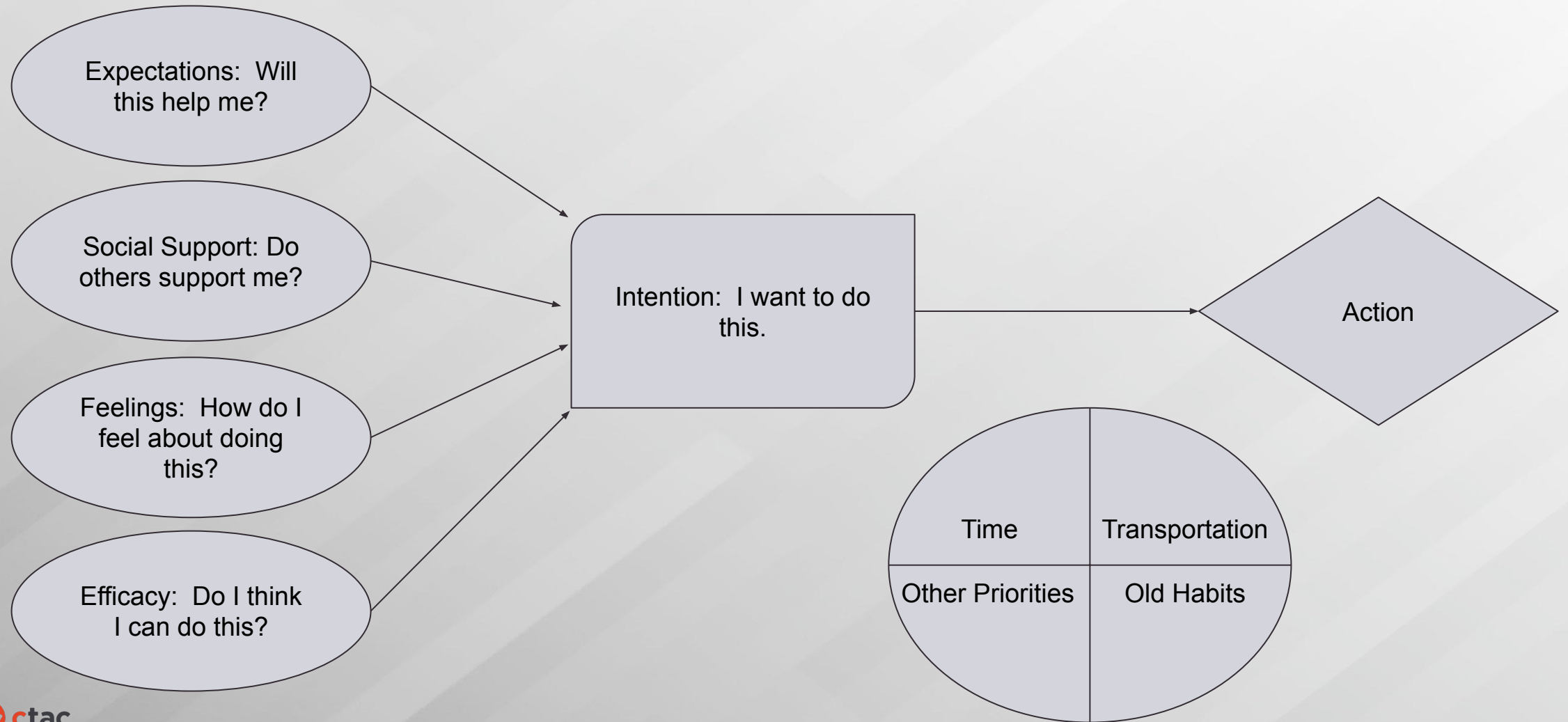
**Your experiences with making referrals:**

- ▶ **What are some of the common barriers you see in getting young people the help they need?**
  - Practical Barriers (e.g. time)
  - Psychological Barriers (e.g. fears)
  - Systems barriers (e.g. availability)
  - Others?



# How Do We Move to Action?

**Attitudes: Thoughts/Feelings** + **Intentions** - **Obstacles** = **Action**





# Jaime's Goal

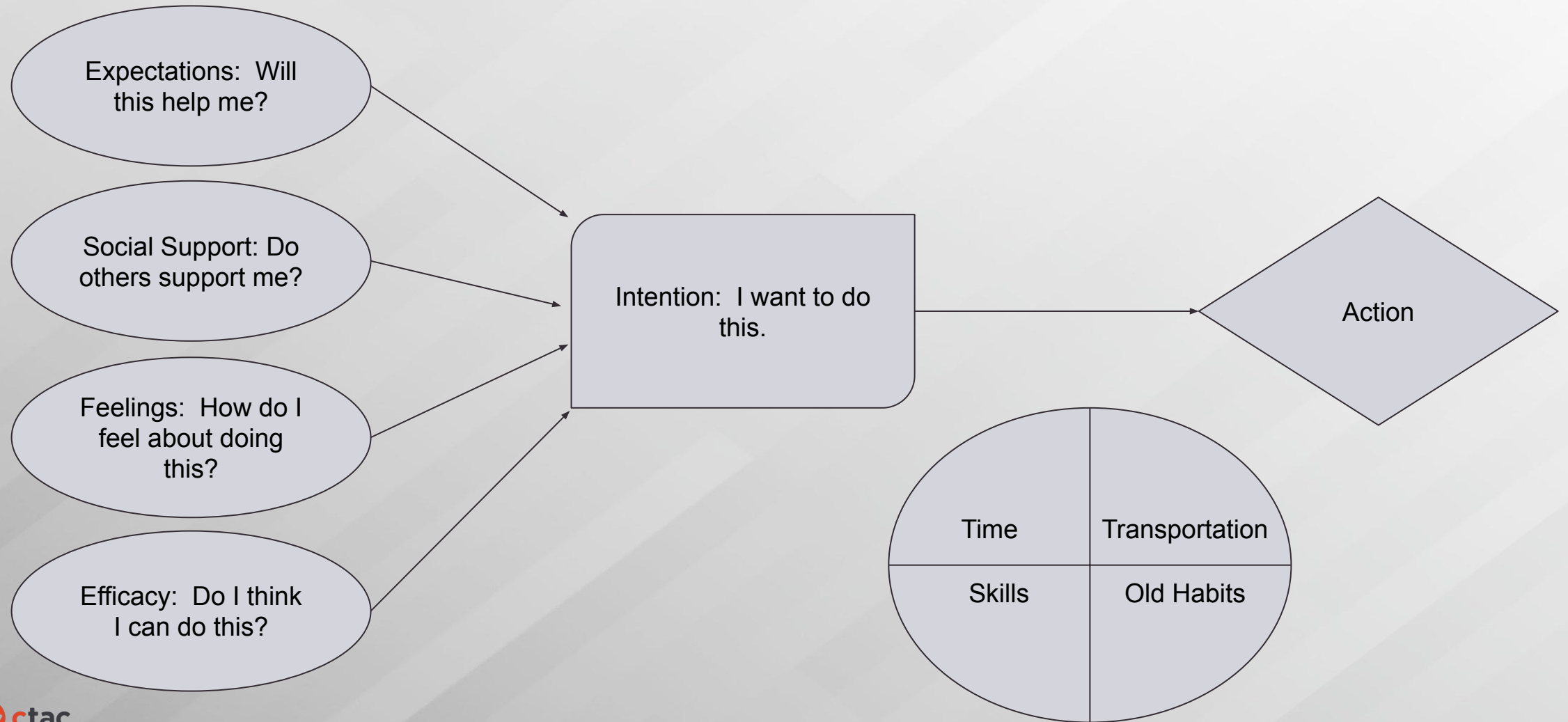
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You've now been working with Jaime for a little while and Jaime is open to going for an intake at a vocational education program. You were able to identify that Jaime loves to work with animals and is interested in finding a job working with animals. There's a chance Jaime could get training as a veterinary assistant. However, Jaime is extremely anxious about the intake. When asked, what he's nervous about Jaime states that he's afraid it won't work out for him.

- ▶ What are Jaime's strengths?

# How Do We Move to Action?

**Attitudes: Thoughts/Feelings** + **Intentions** - **Obstacles** = **Action**



# Poll Question

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Let's Chat

Based on your assessment how would you proceed?

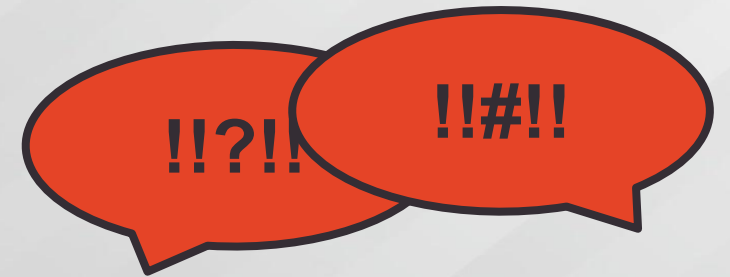
- A. Call the vocational education program with Jaime.
- B. Role play the intake process.
- C. Let Jaime know (as best as you can) what will happen at the intake interview.
- D. Go with Jaime to the intake interview.
- E. Give Jaime the name and phone number of the program and let them try on their own.

# Follow-up

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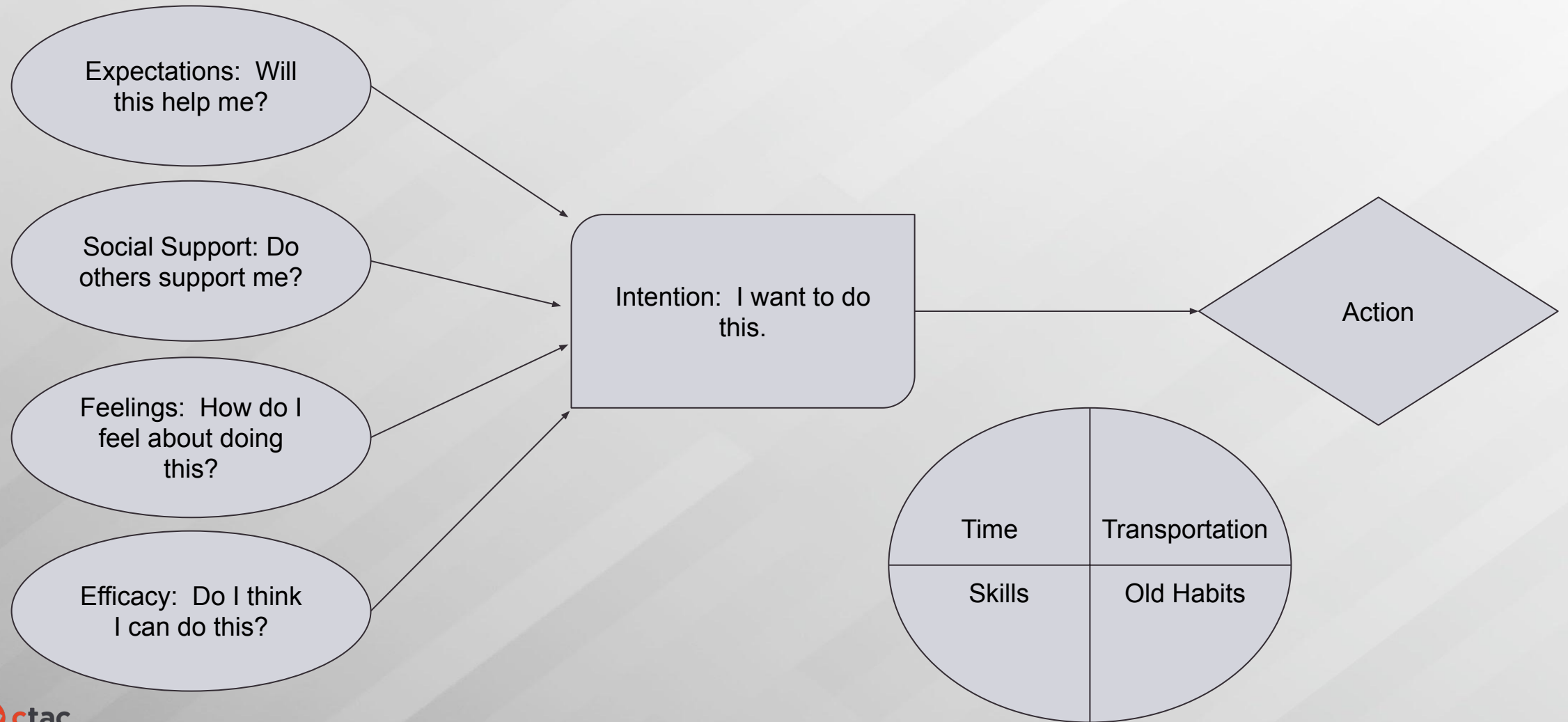
Jaime was late to the intake. The intake worker addressed Jaime coldly and said, “You’re late and you’re going to have to wait.” The waiting area was packed and Jaime had nowhere to sit. While waiting, Jaime witnessed two people - a man and a woman - get into a loud argument. Jaime calls you to tell you they want to leave.

What would you do?



# How Do We Move to Action?

**Attitudes: Thoughts/Feelings** + **Intentions** - **Obstacles** = **Action**



# What's Your Experience with Making Behavioral Health Referrals?

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## Specific Recommendations for Making Behavioral Health Referrals

Do some research beforehand - What are some specific questions you would want to find out about for Jaime?



# Debrief / Feedback

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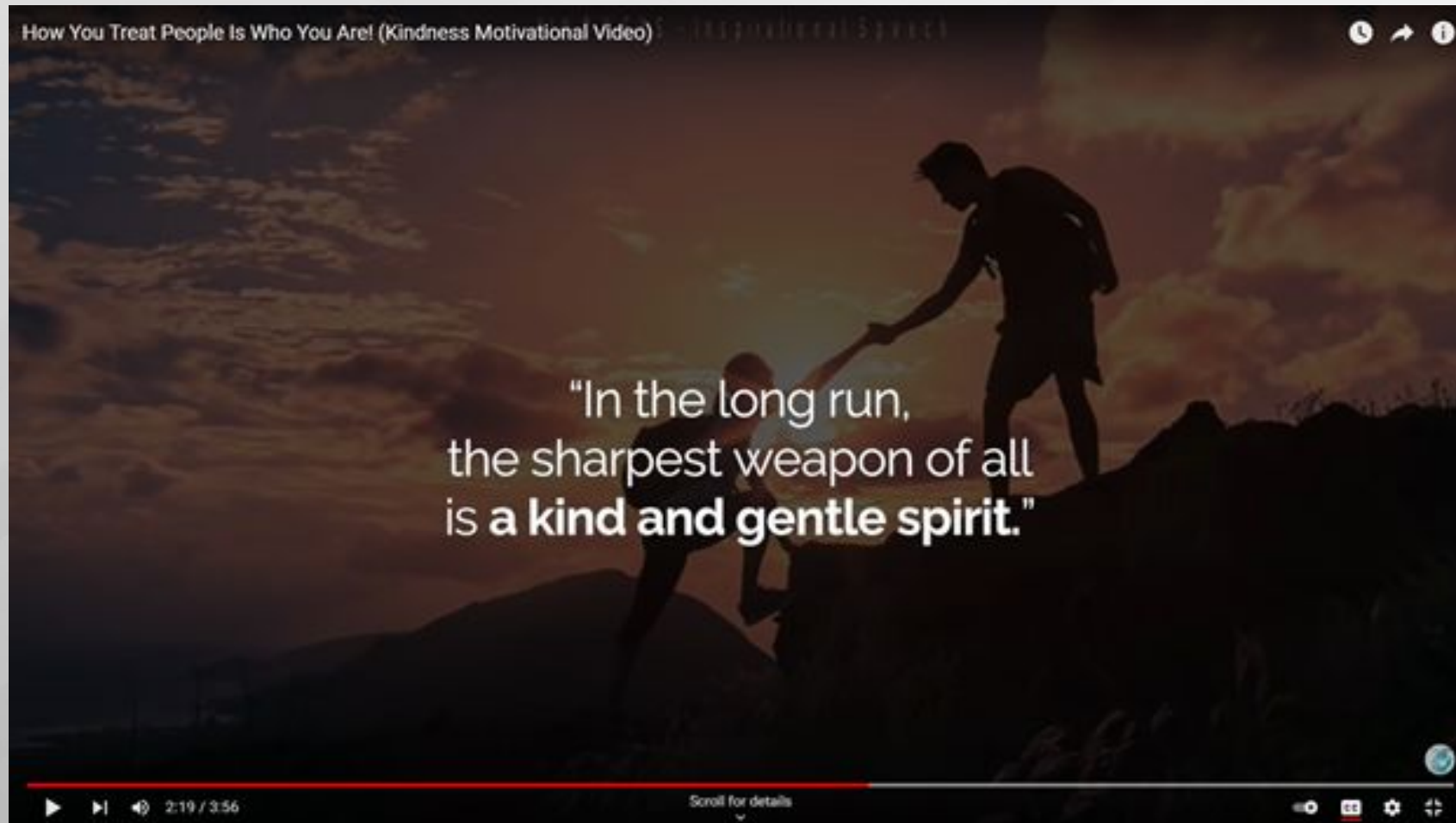
**Please type into the chat box:**

- **Do you have any questions, concerns or comments?**
- **Share what you took away from today's meeting.**



# Mindful Minute

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# Evaluation

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## Session Feedback/Satisfaction (Less than 5 minutes)

- To help us improve this training, please complete this form
- Available in the chat box



# Next Steps



<i>Between Nov 24 and Dec 6, 2021</i>	<b>Complete on-line learning module.</b> Self-care <b>Complete reflection</b> and <b>prepare questions</b> for practice session.	Learn about the various forms of work-related stress and the steps to creating a self-care plan.
<b>December 7, 2021</b> <b>2:30pm-4:30pm</b> Tuesday	<b>Attend practice session.</b> Self-Care: An Essential Skill in Trauma Informed Care	Formulate and develop an individualized self-care plan.

**Preparation for Self-Care: Complete your self-assessment.**

Let's review the **STAR Webpage**



# CTAC STAR Contacts

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  - Practice session/Zoom information

Please use **subject line: STAR**



# Thank You!

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Visit [www.ctacny.org](http://www.ctacny.org) to view past trainings, sign-up for updates and event announcements, and to access resources.

See you in 2 weeks!