

Expanding Trauma and Mental Health Services through Congregations

Background

In 2022, NASMHPD contracted with Harper Hill Global to assist in increasing capacity in the USA to serve people with mental health needs in communities. The psycho-educational TAMAR program, originally funded by SAMHSA twenty-five years ago, was revised and customized to expand trauma and mental health services in congregations currently offering Alcoholics Anonymous, Narcotics Anonymous, and various other Twelve-Step services.

Key Findings

- “A missing link between knowledge about resiliency and applying trauma-informed care”
- “Faith-based is universal. Action-oriented is good. We’ll act, not just talk.”
- “Working collaboratively with community partners opens the door for patients to begin healing. We must trust each other so they can trust us in their process.”

Goals and Objectives

TRIUMPH
OVER
TRAUMA

Curriculum Analysis
Report

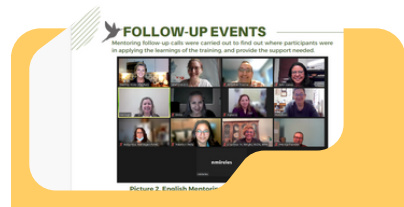
Research

- Contexts & Challenges
- Access to Mental Health Resources
- Crisis Response



Programming

- Context Supplements for Faith Traditions
- Online & In-Person Training
- Media Resources
- Automated System



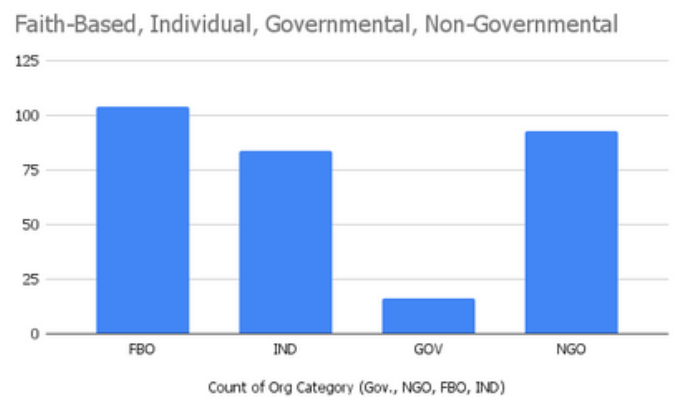
Support

- Ongoing Collaboration with Facilitators
- Continuing Education
- Online Q&A
- Media Attention for Events/Programs

Those We’ve Trained

Audiences	What They’re Doing
Faith-Based Settings: TN, CO, MS, TX, MD, KY, IN, GA, OK, IL, FL, HI, ME	Awareness Workshops, Retreats, Weekly Sessions
Indigenous American Network: AK, NM, MI, NH, MA, WI, IL, AZ	Collaborative process with coaching from two leaders; will conclude with truth-telling summit addressing historical oppression
Non-Profits & State-Based Programs OK, TX, TN, MS, FL, GA, VA, NJ, PA, KS, MD, IN, AZ, DE, SC	Integrating TAMAR with existing programs to expand care for more people

Facilitator Settings



TriumphOverTrauma.INFO

Trauma-informed resources for community care

Get Started!



Background

Special editions of NASMHPD's TAMAR & TAMAR-Y programs are available with faith-based context supplements, media resources, and training at TriumphOverTrauma.INFO.

Expand community-based mental health resources in your community!

DOWNLOAD FREE RESOURCES

Free group resources are available at TriumphOverTrauma.info to help you offer trauma-informed education & coping skills.

SIGN UP FOR FREE TRAINING

Facilitator training that prepare you to lead a group. Sign up for free online training at TriumphOverTrauma.info.

FACILITATE

Lead workshops, retreats, or a 7-session small group. Be creative in addressing your community needs!

BENEFITS

1

Increase Psychoeducational Awareness

TAMAR & TAMAR-Y programs provide everything you need to lead sessions that educate, help people connect the dots in their own lives, and learn healthy ways to cope with trauma reminders.

2


Practice & Encourage Mindfulness Habits

Self-soothing techniques, when practiced collectively, become habits for daily self-care.

3

Lessen Isolation & Loneliness

Recognizing that what you're experiencing is also experienced by others can lessen feelings of isolation and destigmatize serious mental illness. There can be healing in community.

 Text **HOPE** to 615-933-5387 for daily inspiration

 Follow the **WomenArise** podcast for insightful conversations.

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