

PROVIDER QUICK POINTS

PROVIDER INFORMATION



June 14, 2023

Trauma Informed Care 101 Webinar | Thursday, June 29, 5-6:30 pm

Blue Cross is hosting a series of training courses on trauma-informed care for healthcare providers led by Dr. Tolulope Monisola Ola, MPH.

Trauma of many different kinds is pervasive in refugee and immigrant cultures. Refugees and immigrants suffer, and all too often, the suffering continues long after the traumatizing event and affects mental and physical health. Trauma-Informed Care is an approach to healthcare that acknowledges the possibility of prior trauma and in which care providers and the care environments are designed to heal without re-traumatizing. Research and clinical evidence document that trauma-informed approaches to delivering healthcare services include understanding trauma and the impact it can have across settings, services, and populations.

In this webinar, we will define trauma and different types of traumas, look at trauma through the lens of refugee and immigrant worldview and poverty, highlight symptoms of trauma that may indicate a trauma history via a case study, define retraumatization and how it occurs, discuss the trauma-informed paradigm shift and the five values and principles of trauma-informed care.

Title: Session 2 - Trauma Informed Care 101

Date/Time: June 29, 2023, from 5:00 to 6:30 PM Central Standard Time

Registration Link: https://availity.zoom.us/webinar/register/WN_5t7qv8d6QSSamI50ECsnlw

Dr. Tolulope Monisola Ola is the Founder and Executive Director of Restoration for All Inc; a nonprofit organization with the mission to nurture and empower individuals, organizations, and communities to renew, discover and restore their culture of well-being. She is the CEO of Cultural Health Education & Research, LLC. She is a Mental Health Practitioner, African Storyteller, and an advocate for cultural healing through mind, body, and spirit practices. She is a Co-chair for the Mental Health and Wellness Action Team of Ramsey County Public Health. She is an entrepreneur and a social researcher with several journal articles, book chapters, and two books to her credit and has presented extensively on the role of culture in improving mental health and well-being at local, state, national, and international conferences. She has expertise in public health and rights-based responses to chronic diseases and their psychosocial impacts on immigrants and refugees from Africa. She is a public health expert with experience in empowering and mobilizing communities to bring about social change through health education, sensitization, and advocacy to create an environment that is physically, socially, and culturally inclusive.

These training sessions are focused on helping providers learn to acknowledge and address systemic bias in health care that impacts member care and health outcomes. This training is designed as a practical overview and will cover a basic understanding of what is trauma and adversity, how it is experienced culturally, the connection to poverty, and how to dive past the normal question of "what is wrong with you" to explore other necessary questions, like "what happened to you" and the impact of our words and how to provide trauma-informed care in the real world.

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