

Trauma
Resolution
Education
Empowerment
Stress Relief



The Trauma Resolution Center
America's First Trauma-Focused Community Mental Health Center

Improving the Human Condition One Life At a Time

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Founding: The Trauma Resolution Center (TRC) was founded in 1995 by Teresa Descilo at the request of the State Attorney's Office in following the recommendations of a community task force that identified the need to help victims of crime recover from the aftermath of their overwhelming experiences.

Mission: The mission of the TRC is to build human resiliency by facilitating the resolution of traumatic events and teaching tools to relieve stress. The main services of the agency include client-centered, individual trauma-specific facilitation and psycho-educational groups. Our holistic services include Eastern practices such as breathwork, yoga and meditation. We also provide acupuncture, massage and advocacy as funding permits. We are considered experts in trauma and domestic violence and provide court evaluations and expert testimony for refugees and victims of violence. Community Resiliency programming includes training trainers in the community on simple, but powerful stress relief techniques. School-based programming included a yoga curriculum, individual treatment, tutoring, art and service projects. We provide training in our agency model to other agencies, healers and mental health professionals. In supportive housing and residential settings for youth, we provide trauma-informed psychosocial rehabilitation.

Our goal is to provide an in-depth and respectful service that empowers individuals, leaving them less likely to need any further community services.

Outcome measures: From day one, as part of responsible practice, TRC has utilized validated measurements for depression, anxiety, traumatic stress, happiness and expectancy of success. In 2013, we replaced the happiness and success scales with the Posttraumatic Growth Scale. The tests are administered at the beginning and at the end of services: at which time we also ask clients: have you noticed any changes since starting services with us? If so, what are they?

Research: In three separate evaluations, starting with that of a biostatistician who had worked for the Centers for Disease Control and Prevention, it was found that our innovative protocol significantly reduced or completely eliminated symptoms of clinical depression, anxiety, and traumatic stress, and increased expectancy of success and happiness, in an average of 18 hours of individual work. We have partnered with the University of Miami's Etiony Aldarondo, Ph.D., Associate Dean for Research and Director, Dunsbaugh-Dalton Community & Educational Well-Being (CEW) Research Center, School of Education and Human Development since 2009. One dissertation was completed on our data. The data of 100 minority women was analyzed and this cohort experienced the same measure of gain as all other evaluations. In 2014, we will begin pre and post testing for neuro-cognitive functioning.

Numbers Served: Over 12,500 victims of crime and at-risk youth have been admitted for services. Over 3000 additional crime victims were contacted through our Mobile Advocacy Program.

Demographics: Approximately 65% Hispanic, 20% African American, 12% Caucasian, and 3% of all other ethnicities that are represented in Miami. 80% of our clients are female, 30% are children, and 70% have no health insurance. About 40% speak Spanish only and about 65% are from countries other than the U.S. Almost 15% of our clients are recovering from addiction. Of the 50% of our clients who are referred as victims of domestic violence, half are also victims of sexual assault. Ten percent of our clients are child victim/witnesses to domestic violence. About 12% of our clients are referred for sexual assault, and 8% are family members of homicide victims. The remainder of our clients have experienced all types of victimization including torture and human trafficking.

Innovation: TRC has provided trauma-specific services around its mainstay, Traumatic Incident Reduction (TIR), which is an evidence-based, client-centered modality that integrates traumatic memory. TIR is now listed in the National Registry of Evidenced-Based Practices and Programs. www.tir-nrepp.org The TRC has been recognized by the Substance Abuse and Mental Health Services Administration as the 'gold standard' for trauma resolution. They funded this movie about the agency: www.trcmovie.org

Awards and Recognition: In 2003, the National Organization for Victim Assistance awarded TRC its Tadini Baccigalupi Award, acknowledging innovation in service, program longevity, quality of services, and use of multiple volunteers in meeting the needs of the victimized. In 2004, the Greater Miami Chamber of Commerce awarded TRC its NOVO Award for innovative excellence. In 2006, TRC Executive Director Teresa Descilo was one of three finalists for the Concern Award of the Health Foundation of South Florida. In 2007, two representatives from the Substance Abuse and Mental Health Services Administration requested to visit the agency after receiving many independent reports as to our effectiveness in resolving the impact of trauma. After two days interviewing clients, staff and reviewing records, Susan Salasin wrote: ***The Trauma Resolution Center (TRC) in Miami, Florida is a unique and pioneering trauma services delivery model for trauma survivors who often are plagued with mental health and substance abuse problems following experiences of crime and violence, but are typically denied services in the mental health, substance abuse, and victim assistance worlds because their needs do not “fit” with how those providers have been trained. The TRC serves all types of people who have experienced traumatic events – such as rape, domestic violence, witnessing violence and/or murder, torture, kidnapping and numerous other types of human to human violence – in an integrated and empowering short-term series of group and individual sessions that specifically address trauma and the range of its mental health, substance abuse, and victimization related personal impacts. A trauma services model termed “Traumatic Incident Resolution” (TIR) is used by TRC and applied to each staff member who completes the TIR process him or herself prior to beginning to counsel clients using the TIR model to accomplish trauma resolution. A host of the client’s additional personal and life style issues related to the traumatic event(s) are also addressed by TRC staff through advocacy and case management. ...,the TRC is an extremely economical human services program model with tremendous bang for the buck. It is a very transformative approach to trauma services design and delivery that merits national attention and application in a wide variety of communities.***

Community Partners: Miami-Dade County, Americans for Immigrant Justice, the University of Miami, the Coordinated Victims Assistance Program, the Green Cross Academy of Traumatology, Carlos Abizu University, Drug Dependency Court, Florida International University, Miami Dade College, and many more.

Training Site: TRC has trained social work, marriage and family, and mental health interns from several universities since 1995, providing an invaluable training experience. We are a licensed training site for the Green Cross Academy of Traumatology. There are three trainers certified by the Traumatic Incident Reduction Association and four more trainers near certification (April 2014)

We have trained the following agencies in our model. Note that they are in varying stages of replication:

- **Susan B. Anthony Center** – Broward County <http://www.susanbanthonycenter.org/> Assists mothers with addiction. Residential and outpatient
- **Amethyst in Columbus, Ohio** <http://www.amethyst-inc.org/> Also assists mothers with addiction. Residential and outpatient
- **Center for Family and Child Enrichment** – Miami - <http://www.cfceinc.org/> Assists kids and families in the dependency system. One staff supervisor has become a trainer and many clinical staff are now providing children and families TIR.
- **Akwesasne Mohawk Tribe** – trained people in their mental health and substance abuse clinics. Returning in April 2014 for further training
- **Miami-Dade County –Community Action/Health and Human Services Department** in conjunction with Judge Jeri Cohen and Drug Dependency Court sent us 4 clinical staff that we are continuing to train for implementation of our model in all of their substance abuse facilities.
- **North County Lifeline** – San Diego <http://www.nclifeline.org/> After training one employee, a second workshop was completed in April and there are now six staff providing TIR to their clients.