

Arizona Trauma Informed Faith Community

Rev. Sanghoon Yoo, MSW, MDiv

October 22, 2020

Arizona Faith Council

Phoenix, Arizona



THE FAITHFUL CITY



AZTIFC



The Faithful City



Update Page Info 2

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TFC: “Founded as a Christian fellowship, The Faithful City is purposed for raising servant leaders with multi-cultural sensitivity and trauma-informed lifestyle to serve the global community with effective ministries.”

CRUSH: “CRUSH is a servant leadership organization to promote community services and facilitate leadership skills of participants, by engaging in relational mentoring, trainings and community activities.”

CRUSH is a servant leadership program purposed to raise young future servant leaders from multi-ethnic and international heritages in the community. It connects young people groups to established community leaders, fellowship and workshop opportunities, various community services, music & art fest, retreat, and other events to equip and coach them as vital community servant leaders in the future.



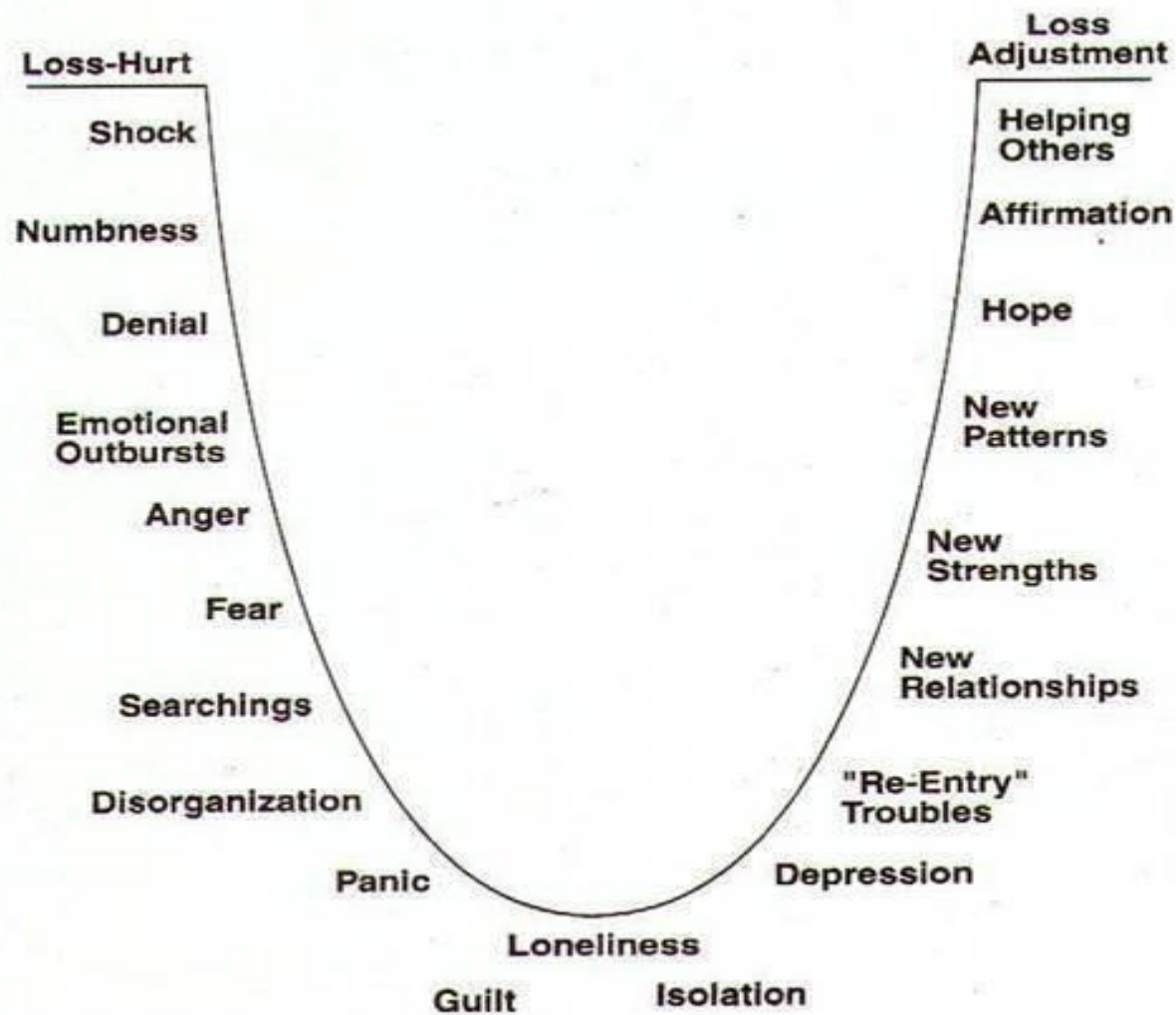


The Lord is near to
the brokenhearted
and saves the
crushed in spirit.
Psalms 34:18

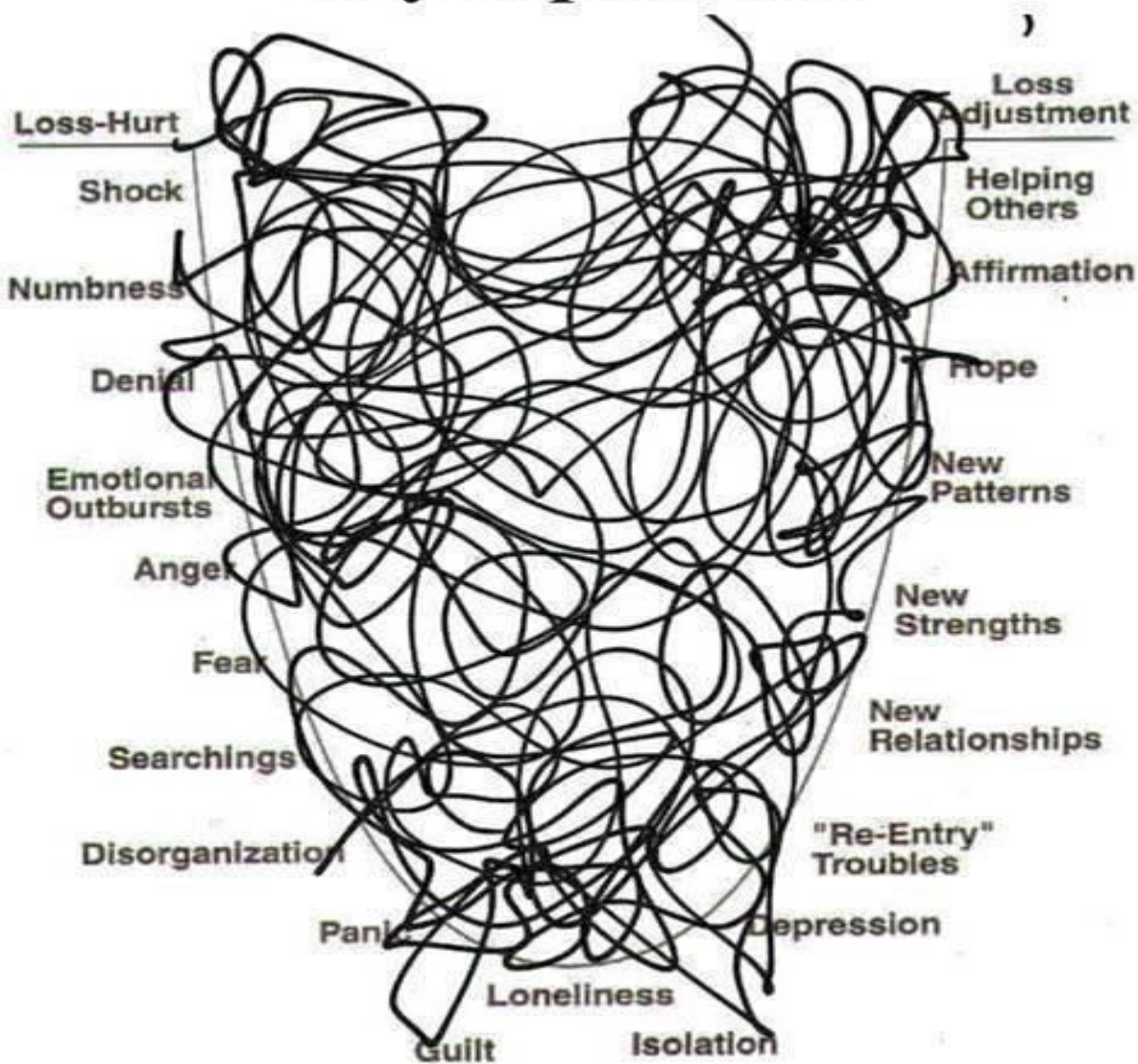




STAGES OF GRIEF



My experience



TiCong Community of Practice



Welcome to the TiCong (aka Building Resilient Communities thru Trauma-Informed Congregations Community of Practice)!

Arizona ACEs Consortium

azaces.org



Resilience from the trauma induced life

Unconditional Love

One person with constant care



Arizona Trauma Informed Faith Community (AZTIFC)

AZTIFC Mission: Building resilient faith-based organizations as trauma informed community to facilitate sensitive care, training, resource sharing, advocacy and social movement, not compromising own faith tradition but multiplying collaboration in the community for the greater good.

AZTIFC – Tracks, Organizations & Regional Leadership Development



AZTIFC

More info:

Rev. Sanghoon Yoo
thefaithfulcity@gmail.com

**Resilient
Church
Conference**

**Friday
February 12
2021**

**RESILIENT CHURCH
KEYNOTE SPEAKERS**

 Brenda Cochran Pureheart Church	 Sanghoon Yoo The Faithful City	 Lee Ploske The Crossroads	 Dan Steffen Pureheart Church	 Aubrey Barnwell First New Life Church	
 Charity Northan Faith Solutions to Mental Health	 Dr. Robert Rhoton Arizona Trauma Institute	 Becky Haas Ballad Health Care, TN	 Andrea Clements Eastern Tennessee State University	 Marcia Stanton Phoenix Children's Hospital	 Maria Cristina Fuentes Director, Governor's Office of Youth, Faith and Family

Speakers from the
conference





5th Annual ACEs Summit:
Becoming a Trauma Informed State
*Overcoming Adverse Childhood Experiences
to Create a Healthier Arizona*







Trauma Informed Community The Third Training

Rev. Sanghoon Yoo, MSW, MDIV.

**March 11, 2019
Hope Women's Center
Phoenix, Arizona**



A COALITION FOR MILITARY FAMILIES



ANNUAL STATEWIDE SYMPOSIUM

IN SUPPORT OF SERVICE MEN
VETERANS & THEIR FAMILIES





What's wrong with you?



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

ACEs Score

Adverse
Childhood
Experiences

What happened to you?

Out of 100 people...

33%
Report No ACEs



With 0 ACEs

1 in 16 smokes
1 in 69 are alcoholic
1 in 480 use IV drugs
1 in 14 has heart disease
1 in 96 attempts suicide

51%
Report 1-3 ACEs



With 3 ACEs

1 in 9 smokes
1 in 9 are alcoholic
1 in 43 use IV drugs
1 in 7 has heart disease
1 in 10 attempts suicide

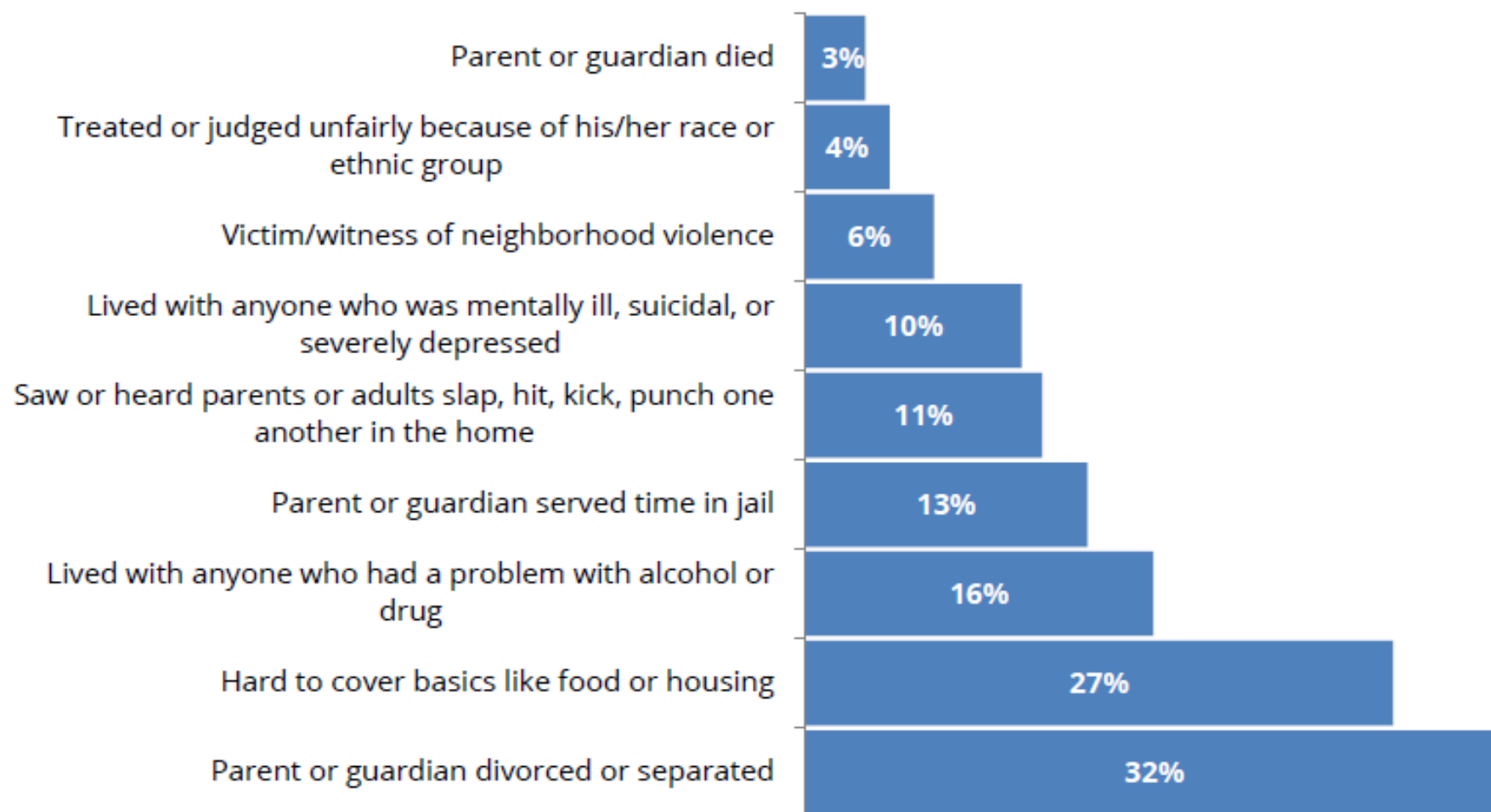
16%
Report 4-10 ACEs



With 7+ ACEs

1 in 6 smokes
1 in 6 are alcoholic
1 in 30 use IV drugs
1 in 6 has heart disease
1 in 5 attempts suicide

Prevalence of ACEs among Arizona's Children



Key Findings

- **Parental separation or divorce and economic hardship are the most common Adverse Childhood Experiences reported**

Arizona Children, 0 – 17

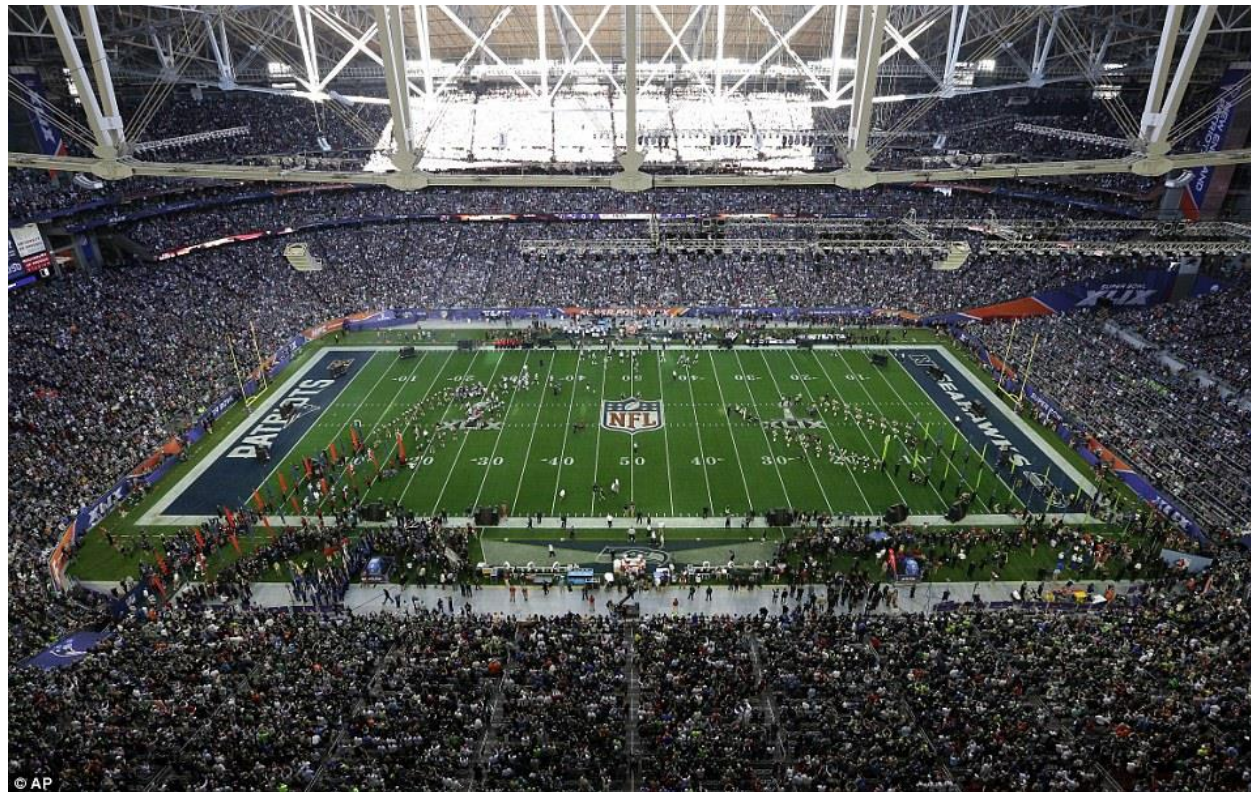
2016-2017 National Survey of Children's Health

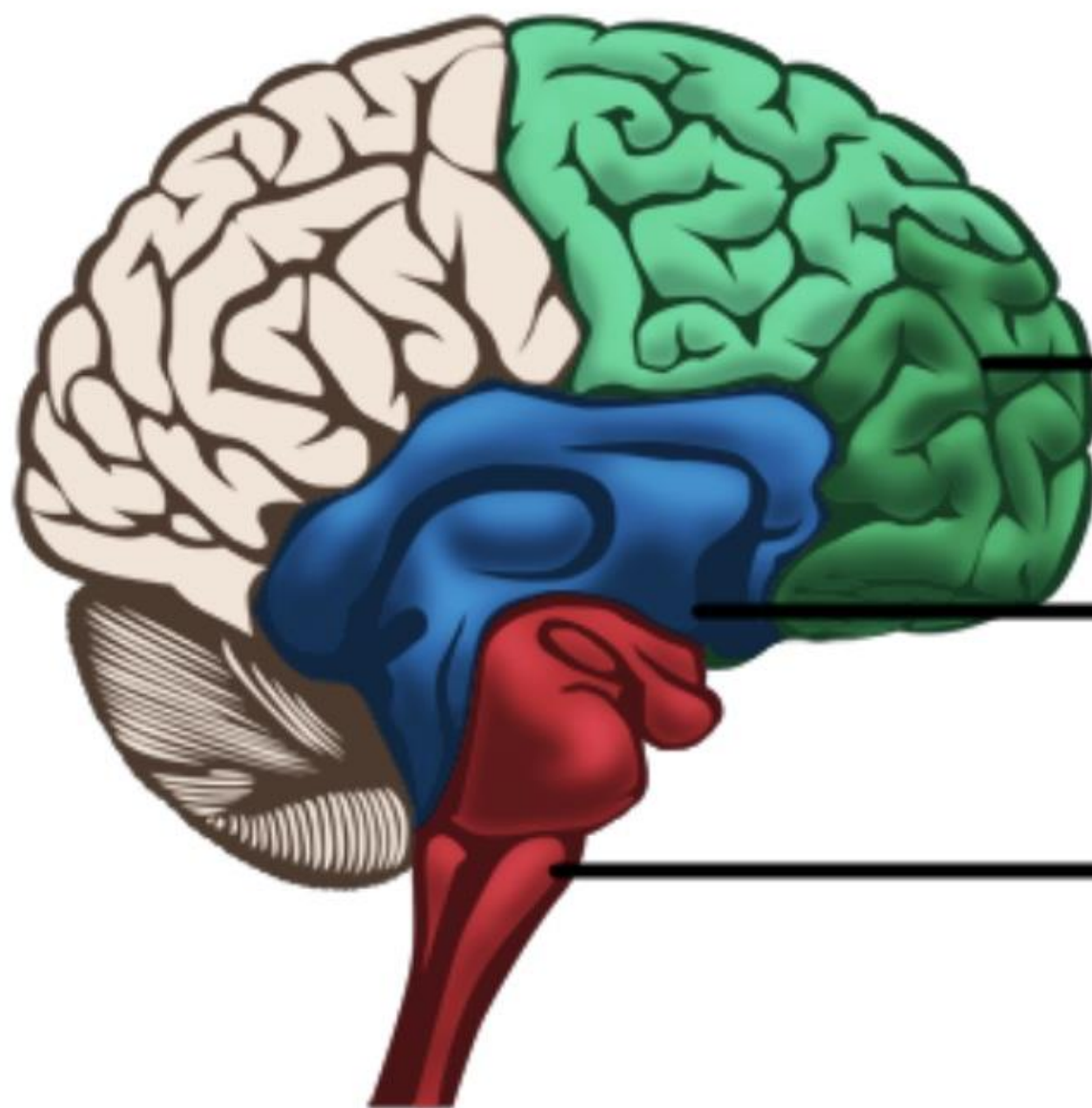
- At least 1 ACE – 23 %
- 2 or more – 27 % (National average - 22 %)
- 3 or more – 18 %

Child (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by Cooperative Agreement U59MC27866 from the U.S. Department of Health and Human Services, Health Resources and Services Administration's Maternal and Child Health Bureau (HRSA MCHB). Retrieved [01/22/19] from www.childhealthdata.org. CAHMI: www.cahmi.org.



AZ Kids with 5+ ACEs Would Fill State Farm Stadium





Executive State

Prefrontal Lobes

What can I learn from this?

Emotional State

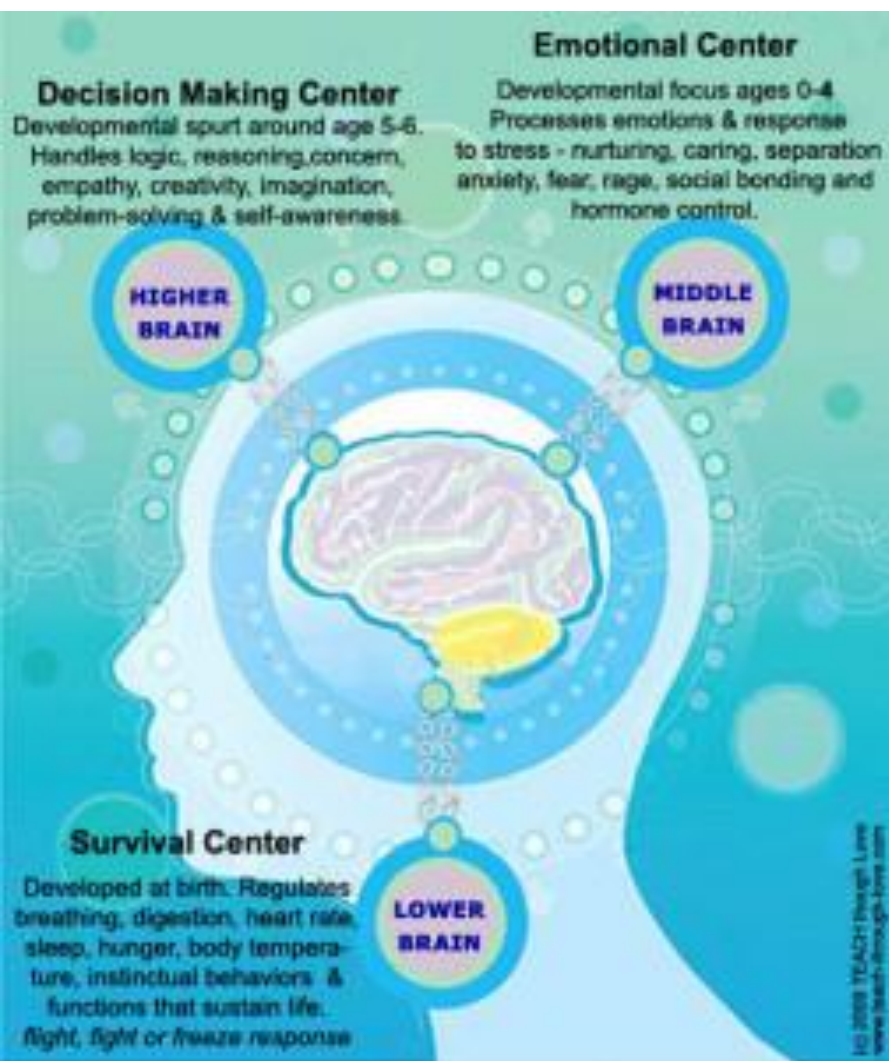
Limbic System

Am I loved?

Survival State

Brain Stem

Am I safe?



Amygdala Hijack

FIGHT



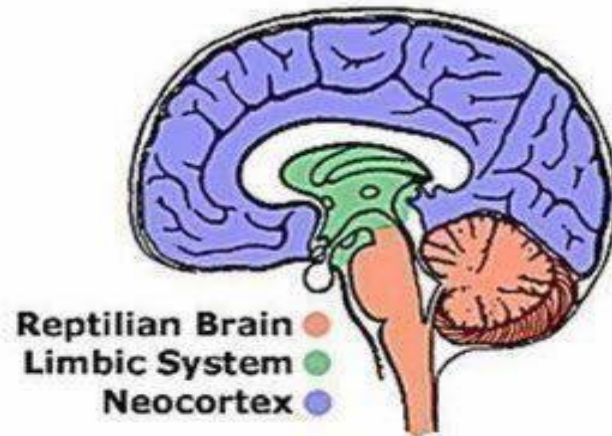
FLIGHT oohlala!



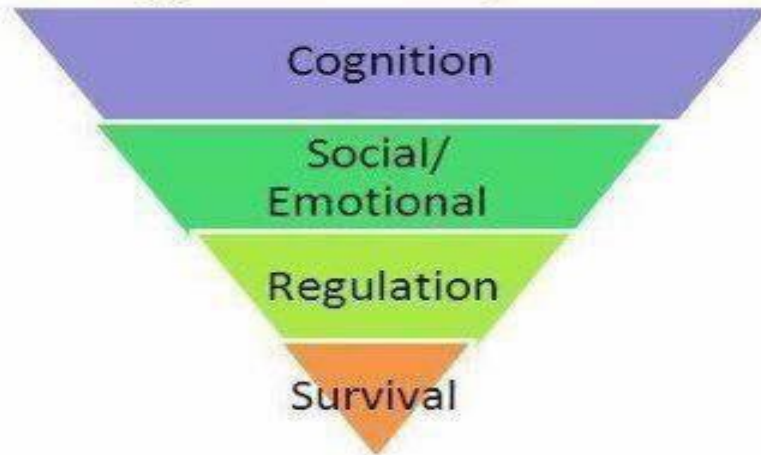
FREEZE



Trauma & Brain Development



Typical Development



Developmental Trauma



Adapted from Holt & Jordan, Ohio Dept. of Education

If Stress Response System Has Been On a Lot

- Reactive Behaviors are **Physiologically Correct, Regardless how Annoying, Illegal or Immoral**
- Have to Get Individuals out of Alarm System to Improve Outcomes



Problem? Or Solution?

"Connectedness counterbalances adversity." Dr. Bruce Perry



Dr. Bruce Perry | CBS NEWS

Logical Dialogue

Cortex

Step 3: Reason

Feeling Loved

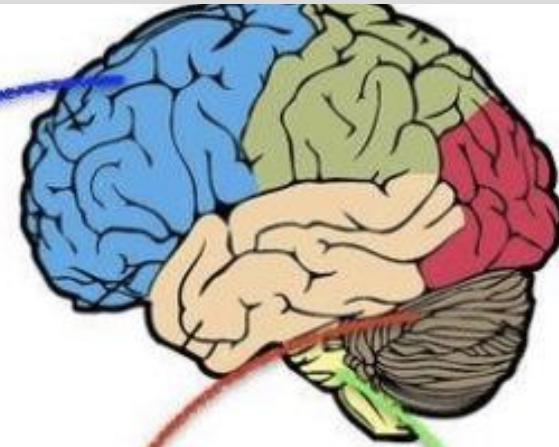
Limbic Region

Step 2: Relate

Safety

Midbrain / Brainstem

Step 1: Regulate



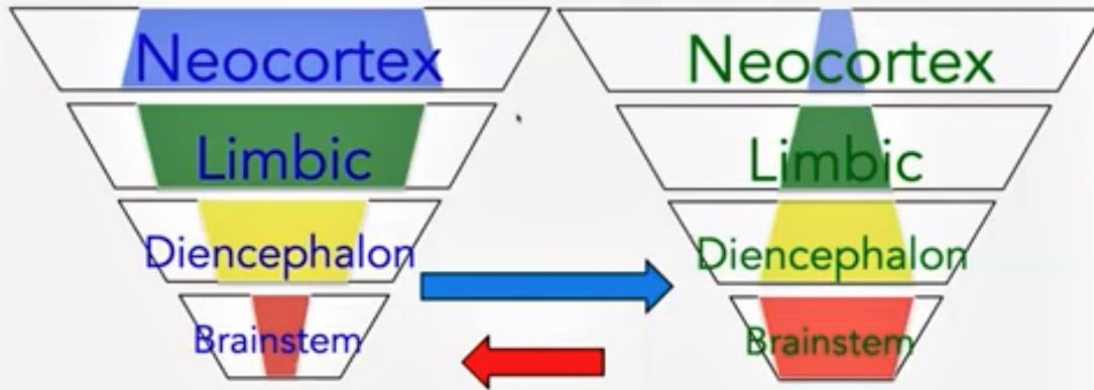
John 8:7-11

⁷ When they kept on questioning him, he straightened up and said to them, “Let anyone among you who is without sin be the first to throw a stone at her.” ⁸ And once again he bent down and wrote on the ground. ⁹ When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. ¹⁰ Jesus straightened up and said to her, “Woman, **where are they?** Has no one condemned you?” ¹¹ She said, “No one, sir.” And Jesus said, “**Neither do I condemn you.** Go your way, and from now on **do not sin again.**”



Relational Contagion

A calm, regulated adult can regulate a dysregulated person.

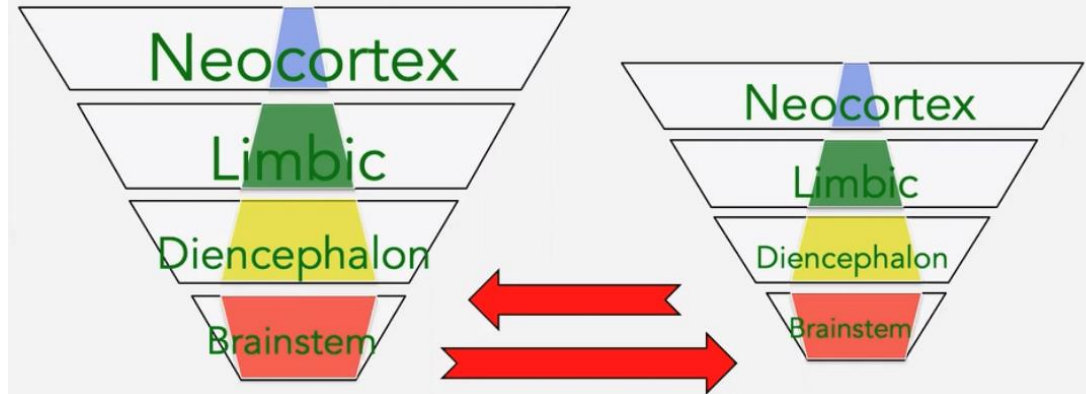


BUT

A dysregulated adult can NEVER calm anyone.

Relational Contagion

A dysregulated adult can never regulate a dysregulated child



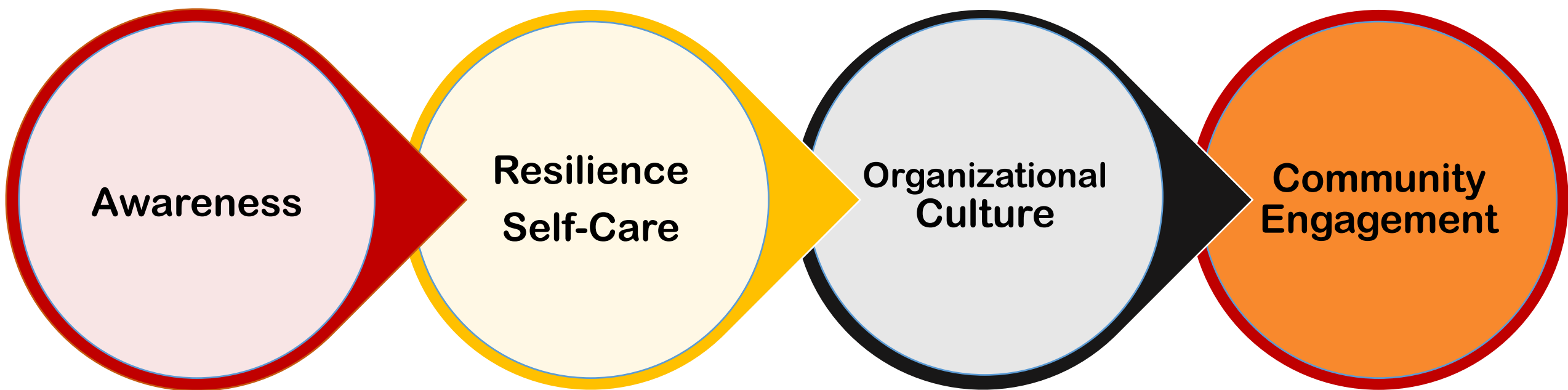
AND

A mutually co-dysregulating escalation will further dysregulate both the adult and the child

**People
will
hurt you
in
attempt
to heal
themselves...**



Trauma Informed Community Journey





Arizona Trauma Informed Faith Community

AZTIFC

- **Founder: Sanghoon Yoo, thefaitifulcity@gmail.com**
- **Phoenix West Region: Brenda Cochran, bcochran@pureheart.org**
- **Phoenix East Region: Dave Beach, dbeach@ascend.church**
- **South Central Phoenix: Jaylynn Smith, judahshall@aol.com**
Katrina Harrell, katrina.harrell28@gmail.com
- **North Central Phoenix: Kathleen Welcher, Kathleen@fccphx.com**
- **Phoenix North Region: Dawn Farmer, dawn@dsbc.church**
- **Tucson: Robin Blumenthal, robin@4tucson.com**



Arizona Trauma Informed Faith Community

AZTIFC

- **Building Resilient Church Conference: Friday, February 12, 2021**
- **AZTIFC Track Development:**
 - **ACE 101 and Trauma Informed Community Building**
 - **Addiction and Recovery**
 - **Children and Family**
 - **Clinical Service and Whole Person Healing**
 - **Historical Trauma and Cultural Competence**
 - **Court System and First Responders**
 - **Human Trafficking and Abuse**
 - **Mental Illness - Peer and Family Support**
 - **Pastoral Care and Chaplaincy**
 - **Refugees and Migration**
 - **Spiritual Formation and Mindfulness**
 - **Veterans and Moral Injury**
 - **Seriously Mentally Ill and Advocacy**

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