

# BBI'S COMPREHENSIVE, TRAUMA-INFORMED APPROACH TO MENTAL HEALTH

Bright Beginnings has a credentialed trauma specialist on sight who assists teachers, staff, and children based on the following pillars:

## Trauma-Informed Care

- BBI implements effective practices in every area of our 2-Generation programming rooted in an understanding of the ways traumatic experiences affect the way each individual reacts to a situation. BBI offers play, art and trauma therapeutic interventions for children and a wide array of wellness to meet the needs of mothers, fathers and other caregivers.

## Culturally Responsive

- BBI believes that being culturally responsive is about understanding our families and their cultural norms, their cultural backgrounds, By creating culturally responsive practices, BBI is committed to reducing long-standing disparities in who accesses mental health care. Building a practice that is inclusive of all patients who may walk through the door requires effort and attention. Here are four things that clinicians can do. Being culturally responsive requires the following:
  - **Respect each family's individual experiences** - BBI meets families where they are. This means BBI considers the unique experiences that shape each individual's health and wellness, such as their access to health care services a secure place to live and their experiences with racism or discrimination. Culturally responsive practitioners are able to understand the cultural context within which family navigate.
  - **Partner with the community** - BBI is involved in the greater Wards 7 & 8 communities in which we serve. Our hope is to build trust, and encourage our families who historically have not accessed mental health care to engage with BBI's available services
  - **Listen and learn** - BBI listens closely to their families so that we can learn how to empathize with them more deeply.

## Strength-based perspective

- BBI uses a strength-base lens is focusing on the positive attributes, of a person or a group, rather than the a deficit lens. Therefore, we see our families as resourceful and resilient.

## Early Interventions

- BBI operates with the knowledge that the sooner an individual is connected with a necessary service or intervention, the lesser the impact on learning and health outcomes. Bright Beginnings' therapeutic services team includes a clinical psychologist, trauma, physical and occupational therapists, and speech & language pathologists who work with our children, teachers, and parents to provide professional development.

