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Subject: News from CMHS's National Center for Trauma-Informed Care



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CMHS's National Center for Trauma-Informed Care

news and information

CMHS Meeting Prompts Peer Support Initiative on Disaster Retraumatization

Consumer leaders are developing training curricula to help those in the mental health and criminal justice systems work more effectively with individuals who have histories of trauma and/or mental illness and who are then retraumatized by disaster.

Principles for the curricula were developed at CMHS' [After the Crisis](#) meeting, which convened its Peer Support and Response Committee January 25- 26 in New York City.

Consumer-to-consumer peer support is widely recognized as one of the most promising means of addressing such retraumatization. Meeting participants agreed that peers are the most effective engagement tool in a post-disaster community of often already marginalized consumer-citizens. With the social upheaval that can follow disaster, peer support can sometimes be the only modality available to effectively address trauma and mental health needs in the wake of a disaster.

Key principles guiding development of the curricula include:

- services should be peer-run and embrace the concept of mutual support;
- training should promote practices and strategies that are trauma-informed, culturally and linguistically sensitive, and which create trauma healing and recovery-oriented environments;
- peer response should have the capacity to provide linkage to necessary services;
- peer responders should be integrated members of local and state-level disaster response plans, working in partnership with trauma and mental health and other relief organizations; and
- peer response training must also focus on prevention by emphasizing both individual/family preparedness and community disaster preparedness.

After the Crisis is a collaborative initiative between the [National GAINS Center](#) and NCTIC. The initiative is supported in part by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Mental Health Services (CMHS), as well as through the tremendous dedication of its members who have volunteered countless time and resources toward achieving the goals of the initiative.

About CMHS's National Center for Trauma-Informed Care

NCTIC is funded by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Mental Health Services (CMHS). NCTIC offers trauma training, technical assistance, education and outreach, a speakers bureau, and resources to stimulate and support change in publicly funded programs and systems in order to address the trauma experienced by survivors and consumers.

Website: <http://www.mentalhealth.samhsa.gov/nctic>

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