

# Sorrel Leaf Healing Center Mental Health 101 Training & Coping Skills Toolbox

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## Community Need Statement

Sorrel Leaf Healing Center is Humboldt County's first youth residential mental health facility.

An area not addressed was a training curriculum for Sorrel Leafs' non-clinical staff to foster empathy and understanding about the effects of trauma on mental health.

## Guiding Theory

This training created for Sorrel Leaf non-clinical staff is rooted in Contemporary Trauma Theory

## Acknowledgements

Special thanks to Sorrel Leaf Healing Center for allowing me to be a part of their transformative program.  
Beth Anderson, MSW, *Program Development Lead*  
Evan Buxbaum, *Executive Director*  
*Acknowledgement of unceded Wiyot Land*



## Process

- Consult with administration to determine need for trauma-informed training for Sorrel Leaf non-clinical staff.
- Incorporate research to inform curriculum and project deliverables.
- Create curriculum for non-clinical onboarding training.

## Deliverables

- Canva Presentation:**
- training for future non-clinical Sorrel Leaf staff which includes:
    - neurobiology of trauma
    - mental health first aid
    - cultural considerations
- Coping Skills Toolbox:**
- regulation strategies for Sorrel Leaf staff to use with residents.

## Credibility Statement

As an MSW student who also has my own lived experience of mental health challenges that began in childhood, I am passionate about supporting children's mental health and wellness, which I believe led to more successful outcomes for this project.

## References

- Goodman, R. (2017). Contemporary Trauma Theory and Trauma-Informed Care in Substance Use Disorders: A Conceptual Model for Integrating Coping and Resilience. *Advances in Social Work*, 18(1), 186-194. DOI:10.18060/21312
- Trauma Informed Oregon. (2016). What is Trauma Informed Care?. <https://traumainformedoregon.org/wp-content/uploads/2016/01/What-is-Trauma-Informed-Care.pdf>

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Mental Health 101 Training

