



### **Hope Blooms with New TRNs**

Trauma Recovery EMDR Humanitarian Assistance Programs (Trauma Recovery) has welcomed the formation of six new Trauma Recovery Networks (TRNs) through March 2019. Local volunteers, supported by Trauma Recovery have launched TRNs in:

- Florida Keys
- Atlanta Area
- Oakland East Bay
- Heartland Kansas
- Riverside County, CA
- Western New York

These new TRNs increase the network to 50 in total with over 1000 members worldwide. The newest TRNs further extend the capacity to effectively treat trauma on a pro bono basis among underserved communities throughout the United States. "It's a sign of a growing movement, that Trauma Recovery has launched six new TRN groups this year, in less than four months. They are filled with energy and passion to "pay it forward" and give back to their community with pro bono EMDR therapy. ", said

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Don deGraffenried, Program and Community Development Director for Trauma Recovery.

These new TRNs are responding to local needs resulting from natural and man-made disasters, such as hurricanes, flood and fire, as well as homicides and other violent crimes. They are engaged and treating both victims and first responders from fire and police departments and other emergency response units. The long-term goal is to build community resilience to emergencies, and work seamlessly with community emergency response teams.

### **Small Steps, Big Impact**

Each TRN began with mental health clinician volunteers dedicated to assisting in times of emergency with pro bono EMDR services. The TRN clinicians organize themselves to address the on-going circumstances contributing to trauma in their local communities. Their TRN responsibilities extend beyond treatment to:

- engaging with local emergency management systems,
- share knowledge and resources among clinicians, and
- building awareness and understanding about the nature and treatment of psychological stress.

Each TRN has an individual, self-defined mission, yet members share their EMDRIA authorized Basic Training in EMDR therapy and operating guidelines provided by Trauma Recovery for consistent quality delivery of treatment.



### One TRN Organizer's Story

Until you've lived it, smelled everything rotting out on the road, lost everything, and seen the suffering of everyone you know, you cannot fully understand the trauma that devastation and loss from Hurricane Irma left on the Florida Keys community, " says Sarah Braver, Counselor, MA, CAP, LMHC and coordinator of the new Florida Keys Trauma Recovery Network.

Braver, struggling with the loss of all she valued and identified with to the storm, and trying to navigate basic subsistence, federal assistance and insurance claims, identified the chronic stress and growing desperation she was feeling and the toll it was taking on her. She knew survivors dealing with massive loss to the storm, trying to cope and rebuild their lives might not understand their need for mental health care. She found support from colleague Dailey Grainger PHD ARNP. Together they sought and secured Trauma Recovery's EMDR training for mental health clinicians treating the survivors in the 180-mile geography that comprises the Florida Keys.

They began with two weekend trainings in a Fire Station and twelve therapists. Eighteen months after the hurricane, they have TR|HAP EMDR-trained clinicians on the ground helping survivors and first responders throughout the Keys still struggling with their experiences and recovery from the storm.

Braver is passionate about aiding the Keys community, end to end. She has witnessed the dramatic healing EMDR provides by treating a suicidal victim at the Mayor's home, a veterinarian coping with record pet euthanasia's post storm and client-owner's deep grief, and first responders dealing with numerous fatalities and no morgue in the first days following the storm. She has obtained support from politicians, Fire and Police departments, and local rotaries through proactive engagement and education. These and other organizations in the county continue to refer patients to the TRN. Braver and her fellow TRN members take pride in the fact that the group has become a well-known resource within Monroe County and that they are building community resilience with their work.