



Kansas Consumer Advisory Council
for Adult Mental Health, Inc.
www.kansascac.org

So You Want to Change the World –

Creating a Trauma-Informed Mental Health Service System!

This material was developed by Beth Filson for the Georgia Mental Health Consumer Network 2005-2007. Updates and revisions by the Kansas Consumer Advisory Council for Adult Mental Health, Inc., 2010, 2011, 2015.

Who We Are:



Kansas Consumer Advisory Council for Adult Mental Health, Inc.

The Kansas Consumer Advisory Council for Adult Mental Health (CAC) is the statewide mental health consumer network in Kansas dedicated to improving the lives of people with psychiatric disabilities. The organization is entirely made up of people who are, or have been consumers of mental health services. We strive to advocate for mental health consumers and help people recover by communicating with the Kansas Department of Aging And Disability Services, Community Mental Health Centers, Consumer Run Organizations and many other organizations.

Our mission is to aid consumers through education, advocacy, collaboration, feedback and equal representation.

Our Vision is that all Kansans have hope and expect mental health recovery and wellness as essential part of overall health. All people can use their life experiences or trauma background as assets to build dignity, self-direction for a life of their choice in the community.

To find out more about who we are and what we do please visit our website www.kansascac.org. You can also find us on Twitter, Facebook and YouTube.

Table of Contents

1. Tools for Transformation
2. Definitions of Trauma
3. Mental Illness, or Trauma – What’s in a Name?
4. The ACE (Adverse Childhood Experiences) Study
5. The Impact of Trauma in our Lives
6. Leadership – Creating Culture Change
7. Breaking the Bonds
8. Excerpt from “Living Well: A Strategic Plan”
9. NASMHPD position Statement on Services and Supports to Trauma Survivors
10. The National Center for Trauma-Informed Care
11. Criteria for Building a Trauma-Informed Mental Health Service System
12. Trauma-Informed Care Assessment Scale
13. SAMHSA’s 10X10 Wellness Campaign
14. Does Trauma Matter? Starting a Conversation in an Organization
15. Resources