

MAY 2022



# #WeHealUS

PENNSYLVANIA

TOOLKIT



# ABOUT #WeHealUS

May is Mental Health and Trauma Awareness Month.

There is a growing movement across the United States toward becoming healing-centered, while raising awareness for mental health. *Trauma Informed Awareness* and *Mental Health Awareness* are crucial now more than ever, as COVID-19 has impacted, and continues to impact, our lives.

#WeHealUS is a national campaign involving every state! Numerous partners are joining the movement in Pennsylvania to raise awareness around trauma and mental health. Pennsylvania businesses, organizations, associations, agencies, corporations, municipalities, and advocacy groups are helping build a unified, impactful, and consistent campaign throughout Pennsylvania for the month of May.

While this toolkit is specifically for Pennsylvania, more information on the national campaign, as well as the national calendar of events, is available here:  
[www.WeHealUS.org](http://www.WeHealUS.org)



# About the PA Campaign Sponsors

The Trauma-Informed PA Plan is a comprehensive strategy to include Pennsylvania's counties, communities, neighborhoods, businesses, and homes in working together to heal trauma.

The movement began in 2019 when Pennsylvania Governor Tom Wolf announced an overhaul of state services and systems to protect the most vulnerable Pennsylvanians.



His executive order created the Office of Advocacy and Reform (OAR) with a key directive to establish Pennsylvania as a trauma-informed state to better respond to the needs of people who have had adverse childhood or other serious, traumatic experiences. Upon taking up the Governor's charge, OAR sought experts to populate a 25-person, cross-sector think tank to lend their knowledge and wisdom in the field.

From this think tank, the HEAL PA movement was developed with diverse representation of more than 100 volunteers from a wide variety of fields, geographies, ethnicities and life experiences, including several former think tank members and multiple trauma survivors. The individuals serve on action teams focused on implementation of the Trauma-Informed PA Plan, prioritizing plan recommendations, setting short- and long-term goals, and assigning accountabilities to make the plan recommendations a reality. Working through the lens of underlying and unhealed trauma, HEAL PA seeks to transform policies and internal systems, as well as assists all external public and private organizations across the state, to recognize, understand, and address the effects of trauma on the lives of individuals, families, and communities.



# SHARING PARTNERS

During the month of May, *Sharing Partners* commit to sharing one or more social media posts using this social media toolkit and the following hashtags:

- #PAmentalhealthawareness
- #PAtraumainformedawareness
- #PAHealing
- #WeHealUS

There is still time to participate. [Sign up here.](#)



OFFICE FOR CHILD AND YOUTH PROTECTION

ARCHDIOCESE OF PHILADELPHIA



pennsylvania DEPARTMENT OF EDUCATION



pennsylvania DEPARTMENT OF DRUG AND ALCOHOL PROGRAMS



FRIENDS ASSOCIATION IT STARTS WITH A HOME



# SOCIAL MEDIA POSTS FROM SHARING PARTNERS

The following content is provided by our Sharing Partners and can be freely used on social media sites. To receive a high resolution graphic, email: [shannzimme@pa.gov](mailto:shannzimme@pa.gov)

## Twitter:

Certain mental health conditions increase the risk of developing a substance use disorder and vice versa. Help is available and recovery is possible. Call @PADrugAlcohol's Get Help Now Hotline for treatment and resources: 1-800-662-HELP. #MentalHealthMonth #WeHealUS



## Facebook:

Certain mental health conditions increase the risk of developing a substance use disorder and vice versa. If you are struggling, help is available and recovery is possible. Call @Pennsylvania Department of Drug and Alcohol Programs Get Help Now Hotline for treatment and resources: 1-800-662-HELP. #MentalHealthMonth #WeHealUS



# SOCIAL MEDIA POSTS FROM SHARING PARTNERS

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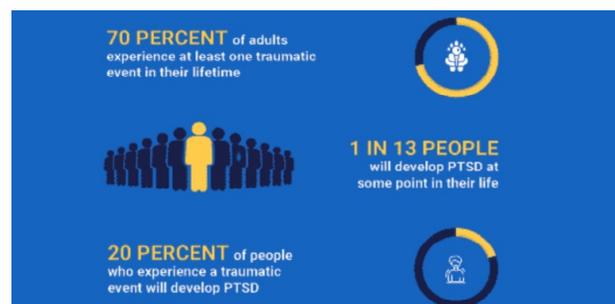
## Twitter:

The @PAStateLibrary compiled easily-accessibly Health & Wellness Resources. Access print and electronic resources on mental health & trauma. <https://pa-gov.libguides.com/c.php?g=1201174#s-lg-box-27852405>  
#PAmentalhealthawareness  
#PATraumainformedawareness  
#PAHealing #WeHealUS

## Facebook:

The State Library of Pennsylvania, part of @PADepartmentofEducation, offers numerous resources for Pennsylvanians to explore physical & mental health and the impacts of trauma during #PATraumainformedawareness Month! <https://pa-gov.libguides.com/c.php?g=1201174#s-lg-box-27852405>  
#WeHealUS

Help @WeHealPA build the movement to support trauma-informed & healing-centered communities. during Mental Health & Trauma Awareness Month. #WeHealUS



# SOCIAL MEDIA POSTS FROM SHARING PARTNERS

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## Facebook:

For Mental Health & Trauma Awareness Month, @iGenerationYouth produced a special section magazine. Specifically for teens, this edition includes a cover story about the impact of ACEs & how young people can overcome trauma and build resilience, neurobiology of trauma, a story from a student in Ukraine about war/life balance, as well as perspective pieces from teens who write about the resources they drew upon in the African American, LGBTQ+, and Asian communities as the encountered stress during the pandemic. Learn more & order magazines for youths here: [igenerationyouth.com](http://igenerationyouth.com)

@iGenerationYouth for Kids produced a special section magazine in honor of Mental Health & Trauma Awareness Month. As always, this magazine features kid-appropriate articles. Now kids & their caregivers can read about 5 ways to feel better, how to cope with grieving & loss, and a comic story showing normal reactions to trauma. Learn more & order magazines for kids here: [igenerationyouth.com](http://igenerationyouth.com)



# GENERIC SOCIAL MEDIA POSTS

The following content can be freely used on social media sites. While these are written for Twitter's length requirements, they can also be used for Facebook, LinkedIn, and Instagram.

To commemorate May as #MentalHealthAwarenessMonth, we've joined #WeHealUS to promote #healing & #resilience through #TraumaInformed work. Join us today!  
<https://www.wehealus.org/>

There are 30+ virtual events offered in Pennsylvania for #MentalHealthAwarenessMonth in May! Check out the #WeHealUS calendar today.  
<https://www.wehealus.org/> #PAhealing

Want to issue a #TraumaInformed resolution or proclamation for #MentalHealthAwarenessMonth in May? Check out #WeHealUS sample templates:  
<https://www.wehealus.org/>

We can build #healing and #resilience in our communities through #TraumaInformed policy & practice. Lend your voice to #WeHealUS the entire month of May: <https://www.wehealus.org/>.

We are proud to partner with #WeHealUS during #MentalHealthAwarenessMonth because embracing #TraumaInformed policies & practices can grow resilience & healing! Learn more: [WeHealUS.org](https://www.wehealus.org/).

# GENERIC SOCIAL MEDIA POSTS

The following content can be freely used on social media sites. While these are written for Twitter's length requirements, they can also be used for Facebook, LinkedIn, and Instagram.

May is #MentalHealthAwarenessMonth, and we're hosting *EVENT NAME* on *DATE*: *LINK*. Join us to *PURPOSE*. #WeHealUS

The U.S. spends \$748 billion annually on health care costs & lost productivity caused by Adverse Childhood Experiences (ACEs). If our nation had trauma-informed policies & practices in place, the federal government could save \$217 billion/yr.  
#TraumaAwarenessMonth #WeHealUS

# CONTRIBUTING PARTNERS

Contributing Partners committed to creating content and sharing resources during the month of May via online events, such as informational webinars or trainings, panel discussions, film screenings, and yoga or mindfulness sessions.

Events are offered free of charge, though some require pre-registration. Please review full details about each event on the following pages of this toolkit. Events are listed in Eastern Standard Time (EST). The Contributing Partner is listed as the event host, and we thank these partners for offering events during this month-long awareness campaign.



## PA Calendar of Events | May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <a href="#">Monday Meet Up with PA's Office of the Victims' Advocate: Why Therapy?</a> 7-8pm	3 <a href="#">How early experiences shape healthy brains with UPMC Western Behavioral Health</a> 11am-12	4 <a href="#">"Understanding and Confronting Commercial Sexual Exploitation" with Mission Kids</a> 9-11am <a href="#">Connecting the Dots with Martin Simms, Dr. Benz and Oprah</a> 8pm	5 <a href="#">DEI and the Trauma Informed PA Plan</a> 11-12	6 <a href="#">Empowerment Through Common Language a PDE Resource</a> Review at your leisure	7
8 <a href="#">Creating Trauma Informed Workspaces with Maryann McEvoy &amp; Talisa Ramos</a> 2-3pm	9 <a href="#">Trauma and the Stress Response System with Liam Power</a> 1-2pm	10 <a href="#">The Impact of War on Children: Considering the Trauma of war in Ukraine with Dr. Omar Reda</a> 3-3pm <a href="#">From Coping to Healing with Martin Simms, Dr Perry and Oprah</a> 8pm	11 <a href="#">Equitable Practices Through a Trauma Informed Lens with PDE</a> Watch at your leisure	12 <a href="#">Trauma in Schools Podcast: Nurturing the Emotionally Safe School Environment</a> Watch at your leisure	13 <a href="#">Lunch Break Yoga Reset</a> 12-12:50pm	14 <a href="#">Bullying as a Traumatic Experience</a> Watch at your leisure
15 <a href="#">Dancing Mindfulness: A Creative Pathway to Healing with Denina Baudti</a> 1-1:30pm	16 <a href="#">My Ancestor's Wildest Dreams: Forging a Path from Senegals to Healing with Talisa Ramos</a> 11am-12	17 <a href="#">Restoring Trust After Childhood Trauma with Beth Tyson</a> 12-1:30pm	18 <a href="#">Trauma Informed Family and Community Engagement</a> Watch at your leisure <a href="#">Post-Traumatic Wisdom with Martin Simms, Dr Perry and Oprah</a> 8pm	19 <a href="#">HEAL PA Criminal Justice Action Team Panel</a> 9am-1:30pm <a href="#">Day of Listening with Diana Gonzales</a> 12-1:30pm	20 <a href="#">Trauma Informed Education Coalition: Straight Talk About the Crisis in Education</a> 11:30am-1:30pm	21 <a href="#">Tattoos As Therapy: Exploring the Role of Tattoos for the Trauma Survivor with Dr. Everett Painter</a> 1-2pm <a href="#">Our Brains, Our Biases, Our Systems with Martin Simms, Dr Perry and Oprah</a> 8pm
22 <a href="#">Trauma Informed Instruction, Culture, and Climate, Equity and Bullying with PDE</a> Watch at your leisure	23 <a href="#">Screening for ACEs &amp; Resilience: How to approach clients, provide resources, and follow up with Chelsea Melrath</a> 12-1:30pm	24 <a href="#">Aversion to medical care: A survivor's story and how CACs can help child victims of sexual abuse</a> 3pm	25 <a href="#">Resilience Through Trauma with Jennifer Ozege</a> 7pm	26 <a href="#">Collectively Rooted Presents: Talk About It Be About it: How We Heal</a> 12-1pm	27 <a href="#">Now What? A cross-state discussion on building the movement</a> 2-3pm	28 For more information on the campaign, or to view the National Calendar of events visit <a href="http://www.WeHealUS.org">www.WeHealUS.org</a> Email: <a href="mailto:wehealmovement@gmail.com">wehealmovement@gmail.com</a>

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## Monday, May 2

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7:00 p.m. - 8:00 p.m.

### Monday Meet Up: Why Therapy?

**HOST:** PA Office of Victim Advocate

On the first Monday night of every month, the PA Office of Victim Advocate hosts a public forum to empower survivors, share information, and hear directly from crime victims. In May, chat about the benefits of therapy for crime survivors.

#### How to Join?

<https://www.facebook.com/PAOfficeofVictimAdvocate>

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## Tuesday, May 3

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11:00 a.m. - 12:00 p.m.

### How Early Experiences Shape Healthy Brains

**HOST:** UPMC Western Behavioral Health

Look at aspects of early development and how trauma--for the child, the parent, or both--disrupt healthy emotional and relationship development. Target Audience: Mental health professionals working with children and adolescents.

#### How to Join?

Registration Required.  
<https://rebrand.ly/xird5d4>

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## Wednesday, May 4

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9:00 a.m. - 11:00 a.m.

### Understanding & Confronting Commercial Sexual Exploitation

**HOST:** Mission Kids

Learn about Commercial Sexual Exploitation of Children (CSEC), and how kids and teens are vulnerable to these crimes. This session is open to both therapists and advocates to identify and respond appropriately to victims of exploitation.

#### How to Join?

[Meeting Registration - Zoom](#)

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## Wednesday, May 4

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8:00 p.m. - 9:00 p.m.

### What Happened to You? Coach? Connecting the Dots

**HOST:** Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You? by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Thursday, May 5

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11:00 a.m. - 12:00 p.m.

### DEI and the Trauma Informed PA Plan

**HOST:** PA Office of Advocacy and Reform

Learn more about the intersections between the PA Trauma Informed Plan and the Diversity, Equity and Inclusion initiatives within the Commonwealth. Participants will have an opportunity to consider how the TIPA plan and OARs DEI initiatives can be implemented in their own community.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Friday, May 6

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Read at Leisure

### Empowerment through Common Language

**HOST:** PA Department of Education (PDE)

PDE solicited input on trauma-informed practice across Pennsylvania. An immediate recommendation was to develop a common language document to ensure that regardless of background, training, educational level or setting, team members are "speaking the same language."

#### How to Read?

[Empowerment Through Common Language in PA](#)

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## Monday, May 9

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2:00 p.m. - 3:00 p.m.

### Creating Trauma-Informed Workspaces

**HOST:** PA Office of Advocacy and Reform

Utilizing the Professional Quality of Life Scale, along with components of the Trauma Informed PA Plan, this session considers the roles in creating trauma informed work spaces, a priority in Pennsylvania. Open to individuals in both for profit and nonprofit organizations.

**How to Join?**  
[Launch Meeting - Zoom](#)

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## Tuesday, May 10

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1:00 p.m. - 2:00 p.m.

### Trauma and the Stress Response System

**HOST:** Liam N. Power, HEAL PA

This event focuses on the impact of trauma and stress on neurotypical functioning. This session will underscore the importance of social emotional intelligence and explore how trauma-informed practices benefit all people, regardless of their individual trauma exposure.

**How to Join?**  
[Launch Meeting - Zoom](#)

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## Wednesday, May 11

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3:30 p.m. - 4:30 p.m.

### The Impact of War on Children: Consider the Trauma of War in Ukraine

**HOST:** Dr. Omar Reda

This session will describe the psychosocial impact of war, armed conflict, and inter-personal violence on children, and explore ways for parents and caregivers to help children through the trauma of war.

**How to Join?**  
[Launch Meeting - Zoom](#)

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## Wednesday, May 11

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8:00 p.m. - 9:00 p.m.

### What Happened to You? Coach? From Coping to Healing

**HOST:** Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You?" by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

**How to Join?**  
[Launch Meeting - Zoom](#)

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## Thursday, May 12

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Watch at Leisure

### Equitable Practices Through a Trauma Informed Lens

**HOST:** PA Department of Education (PDE)

This recorded webinar focuses on development of a common language for equity and trauma in schools and how the integration of equitable practices for all students, staff, and families is an integral basis for trauma informed work in a school.

**How to Watch?**  
[Webinar: YouTube](#)

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## Friday, May 13

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Listen at Leisure

### Trauma in Schools: Nurturing the Emotionally Safe School Environment

**HOST:** PA Department of Education (PDE)

Dr. Dana Milakovic, the state-wide PDE advisor for Trauma (K-12), shares how forming relationships with members of the community is an easy, free way to form connections and gain knowledge from a diverse population that can form solutions.

**How to Listen?**  
[Quetico Coaching Podcast](#)

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## Sunday, May 15

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1:00 p.m. - 1:30 p.m.

### Dancing Mindfulness: A Creative Pathway to Healing

**HOST:** Denina Bautti, Sage Action Consulting

Connect with your body and breath using the power of music, movement, and awareness. Dancing Mindfulness is a movement meditation practice for everyone regardless of age, body type, fitness level, or experience. Come as you are and move as you wish, which can be seated, standing, or reclined.

**How to Join?**

[Registration Required - Zoom](#)

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## Monday, May 16

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11:00 a.m. - 12:00 p.m.

### My Ancestor's Wildest Dreams: Forging a Path from Sankofa to Healing

**HOST:** TaLisa Ramos, MSW, LSW, CCTP-I

This presentation will take a deep dive into healing collectivist communities and specifically focusing on the mental health needs of our Black, Indigenous, and People of Color. Explore how culture and ancestral strength can provide a framework for intergenerational healing and restoring collective wounds.

**How to Join?**

[Launch Meeting - Zoom](#)

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## Tuesday, May 17

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12:00 p.m. - 1:30 p.m.

### Restoring Trust After Childhood Trauma

**HOST:** Beth Tyson, Psychotherapist, Grief & Trauma Expert, Author

Learn how adverse childhood experiences (ACE's) and trauma impact the child's brain and nervous system. Take away practical, evidenced-based tools you can implement right away to begin the healing process for you and the children you love.

**How to Join?**

[Launch Meeting - Zoom](#)

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## Wednesday, May 18

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Watch at Leisure

### Trauma-Informed Family and Community Engagement

**HOST:** National Association for Family, School, and Community Engagement

Community-based organizations, school districts, and state education agencies discuss how their respective systems are working to address trauma and increase teacher well-being during times of heightened stress.

**How to Watch?**

[Recorded Webinar - YouTube](#)

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## Wednesday, May 18

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8:00 p.m. - 9:00 p.m.

### What Happened to You? Coach? Post-Traumatic Wisdom

**HOST:** Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You?" by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

**How to Join?**

[Launch Meeting - Zoom](#)

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## Thursday, May 19

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11:00 a.m. - 1:00 p.m.

### Creating a Trauma-Informed Criminal Justice System in PA

**HOST:** HEAL PA Criminal Justice Action Team

Representatives of the CJAT committees (prevention, juvenile justice, policing, courts, corrections, probation/parole/reentry) will explain the challenges and efforts to create a trauma-informed system during the Bucks-Mont Collaborative Virtual Community Summit.

**How to Join?**

[Launch Meeting - Zoom](#)

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## Thursday, May 19

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12:00 p.m. - 1:30 p.m.

### Day of Listening

**HOST:** Unite to Heal PA

Unite to Heal PA, a YWCA initiative, is hosting a Day of Listening to hear from the BIPOC community across PA to understand their concerns and needs as individuals and community members, and how those needs, and concerns pertain to race. Hosted by BIPOC facilitators, and all are welcome to attend.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Friday, May 20

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12:00 p.m. - 12:50 p.m.

### Lunch Break Yoga Reset

**HOST:** Pennsylvania Court Appointed Special Advocate (CASA) Association

A virtual, all levels yoga session provides an opportunity to balance life and professional stress through yoga and deep breathing. Can benefit anyone looking to relax and rest in the middle of the day. Lead by Betsy Savoia with specialty certifications in restorative yoga, trauma-informed yoga, and more!

#### How to Join?

[Launch Meeting - Zoom](#)

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## Saturday, May 21

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Watch at Leisure

### Bullying as a Traumatic Experience

**HOST:** Center for Schools & Communities

This presentation focuses on identify bullying as a type of school violence and understanding it as a type of traumatic experience for students and staff. Learn how adults can use trauma-informed principles to address exposure to trauma.

#### How to Watch?

[Vimeo Recorded Video](#)

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## Monday, May 23

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Watch at Leisure

### Trauma Informed Instruction, Culture and Climate, Equity and Bullying

**HOST:** PA Department of Education (PDE)

This presentation provides an overview of PDE's initiatives to promote safe and supportive schools, with a focus on how addressing school climate through the lens of equitable trauma-informed practices enhances safety for staff and students.

#### How to Watch?

[YouTube](#)

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## Tuesday, May 24

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12:00 p.m. - 1:30 p.m.

### Screening for ACEs & Resilience: How to approach clients, provide resources, and follow up

**HOST:** Chester County ACEs Coalition

Focuses on reviewing the importance of screening for ACEs/trauma, recognizing best practices in administering screenings, and understanding how to provide support when a client scores high for ACEs. Also identify ways to promote hope and healing in order to build resilience.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Wednesday, May 25

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8:00 p.m. - 9:00 p.m.

### What Happened to You? Coach? Our Brains, Our Biases, Our Systems

**HOST:** Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You? by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Wednesday, May 25

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1:00 p.m. - 2:00 p.m.

### Tattoos As Therapy: Exploring the Role of Tattoos for the Trauma Survivor

**HOST:** Dr. Everett Painter

Our understanding of this body modification practice is incomplete due to a social history of stigma and bias. This program will address the therapeutic role tattoos play in trauma survivor wellness and recovery. Practical application will be discussed based on current findings backed by theoretical and conceptual literature.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Thursday, May 26

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3:00 p.m. - 4:15 p.m.

### Aversion to Medical Care: A Survivor's Story and the CAC Perspective

**HOST:** Children's  
Advocacy Centers of  
Pennsylvania

Survivors of child sexual abuse often carry trauma that can cause them to avoid medical care later in life, especially if they are afraid to undress for exams or undergo procedures that may trigger a trauma response. A survivor of abuse shares her experience.

#### How to Join?

[Registration Required - Zoom](#)

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## Friday, May 27

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11:30 a.m. - 3:30 p.m.

### Trauma Informed Education Coalition: Straight Talk About the Crisis in Education

**HOST:** Trauma Informed  
Education Coalition (TIEC)

Experts will analyze and explore solutions to the overall trauma experienced by communities, students, and educators across the country.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Sunday, May 29

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7:00 p.m. - 8:00 p.m.

### Resilience Through Trauma

**HOST:** Jennifer Ozgur

Trauma results in emotional - and sometimes physical -- injury. However, there are certain protective factors that allow children to rise above the pain and thrive despite any adverse childhood experiences. Participants will learn the three key components to resilience and leave with actionable steps to support children through their trauma.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Monday, May 30

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12:00 p.m. - 1:00 p.m.

### Collectively Rooted Presents: Talk About it Be About it- How We Heal

**HOST:** Office of Advocacy  
and Reform &  
Collectively Rooted

This session kicks off Dr. Bessel Van Der Kolk's Summer Trauma Training Series. An introduction video offers a peek into the importance behind the upcoming series. All trainings in the series will be available free of charge.

#### How to Join?

[Launch Meeting - Zoom](#)

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## Tuesday, May 31

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2:00 p.m. - 3:00 p.m.

### Now What? A Cross-State Discussion on Building the Movement

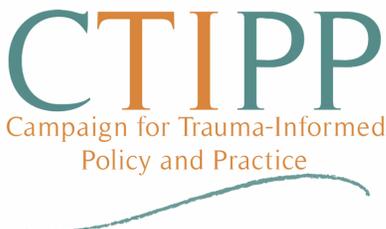
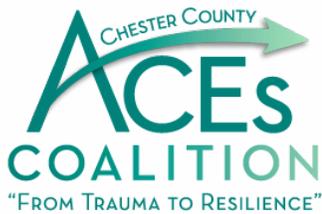
**HOST:** Campaign for  
Trauma-Informed Policy  
and Practice (CTIPP)

A discussion with various states who have begun to build their trauma-informed movements through the development of coalitions. Participants can learn about the steps taken and how to begin the movement in their own states.

#### How to Join?

[Launch Meeting - Zoom](#)

# THANK YOU, CONTRIBUTING PARTNERS!



# #WEHEALUS

## Thank you for joining the #WeHealUS movement!

#WeHealUS is a grassroots campaign that honors May as Mental Health & Trauma Awareness Month by amplifying the hard work of individuals, organizations, and local/state governments in building resilience and healing. Nationwide, more states and municipalities are embracing trauma-informed and healing-centered policies and practices because resilience grows through healthy and informed relationships.

#WeHealUS was created by individuals in Illinois and Pennsylvania - pioneering states that have become "healing-centered" with public/private partnerships working outside the box to promote trauma awareness. Prolonged exposure to adversity, stress, and trauma - particularly in early childhood - can cause lasting harm and contribute to some of our nation's most pressing social and health challenges.

The movement for a trauma-informed and healing-centered Pennsylvania has been building for years. When trauma becomes a normal part of life or embedded in communities, it can destroy hope, making the change process even more difficult. Collaborative transformation is needed at every level of society – in policy, systems, communities, families, and individuals. We hope that May 2022 is another step forward in the movement for cross-sector and cross-state collaboration.

*Maryann McEvoy, M.Ed.*

Executive Director & Child Advocate  
Office of Advocacy and Reform

HEAL PA Board of Directors  
[HealPA.org](http://HealPA.org)

