

Trauma is any overwhelmingly stressful experience that can shatter a sense of choice, safety, and trust.

Network of Neighbors is a free, community-driven trauma response network. We work to reduce violence and trauma by responding more effectively to it — by working alongside the community to address their experience, defining needs and boundaries, and putting community safety and choice first.

# What the Network of Neighbors Offers

We offer support to reduce stress and isolation, encourage social connection, tap into the natural strengths of the community, and begin the healing process.

- Impact and needs assessment in collaboration with the community
- Group discussions and community meetings that create safe spaces to come together, receive accurate information, tell your story, share thoughts and reactions, and explore ways of supporting yourself and your community
- Free training in trauma-informed approaches, including Psychological First Aid and Post-Traumatic Stress Management
- We bring support, presentations, trainings, and resources to you.



#### **CONTACT US**

267-233-4837 NetworkofNeighbors@phila.gov <u>DBHIDS.org/networkofneighbors</u>





# **Network of Neighbors**

TRAUMA RESPONSE NETWORK

## **How It Works**

### **Creating Choice at Every Level**

Communities that have been impacted by trauma are at greater risk for not receiving the resources and supports they need. The **ASK Model** requires an invitation from the community to begin re-establishing choice and safety and ensure that the community's voice drives the process. By requiring a **Community Connector** before providing support, the ASK Model works to encourage collaboration and align local and citywide response efforts to meet the needs of the community.

**Community Connectors** are members of the community who work alongside the Network to organize responses within their neighborhood or community.

**Community Trauma Responders** are members of the community trained in Psychological First Aid and Post-Traumatic Stress Management who support or facilitate interventions within neighborhoods and communities.

#### Who We Serve

Network of Neighbors supports the community as a whole. Community includes neighborhoods, blocks, social groups, schools, recreation centers, workplaces, agencies, libraries, etc. These supports are appropriate for ages 9 years and older. Referrals are provided for individuals and families.

Any group of people with a connection is a community.

# **Connect With Us**

Contact the Network to discuss support for your community, free training, a community information session, and information about becoming a Community Trauma Responder.

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