

Trauma  
Resolution  
Education  
Empowerment  
Stress Relief



## The Trauma Resolution Center

America's First Trauma-Focused Community Mental Health Center

*Improving the Human Condition One Life At a Time*

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**Founding:** The Trauma Resolution Center (TRC) was founded by Teresa Descilo at the request of the State Attorney's Office in 1995 following the recommendations of a community task force that identified the need to help victims of crime with the aftermath of their overwhelming experiences.

**Mission:** The mission of the TRC is to provide relief from traumatic and accumulated stress. The main services of the agency include client-centered, individual trauma-specific treatment and psycho-educational groups. Our holistic services include Eastern practices such as breathwork, yoga and meditation, as well as medical services, acupuncture, massage and advocacy. We also provide court evaluations and expert testimony for refugees and victims of violence. Community Resiliency programming includes training trainers in the community on simple, but powerful stress relief techniques. School-based programming includes the Yoga Ed curriculum, individual treatment, tutoring, art and service projects. We provide training in our agency model to other agencies, healers and mental health professionals. In supportive housing and residential settings for youth, we provide trauma-informed psychosocial rehabilitation.

Our goal is to provide an in-depth, caring and respectful service that empowers individuals, leaving them less likely to need any further community services.

**Outcome measures:** From day one, as part of responsible practice, TRC has utilized validated measurements for depression, anxiety, traumatic stress and expectancy of success as part of responsible practice. At the completion of service, we also ask clients to express if they've noticed any changes since beginning our program.

**Data Evaluation:** In three separate evaluations, starting with that of a biostatistician who had worked for the Centers for Disease Control and Prevention, it was found that our innovative protocol significantly reduced or completely eliminated symptoms of clinical depression, anxiety, and traumatic stress, and increased expectancy of success, in an average of 18 hours of individual treatment.

**Numbers Served:** Over 9500 victims of crime and at-risk youth have been admitted for services. Over 3000 additional crime victims have been contacted through our Mobile Advocacy Program.

**Demographics:** Approximately 65% Hispanic, 15% African American, 10% Caucasian, and 10% of all other ethnicities represented in Miami. 70% of our clients are female, 30% are children, 80% have no health insurance and about 10% are Medicaid recipients. About 55% speak only Spanish and about 65% are from countries other than the U.S. Almost 15% of our clients are recovering from addiction. Of the 50% of our clients who are referred as victims of domestic violence, half are also victims of sexual assault. Ten percent of our clients are child victim/witnesses to domestic violence. About 12% of our clients are referred for sexual assault, and 8% are family members of homicide victims. The remainder of our clients has experienced all types of victimization including torture and human trafficking.

**Innovation:** TRC has provided trauma-specific services around its mainstay, Client-Centered Exposure Treatment (C-CET also known as Traumatic Incident Reduction) which is an evidence-based, client-centered exposure treatment that integrates traumatic memory.

**Awards and Recognition:** In 2003, the National Organization for Victim Assistance awarded TRC its Tadini Baccigalupi Award, acknowledging innovation in service, program longevity, quality of services, and use of multiple volunteers in meeting the needs of the victimized. In 2004, the Greater Miami Chamber of Commerce awarded TRC its NOVO Award for innovative excellence. In 2006, TRC Executive Director Teresa Descilo was one of three finalists for the Concern Award of the Health Foundation of South Florida. In 2007, two representatives from the Substance Abuse and Mental Health Services Administration requested to visit the agency after receiving many independent reports as to our effectiveness in resolving the impact of trauma. After two days interviewing clients, staff and reviewing records, Susan Salasin wrote: The Trauma Resolution Center (TRC) in Miami, Florida is a unique and pioneering trauma services delivery model for trauma survivors who often are plagued with mental health and substance abuse problems following experiences of crime and violence, but are typically denied services in the mental health, substance abuse, and victim assistance worlds because their needs do not “fit” with how those providers have been trained. The TRC serves all types of people who have experienced traumatic events – such as rape, domestic violence, witnessing violence and/or murder, torture, kidnapping and numerous other types of human to human violence – in an integrated and empowering short-term series of group and individual sessions that specifically address trauma and the range of its mental health, substance abuse, and victimization related personal impacts. A trauma services model termed “Traumatic Incident Resolution” (TIR) is used by TRC and applied to each staff member who completes the TIR process him or herself prior to beginning to counsel clients using the TIR model to accomplish trauma resolution. A host of the client’s additional personal and life style issues related to the traumatic event(s) are also addressed by TRC staff through advocacy and case management. . . ., the TRC is an extremely economical human services program model with tremendous bang for the buck. It is a very transformative approach to trauma services design and delivery that merits national attention and application in a wide variety of communities.

**Community Partners:** Florida Immigrant Advocacy Center, Legal Aid, the Domestic Violence Intake Unit, Carrfour, the Coordinated Victims Assistance Program, the Green Cross Academy of Traumatology, Art of Living Foundation, Barry University, Drug Dependency Court, Florida International University, Miami Dade College, St. Thomas University Center for Loss and Healing, Miami Behavioral Health, Educate Tomorrow, Miami-Dade County Public Schools, Miami-Dade Police Department, Non-Violence Project, and many more.

**Training Site:** TRC has trained social work and mental health interns from several universities since 1995, providing an invaluable service for these professionals. We are a licensed training site for the Green Cross Academy of Traumatology.