

Trauma-Informed Care Training Inventory

14 training topics · Virtual & In-Person · July 2026 – March 2027

In partnership with DCFS, ICOY's Resource & Development Team is pleased to offer the following Trauma-Informed Care trainings for Fiscal Year 2027. All staff working under ICOY/DCFS funding are expected to complete training each fiscal year. Use this document to review available sessions and coordinate registration with your program manager.

Questions about which trainings your organization should attend? Email trauma_initiatives@icoyouth.org

TRAINING & SUGGESTED AUDIENCE	MODE	MONTH(S) OFFERED	DESCRIPTION
Building a Trauma-Informed Organization All Staff Levels + Leadership Emphasis 2 hours	Virtual	August 2026 November 2026 February 2027	Creating a trauma-informed organization does not follow a one-size-fits-all approach. This training provides organizations with a foundational guide for developing and strengthening trauma-informed practices within their internal structures. Participants will explore ways policies and procedures can be revised through a trauma-informed lens while building strategies and organizational capacity to resist re-traumatization. By the end of the session, participants will feel empowered to respond with empathy, establish realistic goals, and advocate for meaningful trauma-informed change within their organizations.
Caring for the Carer: Beyond Self-Care All Staff Levels + Direct-Service Emphasis 2 hours	Virtual	August 2026 November 2026 February 2027 March 2027	The concept of self-care is familiar within the human services field; however, the barriers to engaging in self-care are often overlooked. One of the greatest barriers is the individualistic framing of self-care. We know that relationships foster resilience, so why aren't we talking more about collective and community care? In this training, participants will shift their understanding of care by reframing employee well-being from an individual responsibility to a shared organizational value grounded in belonging, connection, and collective support.

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Community Trauma and Resiliency All Staff Levels 3 hours	In-Person	September 2026 · Normal, IL December 2026 · Peoria, IL March 2027 · Carbondale, IL	This session is designed to deepen participants' understanding of community trauma and the systems that create and perpetuate harm. During the training, participants will identify the risk factors that contribute to community violence and examine its impact on communities, providers, and the work they do. Participants will leave with practical tools and knowledge to engage in conversations about community trauma, explore holistic responses, and strengthen the qualities that contribute to resilient communities.
Complex Trauma & Human Trafficking All Staff Levels + Direct-Service Emphasis 1.5 hours	Virtual	September 2026 December 2026 March 2027	This training provides an overview of complex trauma and its connection to human trafficking. Participants will gain an understanding of complex trauma and human trafficking, including how prolonged trauma impacts survivors' emotional and behavioral responses. The session will also explore the signs and symptoms of trauma bonding.
De-escalation: A Strengths-Based Approach All Staff Levels 2 hours	Virtual	July 2026 October 2026 January 2027	In this training, participants will learn how to recognize the factors that contribute to escalation in both individuals and situations, while considering the broader situational context. Participants will explore the hierarchy of the brain and Dr. Bruce Perry's 3 Rs to better understand why certain individuals or environments may be more prone to escalation. The session will also examine the full cycle of escalation alongside the Window of Tolerance framework. Through interactive case scenarios and group problem-solving, participants will practice applying strength-based strategies to support regulation and de-escalation.

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Intergenerational Trauma and Development All Staff Levels + Direct-Service Emphasis 2 hours	Virtual	September 2026 December 2026 March 2027	This session provides participants with a foundational understanding of how early trauma and chronic stress can influence development well into adolescence and young adulthood. While children are often viewed as naturally resilient, true resilience depends heavily on the context and systems surrounding a child's development. Together, participants will explore two critical periods in human development that serve as the foundation for lifelong well-being, as well as the potential impacts when those developmental stages are disrupted or thrown off balance.
LGBTQ+ Youth Mental Health & Suicide Prevention All Staff Levels 2 hours	Virtual	September 2026 December 2026 March 2027	The Trevor Project's 2025 National Survey on the Mental Health of LGBTQ+ Youth found that LGBTQ+ youth experience disproportionately high rates of mental health challenges, including depression, anxiety, suicidality, and co-occurring mental health concerns. This session explores the complex and compounding factors that place LGBTQ+ youth at increased risk for negative mental health outcomes. Participants will examine the societal factors, stigma, and bias that impact LGBTQ+ youth while learning about the critical protective role service providers play in supporting this population. Together, participants will review best practices that help youth feel safe, supported, affirmed, and empowered within both their individual and communal identities.
Navigating Grief All Staff Levels 3 hours	In-Person	August 2026 · Waukegan, IL November 2026 · Carbondale February 2027 · Waukegan, IL	This in-person interactive workshop offers a supportive space to explore the experience of grief and loss. Through guided reflection, discussion, and practical exercises, participants will learn about common grief responses and develop tools for coping with and supporting themselves and others through difficult emotions.

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Poverty and Trauma All Staff Levels + Direct-Service Emphasis 2 hours	Virtual	July 2026 October 2026 January 2027	Trauma is often understood as a specific event, but it can also exist as an ongoing set of circumstances. Poverty is one of the most common yet frequently overlooked forms of trauma in America. In this training, participants will explore the long-term destabilization and dysregulation associated with poverty through an intersectional, historical, and transgenerational lens. The session will examine how poverty-based trauma shapes individual, interpersonal, and community experiences and systems. Participants will also learn about the resilience and protective factors communities have developed to cope with poverty-related trauma across generations.
The Impact of Substance Misuse on Family Systems All Staff Levels 2 hours	Virtual	July 2026 October 2026 January 2027	Trauma does not occur in isolation. It affects entire family systems and impacts relationships, communication, and overall well-being. In this training, participants will focus on understanding and supporting families impacted by substance misuse through a Harm Reduction framework. Together, participants will build language, tools, and resources to better understand stigma and bias and how these dynamics can affect families both internally and interpersonally. The session will also explore the role service providers play in supporting, empowering, and uplifting families affected by substance misuse.

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The Impact of Trauma on Youth All Staff Levels + Direct-Service Emphasis 2.5 hours	Virtual	September 2026 November 2026 February 2027	During this session, participants will dive into understanding the profound impact trauma has on youth. Participants will receive a comprehensive understanding of trauma responses, including their relation to Adverse Childhood Experiences (ACEs), brain development, behavior, and more. Additionally, this training will explore the ways in which early trauma can breed negative mental health challenges for youth and some of the less common signs and symptoms to be aware of. Participants can expect to leave feeling empowered to talk about mental health with youth, along with implementing practical, trauma-informed approaches that foster safety, trust, and well-being for the youth in their care.
Trauma and Juvenile Delinquency All Staff Levels 2.5 hours	Virtual	August 2026 November 2026 February 2027	In this session, participants will examine the critical intersection between trauma and juvenile delinquency, with a primary focus on how Adverse Childhood Experiences (ACEs) influence youth behavior and involvement in the legal system. Participants will learn to identify characteristics commonly associated with "high-risk" youth while gaining practical, trauma-informed strategies for engaging and supporting this population. By the end of the training, participants will better understand how life experiences and systemic circumstances contribute to system involvement and how to effectively support youth impacted by these challenges.
Vicarious Trauma and Fostering Resilience All Staff Levels + Leadership Emphasis 2 hours	Virtual	July 2026 October 2026 January 2027	Participants will examine the signs, symptoms, and risk factors of vicarious trauma and its impact on those in the caring field. We will explore compounding factors, including moral injury, stress, compassion fatigue, and burnout, as they relate to social services. Through group discussion and reflection, participants will deepen their understanding of self-care, reconnect with their sense of purpose, and develop practical strategies for fostering resilience.

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Youth and Family Engagement: From Participation to Partnership Direct Service Staff 3 hours	In-Person	July 2026 October 2026 · Chicago, IL January 2027 · Chicago, IL	This training is designed to help service providers strengthen relationships with youth and their support networks. Participants will explore both individual and systemic barriers to engagement while examining ways to create meaningful opportunities for youth and caregiver participation. Using a framework rooted in power-sharing and collaboration, participants will practice strategies to increase trust, foster sustainable youth buy-in, and build engagement practices that lead to empowerment within programs and services.