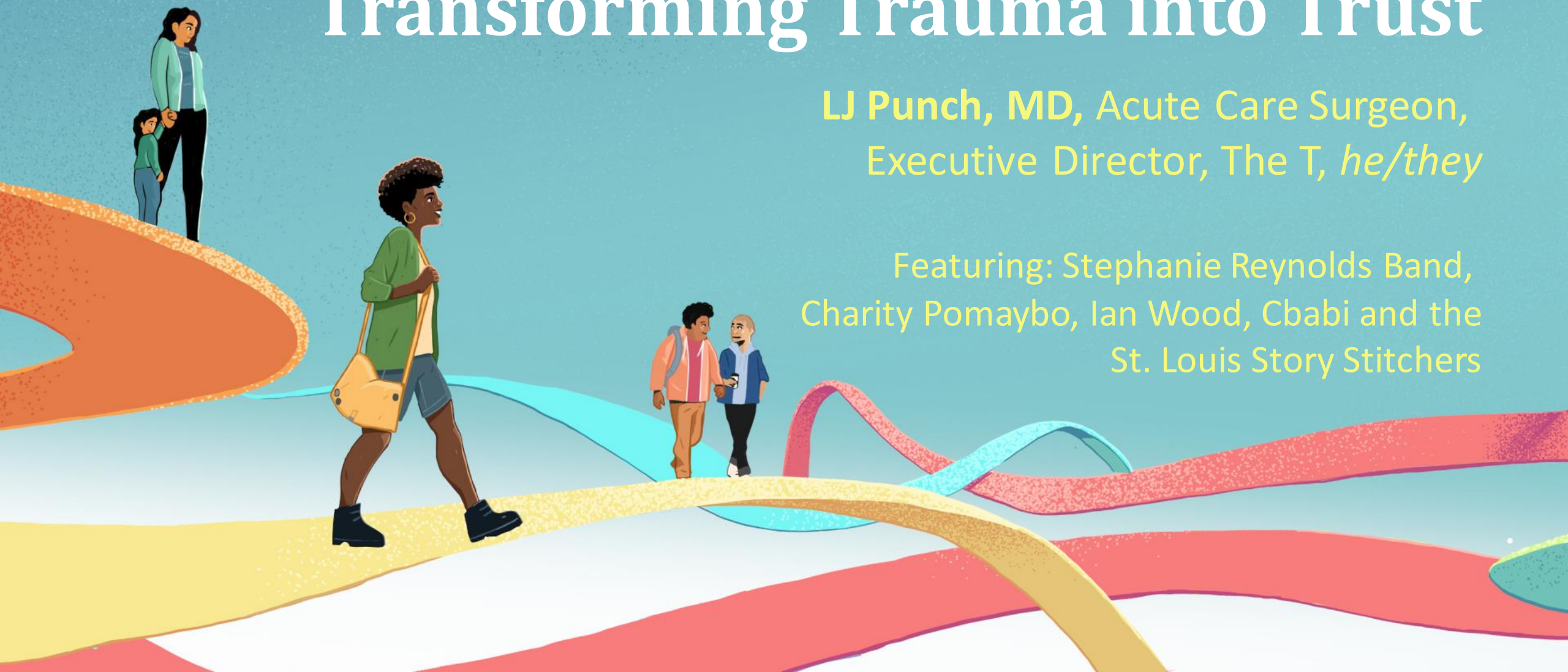


Transforming Trauma into Trust

LJ Punch, MD, Acute Care Surgeon,
Executive Director, The T, *he/they*

Featuring: Stephanie Reynolds Band,
Charity Pomaybo, Ian Wood, Cbabi and the
St. Louis Story Stitchers



In St. Louis, the
stairway to heaven is
an emergency vehicle
with red and blue
flashing lights on a
rainy day in traffic.

In remembrance...



Transforming Trauma into Trust

- Define Trauma
- A little bit about me
- Review the timeline of “Transformation”
 - Mission centered optimization of resources
 - Saying yes by saying no = triaging in the storm
 - Finding joy in common
- Where you at?

1. Define Trauma

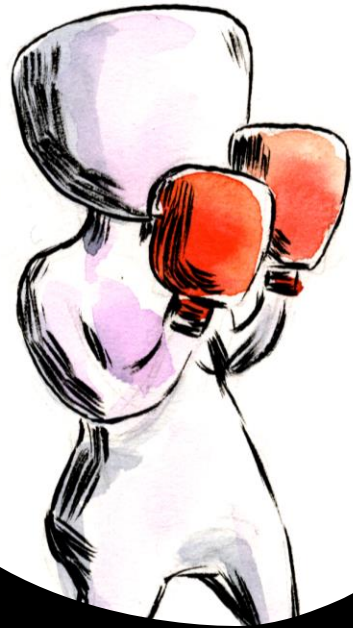


Let me tell you something I know
about you...



...it's no great mystery that you're here

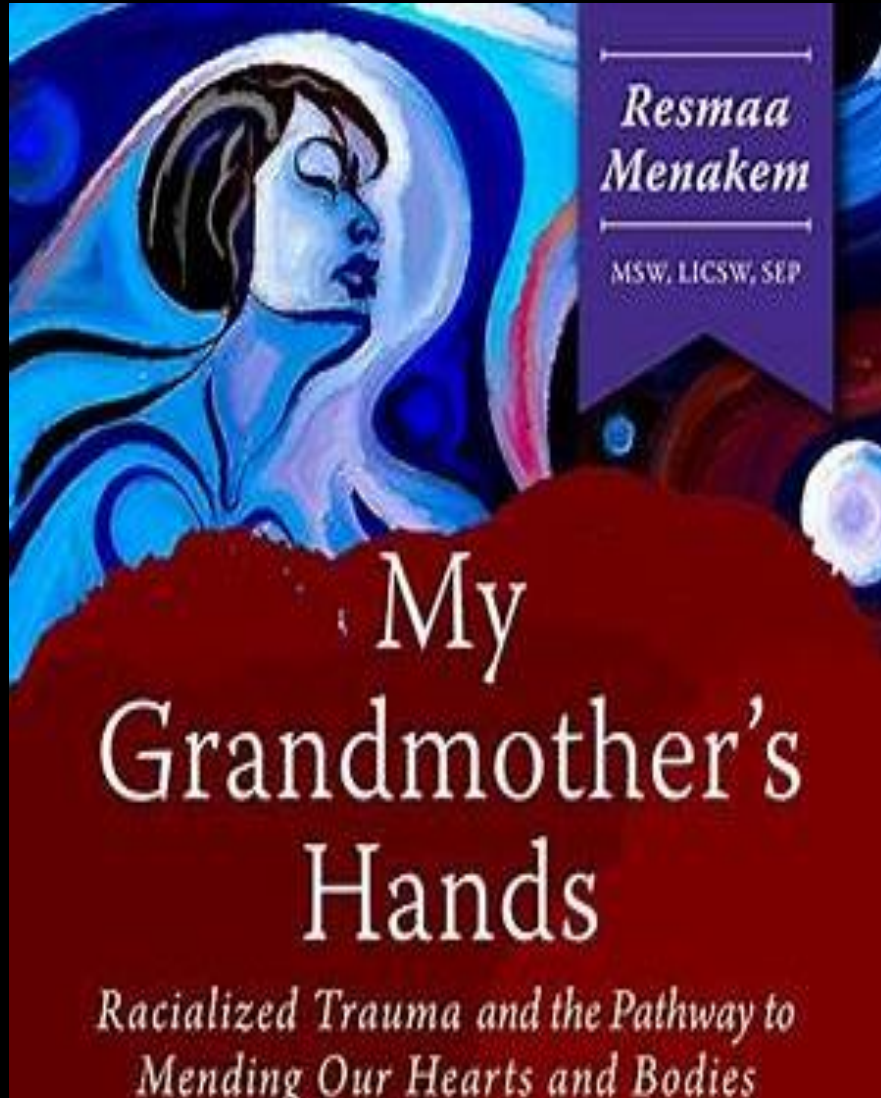
Stephanie Reynolds Band



What is Trauma?

T³ Check-In

- Is there any discomfort or pain in your body?
 - Where is it?
- Did you sleep as much as you needed to sleep last night?
- Did you eat the foods you wanted and needed to eat today?
- Have you spent time in a place where you felt you belonged?
- Do you have what you need?
- Do you contribute to “The Work” in a way that feels meaningful to you?
- Do you feel safe?



**Transformation
begins with
understanding
your own Trauma**

Trauma Defined

The body is where we live. It's where we fear, hope, and react. It's where we constrict and relax. And what the body most cares about are safety and survival. When something happens to the body that is too much, too fast, or too soon, it overwhelms the body and can create trauma.

Contrary to what many people believe, trauma is not primarily an emotional response. Trauma always happens *in the body*. It is a spontaneous protective mechanism used by the body to stop or thwart further (or future) potential damage.

Resmaa Menaken, *My Grandmother's Hands*

2. A little about me



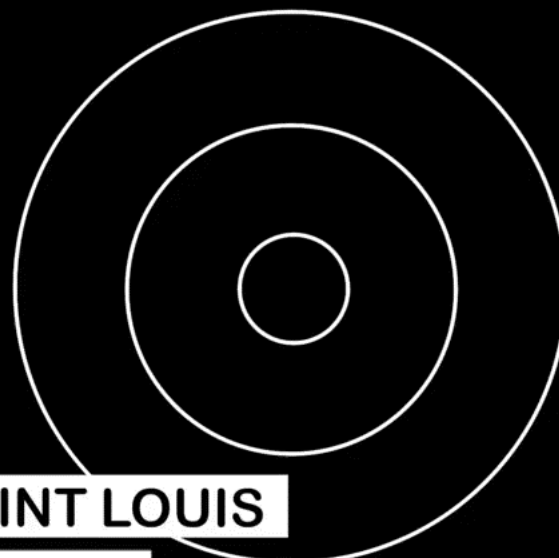


Becoming...

3. Review the timeline of “Transformation”

Mission centered optimization of resources





SAINT LOUIS

STORY

STITCHERS





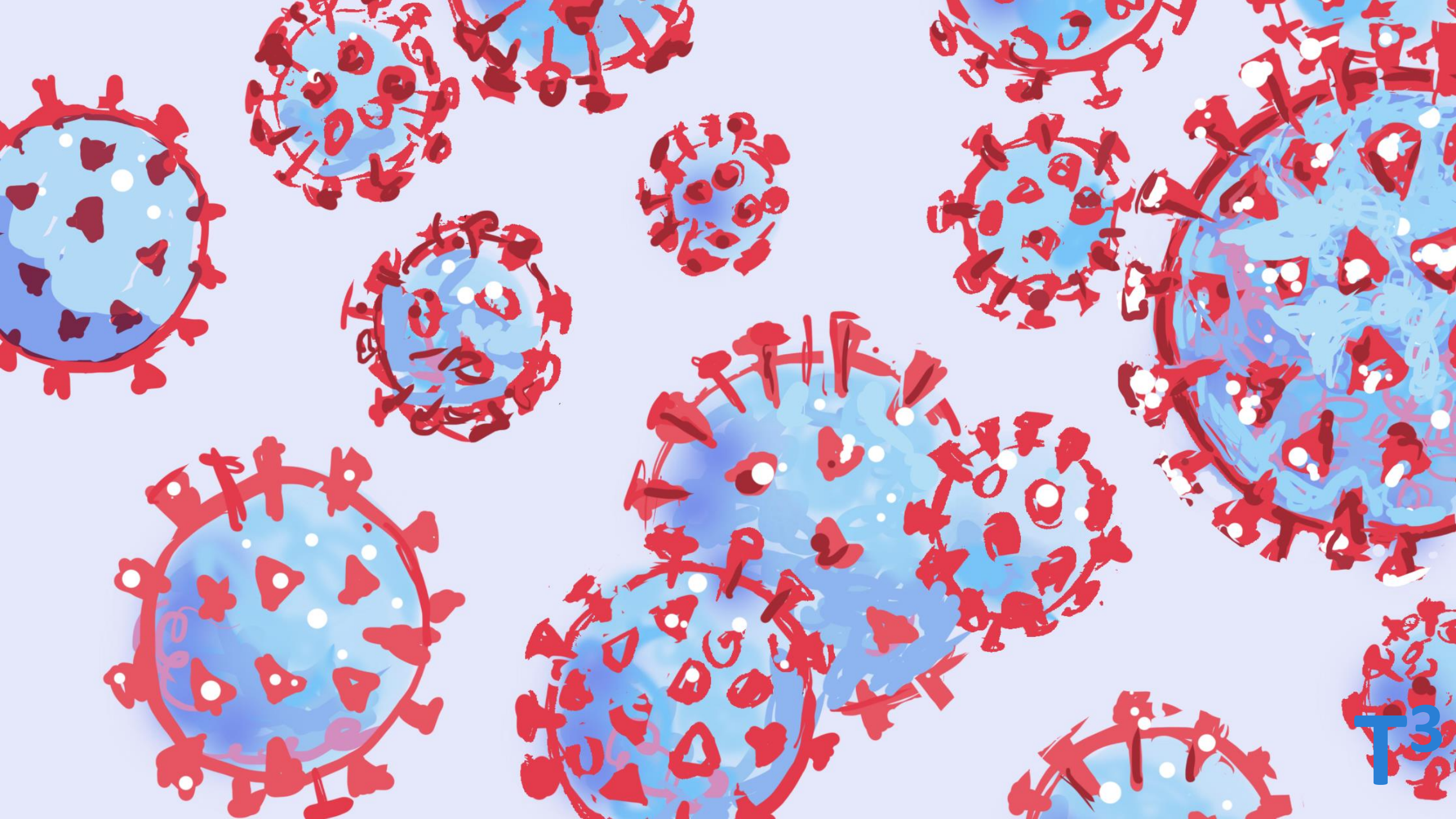
Mission: To reduce the impact of Trauma

Train Public as First Responders = Trauma is a time dependent process

- Radical generosity
- Train who we equip and equip who we train
- Radical listening
- Access: Free, Co-Located
- Representative
- Congruent with Black Masculine Body = Centering most vulnerable

Transformation

What is your WHY?



The T

“A Community of Health”

Delmar BLVD, St. Louis, MO



Harm Reduction = Primary Prevention

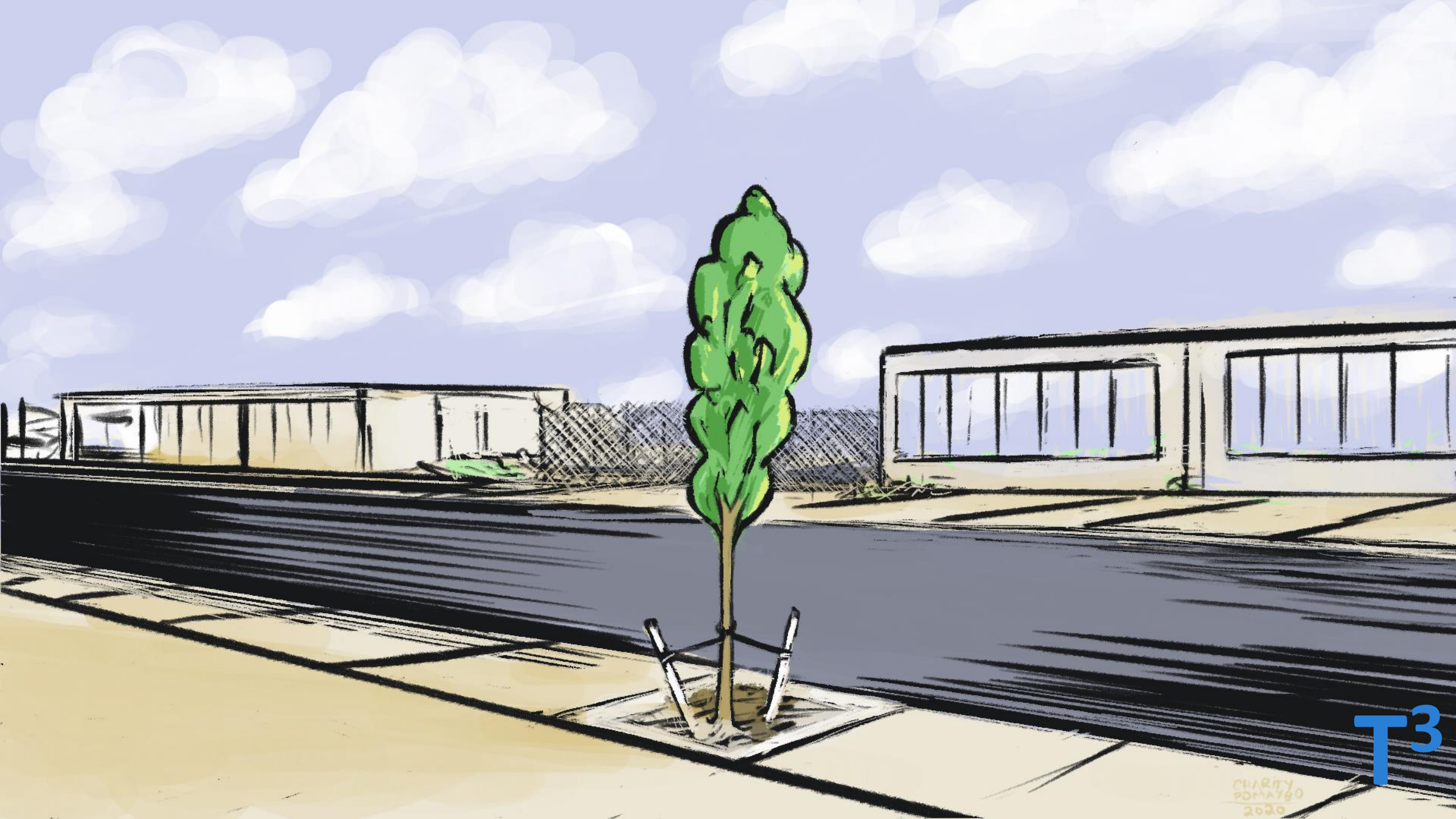
3. Review the timeline of “Transformation”

Saying Yes by Saying No = Triaging in the Storm



What COVID19 taught us about Trauma...





T3

CHARITY
POMAYRO
2020



BRI: Bullet Related Injury

The spectrum of **physical, psychological, and social injury** which results in a disease state most defined by the lack of **TRUST** in people and society.

The Bullet Related Injury Clinic: A Solution

- Radical Generosity
- Low Barrier Access
- Trust Centering
- Pain Relief
- Wound Care
- Sleep Aids
- Stress Management
- Nutrition Support
- Retained Bullet Care
- PT/OT/Reiki/Chiropractor
- Social Support





The BRIC

T³

Transformation

Where do you need to say NO so
that you can say YES?

3. Review the timeline of “Transformation”

Finding joy in common



Dis-Ease of Oppression



BRI: A hidden epidemic

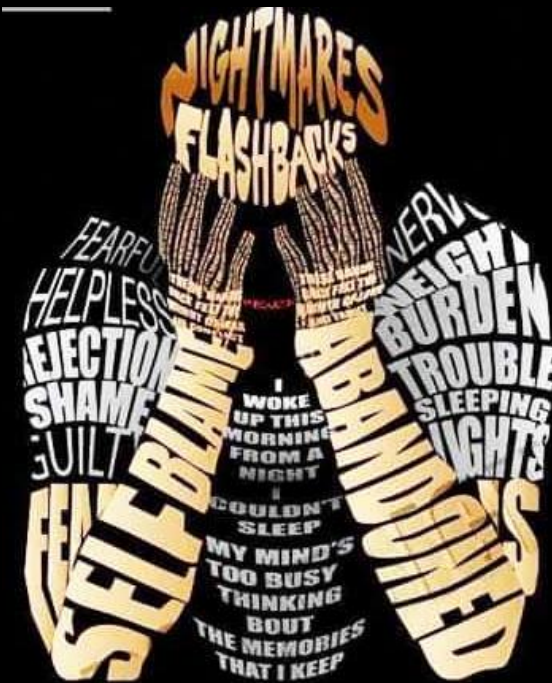
RACE
VIOLENCE
&
MEDICINE[®]
DR. BRIAN WILLIAMS



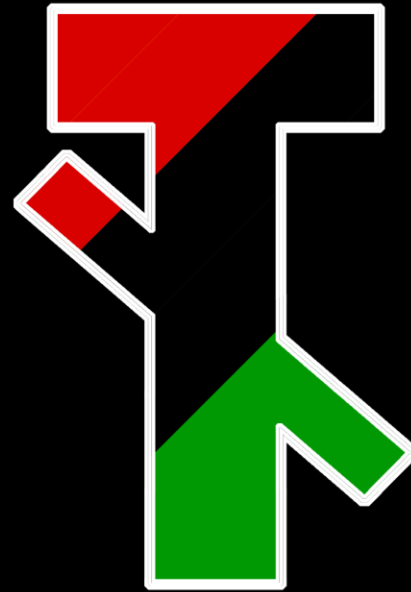
Unveiling Post-Traumatic Stress Disorder in Trauma Surgeons: A National Survey

Bellal Joseph¹, Viraj Pandit, George Hadeed, Narong Kulvatunyou, Bardiya Zangbar, Andrew Tang, Terence O'Keeffe, Julie Wynne, Donald J Green, Randall S Friese, Peter Rhee

- 453 Respondents
- 41% PTSD Symptoms
- 15% +PTSD
- Risk Factors
 - Gender
 - Number of Cases per Month
 - Number of Calls per Month
 - Number of Cases per Call



When the most deeply oppressed
are liberated, we all get free.



Transformation

As you center the most vulnerable,
have you considered yourself?

4. Where you at?

Full Frame Initiative



Re-Framing Value in Well-Being

- Consider Trauma
- Focus on Mission
- Say No to Say Yes
- Center Vulnerable
- Asset Focus

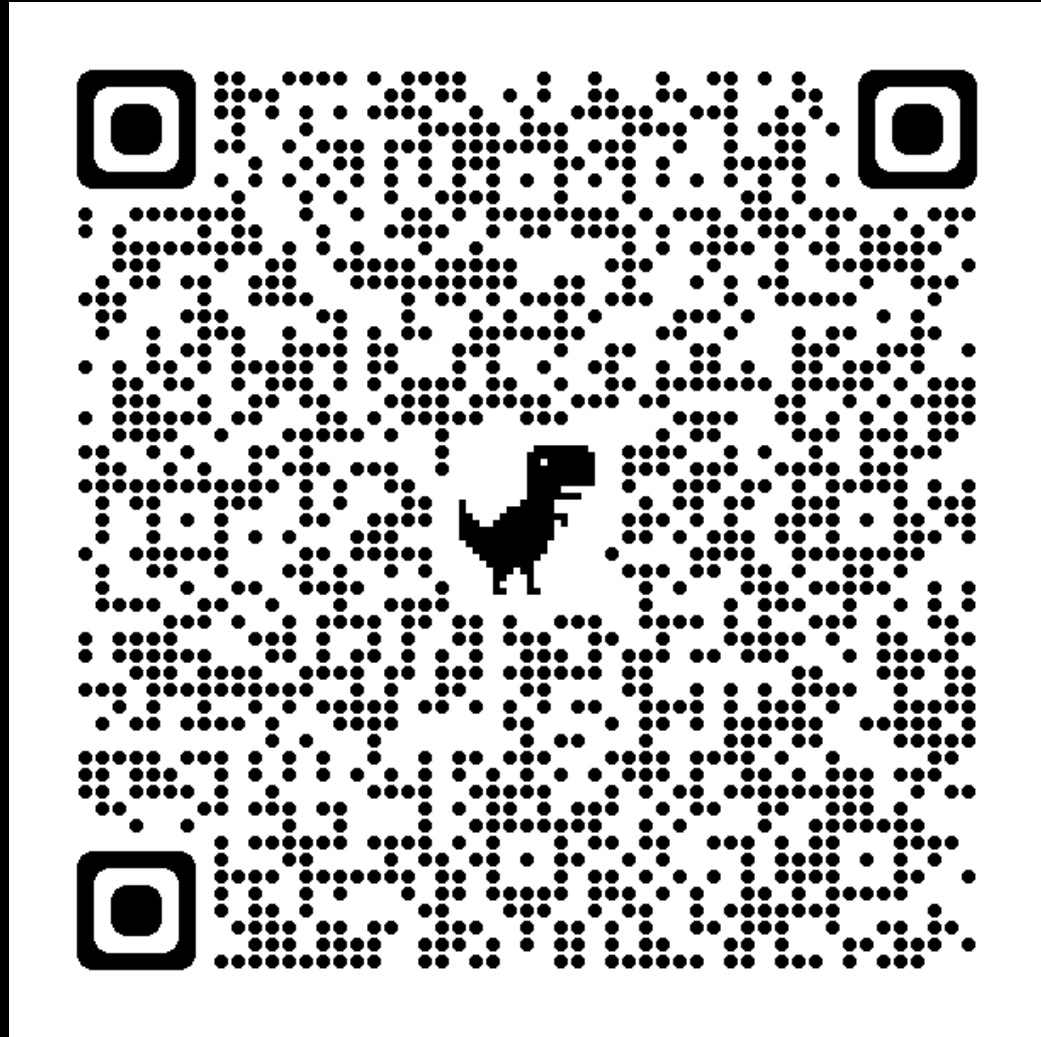
What has not been
revealed cannot be
healed.



Candice Cox, LCSW
KHAOS, INC

Thank You

www.thetstl.com



Thank You!

Please complete the evaluation for this session.

Click on the link in the Chat, then select:

Day One

Plenary

Transforming Trauma into Trust