

Arizona Trauma Informed Faith Community

Rev. Dr. Sanghoon Yoo, MSW, DMin.
The Faithful City

April 21, 2022

Arizona Coalition for Military Families
Phoenix, Arizona



THE FAITHFUL CITY



AZTIFC

The Faithful City



PROCLAMATION

WHEREAS,

From its beginnings, Faithful City was founded to be more than a campus ministry. Faithful City not only served young people around the world at Arizona State University, but the organization has also been a valuable service partner to the Tempe community at large; and,

WHEREAS,

Faithful City has maintained their strong values in service by working with Tempe Fire Medical Rescue and Tempe Police Department for emergency preparedness. Faithful City is also leading the trauma informed care and community building movement by working with the Governor's Office of Youth, Faith and Family and the Adverse Childhood Experiences Consortium; and,

WHEREAS,

There is no better example of their commitment to service than when Faithful City partnered with the City of Tempe and Hudson Manor Neighborhood Association in 2010 for the inaugural adopt-a-park program; and,

WHEREAS,

Faithful City has been a model for the adopt-a-park program scheduling regular clean ups, tree plantings and other beautification efforts for the sixty year old Hudson Park; and,

WHEREAS,

Today we are here to celebrate the ten year anniversary of dedication to this park; and,

WHEREAS,

It is not without the leadership of Founder of Faithful City, Reverend Sanghoon Yoo and Hudson Manor Neighborhood Chair, Philip Amorosi that have led to this success over the duration of time that has inspired so many volunteers and residents to contribute to their neighborhood and community; and,

WHEREAS,

Today, we embrace the Faithful City motto of "Gather to Love, Scatter to Serve" in honor of celebrating the 10th Anniversary of a successful Hudson Park Adoption by Faithful City Church.

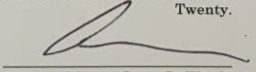
NOW, THEREFORE, I, Corey D. Woods, Mayor of the City of Tempe, Arizona, do hereby declare:

November 7, 2020

as

**Hudson Park 10th Anniversary of Service
in Tempe, Arizona**

IN WITNESS WHEREOF,
I hereunto set my hand this 7th day
of November, Two Thousand and
Twenty.


Mayor, Corey D. Woods



Arizona Trauma Informed Faith Community (AZTIFC)

- 5 people at Refugee Café in Phoenix (December, 2016)
- 1 monthly gathering → 5 monthly regional gathering in Phoenix & Tucson
- Annual Building Resilience Church Conference (400+ & 50 orgs+)
- Tucson Proclaiming Hope Conference (200+ & 50 orgs+)
- TIC Organizational & Cultural Change Journey (10 orgs+)
- Countless presentations, workshops, and seminars (250+)
- Trauma Informed Worship (20+)
- 5 email list → 5K email list
- TIC Track Development (18+)
 - ACE 101 and Resilience -Addiction and Recovery -Children and Family
 - Clinical Service and Whole Person Healing -Historical Trauma and Cultural Humility
 - Court System and First Responders -Human Trafficking and Abuse
 - Mental Illness (Peer and Family Support) -Pastoral Care and Chaplaincy
 - Refugees and Migration -Spiritual Formation and Mindfulness
 - Veterans and Moral Injury -Seriously Mentally Ill
 - Grief and Loss -TIC Organizational Journey -Policy Making and Advocacy
 - Poverty and Homelessness -Medicine and Health Care



BUILDING THE RESILIENT CHURCH CONFERENCE



GOVERNOR DOUGLAS A. DUCEY

STATE OF ARIZONA

★

PROCLAMATION

WHEREAS, Arizona is home to over 500,000 service members and veterans, as well as their spouses, children, significant others and family members, totaling nearly 20 percent of Arizona's population; and

WHEREAS, Arizona's Be Connected program is nationally recognized as a best and promising practice for upstream prevention with a robust ecosystem that supports all service members, veterans, their family members, helpers, organizations and communities statewide; and

WHEREAS, Arizona's faith-based community network can play a key role in the reduction of deaths by suicide by increasing a sense of belonging and reducing a sense of burdensomeness; and

WHEREAS, Arizona's faith community will, in turn, benefit from the increased involvement of these highly valued members of their communities; and

WHEREAS, The Be Connected: Faith Network is a collaboration of the Governor's Office of Youth, Faith & Family, Arizona Department of Veterans' Services and Arizona Coalition for Military Families, with support and partnership of organizations such as the United States Department of Veterans Affairs, Franciscan Renewal Center, Arizona Trauma Informed Faith Community, Military Missions Network, Cru Military Ministries and Be Connected partner organizations across the state; and

WHEREAS, Arizonans should be encouraged to engage and promote opportunities for service members, veterans and their families, who have given so much while serving our state and Nation.

NOW, THEREFORE, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim June 9, 2021 as

BE CONNECTED: FAITH NETWORK DAY

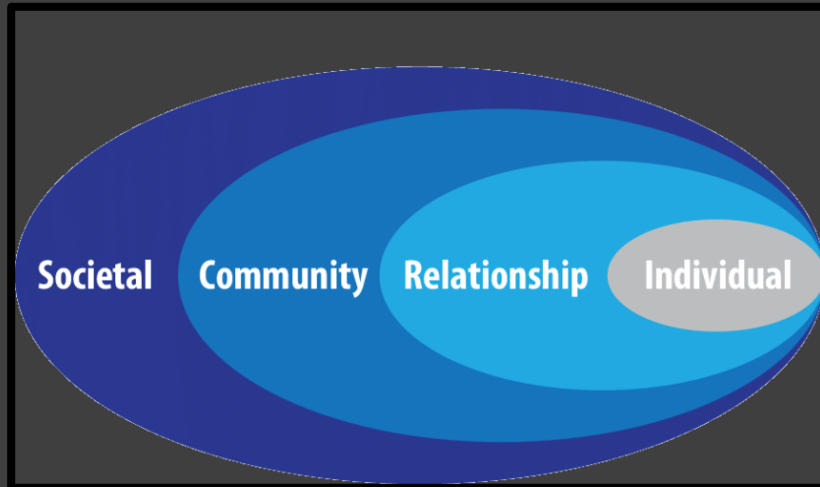
IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona



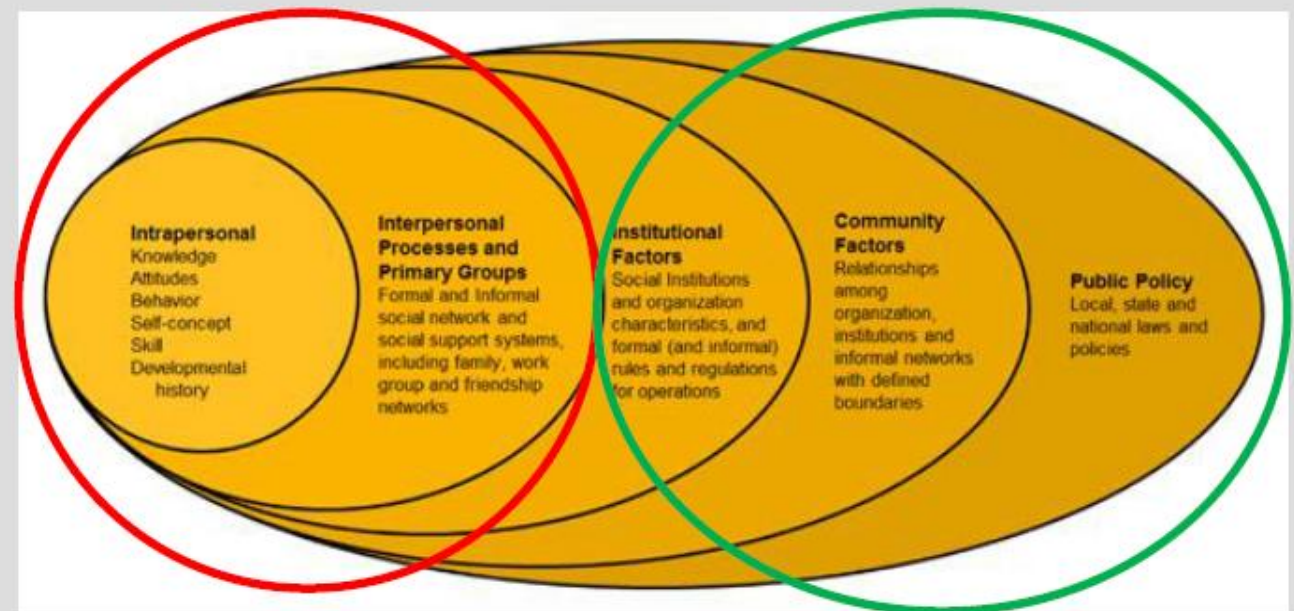
trauma-Informed Navigator Training for Faith-Based Organization Members

by the **Arizona Coalition for Military Families (ACMF)**
and the **Arizona Trauma-Informed Faith Community (AZTIFC)**





SOCIOECOLOGICAL MODEL OF HEALTH



Institute of Medicine, 2003

Why Faith Community in Trauma Informed Care

Resilience

Affirming Belief or Cultural Traditions
Building Identity & Affirmation



Mindfulness



Posttraumatic Growth

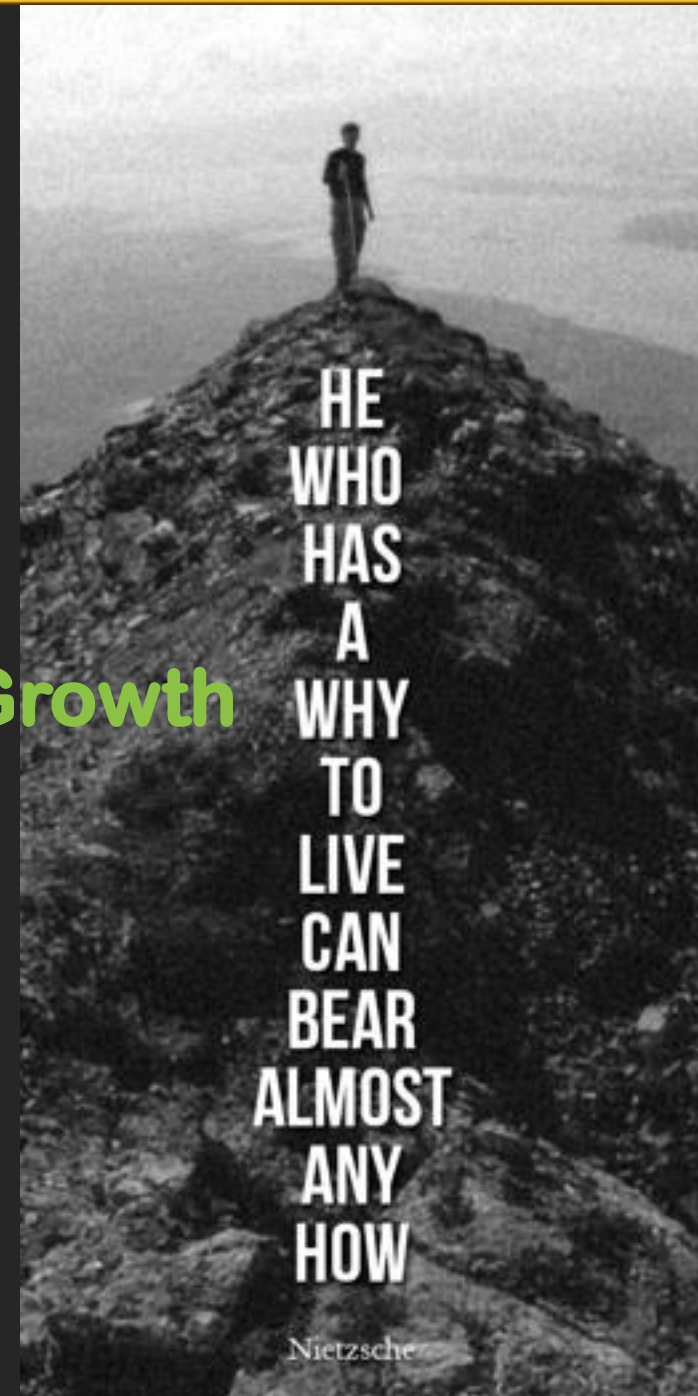
PAPER
TIGERS



Unconditional Love
One person with
Constant care

HE
WHO
HAS
A
WHY
TO
LIVE
CAN
BEAR
ALMOST
ANY
HOW

Nietzsche



5 Domains of Post-Traumatic Growth

Personal Strength

- Stronger for the experience
- Better able to handle blows
- More wisdom and maturity

Closer Relationships

- Strengthened social ties - can rely on people
- Help craft trauma narratives that contribute to meaning
- Sense of belonging
- Unity

Greater Appreciation for Life

- Greater gratitude, hope, kindness, leadership, love, spirituality, and teamwork

New Possibilities

- Reprioritize values and time commitments
- Accomplish goals that would have been delayed
- More understanding of friends and family

Spiritual Development

- Readjust spiritual beliefs to encompass trauma, or
- Revise spiritual beliefs altogether

Brutally Honest Optimism

Optimism reduces our sense of helplessness when things feel out of control. It also allows motivates us to take constructive action. However this is not the Pollyanna, unicorns and rainbows, "everything's going to be okay" brand of optimism - it is tempered by the discipline to confront the most brutal facts of our current reality.

Perception of Control Over Events

What makes an experience traumatic is that we were not able to control the circumstances that led to us being harmed in some way. Recovery is about regaining control through primary control (taking action to change a situation) or secondary control (changing our orientation to a situation).

4 Factors Leading to Post-Traumatic Growth

Post-Traumatic Growth

Coping Style

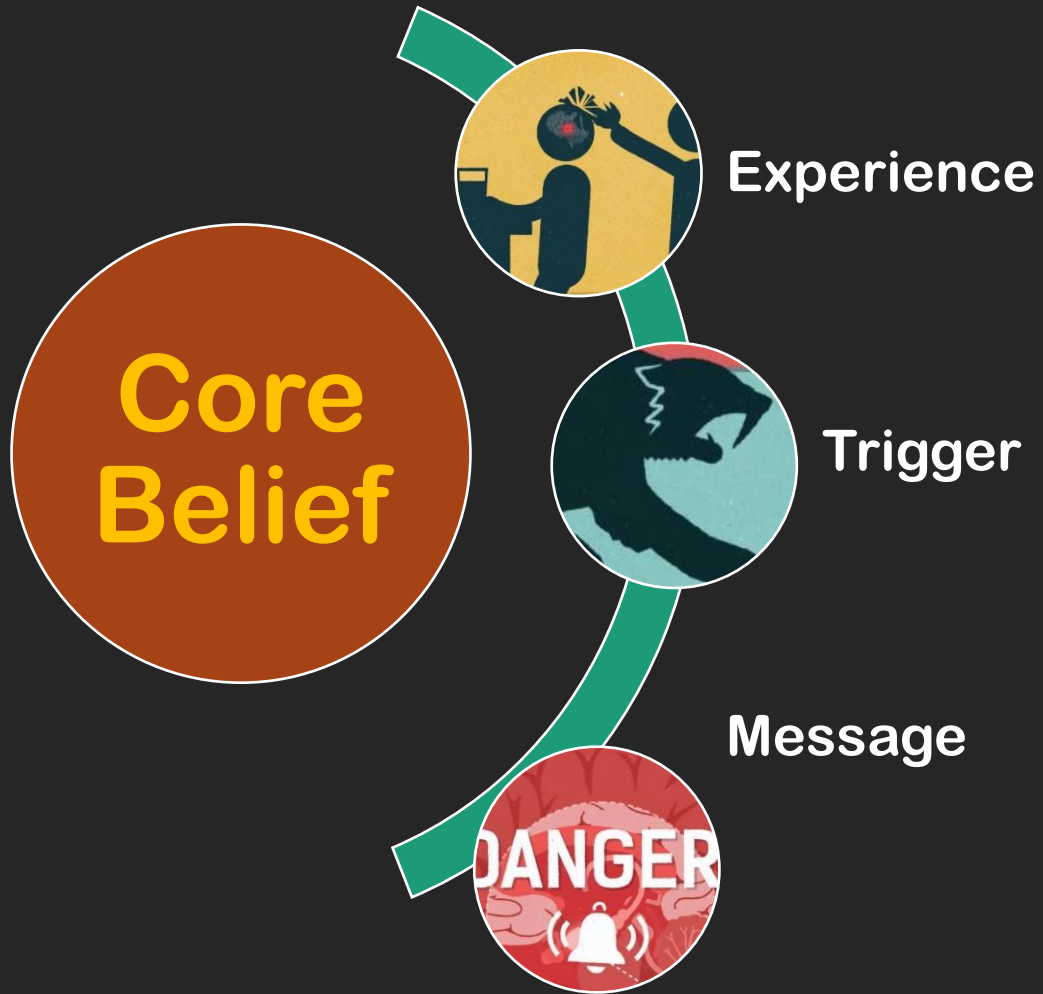
What is your coping style? Do you immediately start problem-solving (active coping) or do you escape into a fantasy world (avoidance coping)? Both approaches can be helpful, but in the long term, avoidance turns into denial, which prevents you from ever truly living in the present because you are so busy stuffing down your past. The best predictor of post-traumatic growth is 'acceptance and positive reinterpretation' - a coping style characterized by optimism and humor.

Strong Sense of Self

Having a strong sense of self depends on having a purpose in life, high self-esteem, and being able to create a coherent narrative. Without being able to make sense of our story, we cannot integrate it, learn from it, or get a distance from it. A coherent narrative prevents us from unconsciously repeating the lack of connection we experienced with our parents in our relationship with our own children.



© 2018 echo



"Stressors" or "Triggers"

■ External stressors include:

- **Physical environment:** noise, bright lights, heat, confined spaces.
- **Social** (interaction with people): rudeness, bossiness or aggressiveness
- **Organizational:** rules, regulations, "red tape," deadlines
- **Major life events:** death of a relative, lost job, promotion, new baby
- **Daily hassles:** commuting (traffic), misplacing keys, mechanical breakdowns



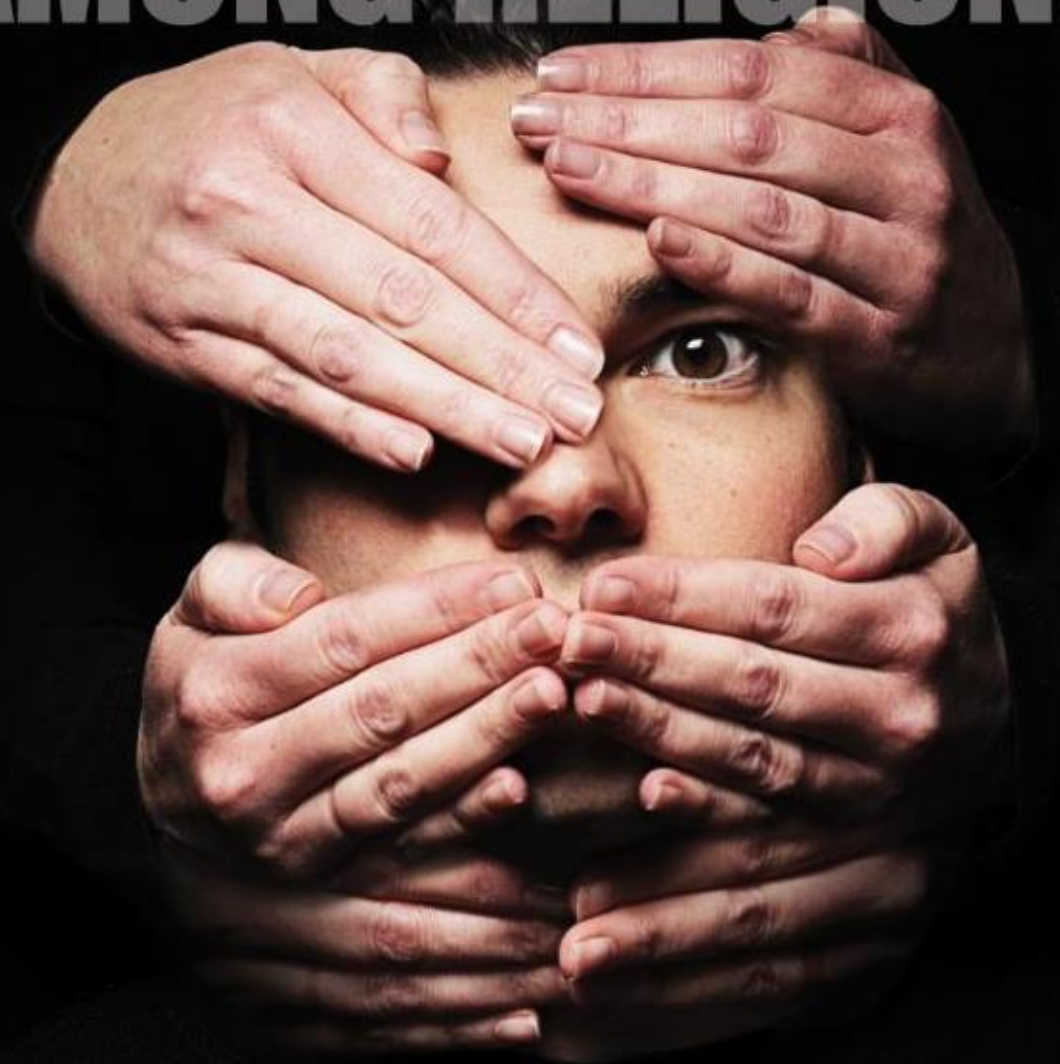
Restorative Justice (RJ)

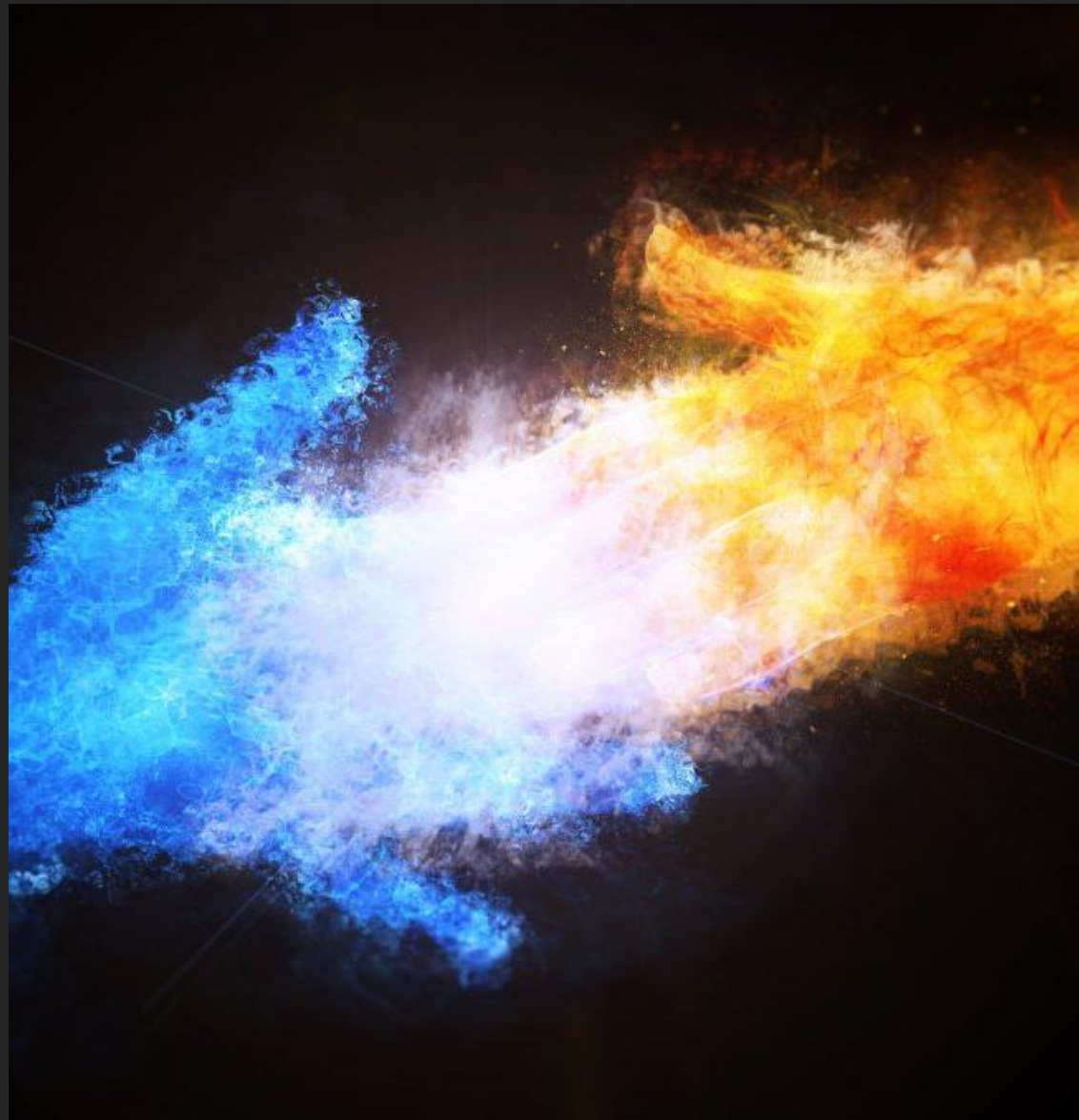


*Connect before you
correct*

Jo ♥

SPIRITUAL **ABUSE** AMONG RELIGIONS





Be Connected Faith Network

Join the statewide ecosystem of support for service members, veterans and their families!

<http://connectveterans.org/Faith/>



<https://www.thefaithfulcity.org/>



<https://www.arizonafaithnetwork.org/>

Trauma Informed Faith Community

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