

## BUILDING RESILIENCE: A TRAUMA-INFORMED APPROACH TO PREVENTION

### ARE YOU A PARENT OR A YOUTH SERVICE PROVIDER? JOIN OUR CEU-TRAINING ON:

*When trauma is part of a young person's story, the risk for substance use increases—and so does the need for informed, compassionate support. This training offers a practical look at how trauma shapes behavior, what substance use can signal in youth, and how professionals can respond with clarity and care. We'll explore trauma-informed strategies, examine prevention models that reflect the real challenges youth face, and address strategies to support resilience and well-being in youth-serving adults.*

#### LEVEL: BEGINNER

- 1. Explain how trauma and early adversity increase the risk of youth substance use.
- 2. Recognize signs of secondary traumatic stress and compassion fatigue and identify two strategies to support resilience and well-being in youth-serving adults.

REGISTER AT [BIT.LY/TRAUMA-INFORMED-CARE-2025](https://bit.ly/Trauma-Informed-Care-2025)

Presented by  
Dr. Christy Karabetian, PhD.



**REGISTER  
HERE**



**Continuing Education Information:** Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an evaluation form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed. All mental health professionals will receive one and a half (1.5) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded.

**GLADES INITIATIVE • THU, JULY 31 • FROM 10 TO 11:30 AM**  
**149 SE Ave D, Belle Glade, FL 33430 & ON ZOOM**

**PALM SPRINGS LIBRARY • THU, AUGUST 7 • FROM 10 TO 11:30 AM**  
**217 Cypress Ln, Palm Springs, FL 33461 & ON ZOOM**

**For further information contact:**  
**Prevention@pbcbhc.org or 561-374-7627**



**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.