

2021 Impact Report



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Trauma Informed LA

Letter from the Co-Founder & Executive Director

Dear Community,

We write to you during the second year of an unprecedented global pandemic. We stand here in solidarity condemning racial injustice and demanding change in the wake of the deaths of George Floyd, Ahmaud Arbery, Jacob Blake. Continued mass incarceration of black and brown communities demand dismantling of false narratives to secure impactful policy change. An Individual can become siloed within their trauma vortex, and stories provide a channel to break the chains of oppression and establish community healing among folx who have been formerly incarcerated, especially within Los Angeles County. Trauma Informed LA continues to incorporate healing centered engagement in its work, which is political rather than clinical.

Community healing is political.

This is why we have focused the 4th Season of TILA's *Our Stories Matter* podcast to focus on **Healing After Incarceration**.

With over 22,000 currently incarcerated individuals, Los Angeles County holds the title of the largest jail system globally. In our previous season, our storytellers spoke about their healing journeys through the criminal punishment system, exploring topics on abolition, film, women's re-entry, and inclusion. We will continue to celebrate the complex lived experiences of activists and healers by sharing their inspirational stories. Season 4 will target the collateral consequences affecting folx that were formerly incarcerated and highlight organizations that are dismantling the 46,000 collateral consequences.

Storytelling is political.

We continue to pursue authentic engagement through TILA's bi-weekly **TILA Table Chats**, an opportunity to connect and have courageous conversations with fellow Angelinos about the social justice issues that impact our communities.

Authentic community engagement is political.

In the words of the great, Bell Hooks:

"The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others. To build community requires vigilant awareness of the work we must continually do to undermine all the socialization that leads us to behave in ways that perpetuate domination. Dominator culture has tried to keep us all afraid, to make us choose safety instead of risk, sameness instead of diversity. Moving through that fear, finding out what connects us, reveling in our differences; this is the process that brings us closer, that gives us a world of shared values, of meaningful community."

In health and solidarity,



Susan Hess

Susan Hess
MSW, LCSW-IL
Co-Founder



Ramona Merchan

Ramona Merchan
DSW, LCSW
Executive Director

2021 Accomplishments

Trauma Informed LA is a 501c3 nonprofit organization dedicated to fostering community healing and resilience. As the pandemic continued this last year, TILA has maintained its efforts creating spaces for truth-telling and liberation from the impact of the United States

350+

Participants in TILA's Annual Intimate Partner Violence event

13

Published episodes of the Our Stories Matter podcast

10

Local community organization partnerships

1000+

Individuals supported in their professional development through TILA Table Chats and Speaker's Bureau trainings

26

Community events

75,000+

Individuals reached through our website and social media

1,500+

Podcast Downloads



About Trauma Informed LA

Our Mission – To foster resilient communities that promote healing and well-being through collaboration, education, and community engagement.

Our Vision – A trauma informed Los Angeles

Our Team

Steering Committee

Ramona Merchan
Development Management
Co-Coordinator

Vashti Bocker
Fundraising Coordinator

Christina Marquez
Training & Curriculum Co-Coordinator

Andres De La Peza
Policy Co-Coordinator

Kristin Lee
Operations Coordinator

Wendy Martinez
Development Management
Co-Coordinator

Brita Loeb
Website Manager

Susie Hess
Co-Founder & Podcast Co-Host

Luis H. Ramirez
Policy Co-Coordinator

Jessica Borja
Fiscal Development
Coordinator

Chisato Hotta
Volunteer Coordinator

Maya DeNola
Internship Coordinator

Jacqueline Luna
Training & Curriculum
Co-Coordinator

Interns

Sarah Johnston
MSW Student Intern

Abel Quintana
MSW Student Intern

External Advisors

Elizabeth Eastlund
Nkem Ndefo

Jennifer Parga

Gladis Molina

Exploring the benefits of Individual and Community Storytelling

Trauma Informed LA believe that in order to cultivate healing and liberation, we must center community efforts on storytelling. *Our Stories Matter* is a podcast celebrating the complex lived experiences of activist and healers by sharing their inspiring stories. *Our Stories Matter* started in 2020, and is now in its 3rd season, with 13 episodes published in 2021. For Season 3, the brave storytellers discussed healing from incarceration in conversation with our hosts Yehuda Price and Susie Hess. Trauma Informed LA understands that lived experiences in oppressive systems provide the expertise necessary to disrupt the 46,000 collateral consequences. In order to build community and momentum, we must break the bonds of an isolated experience with these systems and establish community solidarity. Each person has experienced a form of trauma by the United States and building relationships from those experiences provide opportunities for liberation.

Alongside these longform dialogues with our storytellers, Trauma Informed LA has hosted a bi-weekly, virtual *Table Chats* that discusses a piece of media that provokes thought and conversation on current events and movements. In just the last year, we have engaged with local community and organization members to discuss topics regarding Veterans, bias, accountability, and racial injustice in relation to trauma. These *Table Chats* have allowed for community members to meet in a healing centered setting to have brave conversations.



You can't go back and change the beginning, but you can start where you are and change the ending."

- Keyon Hill
OSM Podcast Ep. 18

Our 4th Annual IPV [Intimate Partner Violence] Revolution Event

With our partner, USC Keck School of Medicine: Relationship and Violence Prevention Services, and sponsors: Rainbow Services, LAFCCAC, and NASW @USC, Trauma Informed LA was proud to host its 4th Annual IPV event!

Our IPV event is a roundtable discussion designed to unite community power around the intersections of intimate partner violence, and systems of oppression through the lens of community activism and anti-racism. This year Trauma Informed LA focused on the topic of **Black Mothering** and its relation to IPV. This year we hosted new speakers with professional and lived experience:

Our Speakers:

FIND IMAGES

Dr. Tiffany R. Dukes

Teneicka Drake

Latoya D. Council

Vanessa Warri

Dr. Allison Monterossa

Special Guests:

FIND IMAGES

Dr. Brenda Ingram

Ebony Williams

These speakers utilized their professional and lived experiences to analyze the oppressive systems that have impacted them. Their dialogue engaged audience members how best to mobilize community power for change.



1/23/2021

Healing Our Nation Webinar

2/20/2021

White Fragility Webinar

3/10/2021 4/21/2021

5/5/2021 5/19/2021

Creating Justice Webinar Series

8/7/2021

Trauma Informed Lawyering Training

8/8/2021

Trauma Informed Secondary/Vicarious Trauma Training

8/11/2021

Trauma Informed Interviewing Training

8/22/2021

“We Are Survivors” Film and Panel Interview

8/29/2021

Survivor Walk

9/24/2021

TILA Table Chat: Brave Conversations

10/8/2021

TILA Table Chat: Intersections of Systems and IPV

10/23/2021

IPV Revolution: Creating Intersectional Community Solutions to Uplift Black Parenting

11/5/2021

TILA Table Chat: Veterans and Community Service Members Impacted by Trauma and Moral Injury

11/19/2021

TILA Table Chat: Accountability, Bias, and Mandated Reporting

12/3/2021

TILA Table Chat: Storytelling as Healing

8/2021 – 11/2021

Our Stories Matter Podcast Season 3, 13 episodes

On the Issues

In our mission to build a more trauma-informed Los Angeles, Trauma Informed LA established its **Social Justice Priorities**, which will guide us, our programs, and our partnerships in effort to challenge systems that inflict trauma and support those that seek to diminish its impact and foster healing.

Our **Social Justice Priorities** include:

Criminal Legal System Injustices

- Human Trafficking
- Immigration

Access to Equitable Resources

- Economic Justice

Equitable Policy Reform

- Voting Rights
- Abolition
- Educational Rights
- School Choice

Challenging discrimination & institutional oppression

- School-to-Prison Pipeline
- Building Community and Solidarity

“Telling Our Stories first to ourselves and then to each other and the world is a revolutionary act.”

-Janet Mock



Trauma Informed Los Angeles organizes its efforts into three priorities. Below you can review the different programs we offer to support the community.

Education and Resources [EAR]

Providing education, training, and technical assistance to practically implement trauma informed approaches.

Programs:

[Trauma Informed Curriculum and Trainings](#)

[Speakers Bureau](#)

[TILA Tables](#)

[Resource Hub](#)

[Therapist Directory](#)

Authentic Community Engagement [ACE]

Supporting community members with lived experience to lead the momentum, participate in shared decision making, and influence local trauma informed policy changes.

Programs:

[Our Stories Matter Podcast](#)

[TILA Table Chats](#)

Collaboration and Partnerships [CAP]

Actively engaging in initiatives that support regions, partnerships, common goals, and topics that build community resilience.

Programs:

[Website Blogs](#)

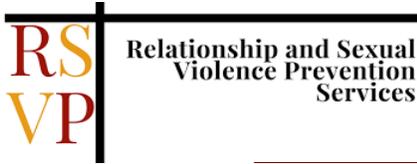
[Newsletter](#)

[Trauma Informed Yoga](#)

[Virtual Marketplace](#)

Our Partners

elevateyouce



Laying down the foundations for the future

- 1 Season 4 of the *Our Stories Matter* podcast
- 2 TILA Tables Webinar Series
- 3 Dismantling the 46,000 collaterals consequences through storytelling
- 4 Strengthening our position in the community as a trauma leader

Stay [Trauma] Informed!

Be sure to follow us on our social media, bookmark our website, and join our newsletter for all the happenings in the years to come!



@TraumaInformedLA



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Our Stories Matter



TraumaInformedLA.org