

Title: From “What’s Wrong with You?” to “What’s Right About You?”: Reframing our Work and Relationships Through Trauma-informed & Healing-centered Engagement Approaches

Presenters Info: Jen Mudge, Public Policy Coordinator, TCFV

Outline of Topic:

- What is trauma and how does it intersect with intimate partner violence
- Trauma responses—how does the brain respond to trauma and how might that translate into a person’s behavior
- Impacts of trauma on survivors and the impact of vicarious trauma
- Trauma-informed and healing-centered engagement approaches to working with survivors
 - Components of trauma-informed & healing-centered engagement approaches
 - TIA & HCE continuum
- Implementing TI and/or HCE approach in your interactions or work with survivors, and in your workplace

Summary of Topic w/ Teaching Objectives:

Many of us have experienced trauma—a 2016 study of traumatic experiences found that over 82% of adults in the U.S. have experienced at least one traumatic event in their lifetime.¹ For survivors of intimate partner violence, trauma is often an ongoing experience over the course of an abusive relationship. Understanding the ways in which trauma affects our minds, bodies and actions can help us create more supportive, nonjudgmental, healthy & empowering environments in which survivors—and all of us—can feel safe, seen, and supported. This session will discuss trauma and its impacts on intimate partner violence survivors and will offer insight into trauma-informed approaches to care that you can reflect on and consider implementing in your workplace and community.

Three Learning Objectives:

1. Support awareness of trauma and the impact of trauma on intimate partner violence survivors
2. Gain understanding of a trauma-informed approach, also called trauma-informed care
3. Explore potential ways to implement trauma-informed approaches in your work

Biographical sketch of the speaker (include SME as part of bio):

Jen Mudge is a licensed social worker (LMSW) and a Public Policy Coordinator for the Texas Council on Family Violence. Jen has nearly 20 years of experience in diverse social work settings, with a focus on serving and working alongside survivors of intimate partner violence and sexual violence. Jen’s work with survivors has spanned direct advocacy services, clinical therapeutic settings, and statewide policy efforts.

¹ Benjet, C., Bromet, E., Karam, E. G., Kessler, R. C., McLaughlin, K. A., Ruscio, A. M., Shahly, V., Stein, D. J., Petukhova, M., Hill, E., Alonso, J., Atwoli, L., Bunting, B., Bruffaerts, R., Caldas-de-Almeida, J. M., de Girolamo, G., Florescu, S., Gureje, O., Huang, Y., Lepine, J. P., ... Koenen, K. C. (2016). The epidemiology of traumatic event exposure worldwide: results from the World Mental Health Survey Consortium. *Psychological medicine, 46*(2), 327–343. <https://doi.org/10.1017/S0033291715001981>

JENNIFER MUDGE

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EDUCATION

- MSW** Marywood University, Social Work May 2014
Graduate Research: A University Sexual Assault Needs Assessment
- BA** The Pennsylvania State University, Psychology Dec. 2002
Semester of study abroad at Christian-Albrechts University (2001)
Minored in German

PROFESSIONAL EXPERIENCE

- Public Policy Coordinator** Dec. 2020-present
Texas Council on Family Violence, Austin, TX
- Offer technical assistance and consultation to domestic violence agencies in Texas on topics such as creating and enhancing access to services for survivors of domestic violence; voluntary, survivor-centered service models; and best practices in service provision.
 - Develop and update guidance on agency policies for domestic violence centers in alignment with survivors' input, best practices and state and federal laws.
 - Provide training and consultation on the intersection of mental health, wellness, trauma and intimate partner violence. Initiated a wellness advisory council that informs the development of wellness resources, trainings and other support for domestic violence agencies and advocates throughout the state.
 - Collaboratively maintain and update content for the Creating Safer Spaces webpage, an information hub for domestic violence agencies.
 - With the Policy Team, engage in legislative advocacy during biennial legislative sessions and participate in implementation of laws, rules and policies.
- Licensed Social Worker/Therapist** May 2019-Jan. 2022
Integrative Counseling Services, Scranton, PA
- Provided mental health counseling services to a small caseload of clients. Collaborated with other community providers to offer holistic services.
 - Areas of focus included domestic and sexual violence, grief, and anxiety.
- Independent Research Consultant** June 2019-Dec. 2020
The Wright Center for Community Health, Scranton, PA
- Coded qualitative data from in-depth interviews for a study examining the effectiveness of a community-based program offering coordinated care to pregnant women diagnosed with Opioid Use Disorder.

Adjunct Faculty Instructor

Aug. 2017 & Jan. 2019

Marywood University, Scranton, PA

- Taught a graduate course on social welfare policy, and an undergraduate course preparing students to engage in international service learning.

Senior Program Manager, Monitoring & Evaluation

Sept. 2015-Dec. 2020

African Sisters Education Collaborative (ASEC), Scranton, PA

- Coordinated the monitoring and evaluation of all ASEC programs including the evaluation planning, design, and implementation for a leadership development program for women across ten African countries, as well as an international service learning program.
- Collaboratively developed the organization's strategic plan and created metrics to evaluate the organization's strategic goals.
- Supervised two staff and two Graduate Assistants within the evaluation team.
- Selected and developed evaluation tools for use in a mixed methods evaluation in partnership with ASEC's African staff members and consultants.
- Analyzed qualitative and quantitative data, utilizing SPSS and NVivo software.
- Created formative and summative evaluation reports and presented summative reports annually. Provided recommendations for program improvement.
- Periodically traveled to six countries in Africa to conduct site visits and interviews and co-facilitate capacity building workshops.

Social Work Field Instructor

Aug. 2015-Aug. 2019

Marywood University School of Social Work, Scranton, PA

- Supervised graduate social work students in their internships. Served as both an on-site and off-site Field Instructor.

Social Work Accreditation Coordinator

June 2014-Sept. 2015

Marywood University School of Social Work, Scranton, PA

Position was time-limited to up to 2 years

- Coordinated the successful reaccreditation of the Bachelor and Master of Social Work programs.
- Liaised with faculty and staff at the university and the Council on Social Work Education to gather and organize information for reaccreditation reports.
- Wrote sections of reaccreditation reports.
- Designed and edited tools to assess social work students' academic competency levels as well as their experiences with diversity and inclusion at the university.
- Collected and analyzed data related to assessment of the Social Work programs.

Graduate Intern

Sept. 2012-May 2014

Marywood University Dean of Students Office, Scranton, PA

- Conducted a campus sexual violence needs assessment including focus groups with students, interviews with staff and faculty, and an online survey.

- Collaboratively proposed and piloted a peer facilitated sexual violence education and prevention program for first-year university students which is now implemented annually.
- Organized campus and community events to raise awareness about gender-based violence, healthy relationships, and human trafficking through participation in university committees.

Graduate Research Assistant

Jan. 2012-May 2014

Marywood University School of Social Work, Scranton, PA

- Completed literature reviews for a community-based participatory research study focusing on the needs of Bhutanese refugees and Latinx immigrants in the Northeast PA region. Study results led to healthcare initiatives.
- Created data visualizations to illustrate the needs of the growing refugee and immigrant populations in the local area.

Safe House Advocate/Legal Advocate

Apr. 2010-June 2014

Women's Resource Center (WRC), Scranton PA

- Advocated for survivors of domestic and sexual violence within the legal system and assisted survivors in assessing their legal options and safety concerns.
- Conducted systems advocacy with law enforcement, the legal system, and community agencies to increase survivors' safety options and resources.
- Developed, updated, and distributed resource materials regarding crime victims' compensation, survivors' rights, legal system protocols, state and federal laws, and pending or new legislation.
- Provided crisis and advocacy services in the safe house and via a 24-hour hotline.
- Managed the Homeless Prevention and Rapid Re-Housing Program.

International Youth Programs Coordinator

May 2009-Nov. 2009

Students Partnership Worldwide (SPW)-USA, Washington, D.C.

This position was eliminated after SPW, due to financial constraints, completed a full office closure in the U.S.

- Interviewed, trained, and supported North American volunteers as they prepared for their overseas placements, including the management of volunteer donations, pre-departure trainings, and all logistical and administrative support.
- Built support for SPW-USA's recruitment and fundraising activities among returned volunteers and acted as a first point of contact for stakeholders.

Program Coordinator

Jan. 2009-May 2009

Supportive Concepts for Families, Inc., Reading, PA

- Coordinated the functioning of five community living homes, in which 15 individuals with intellectual and/or physical disabilities resided.
- Supervised five Site Supervisors and approximately forty staff members.

International Youth-led Development Programs Fellow Sept. 2008-Dec. 2008
Students Partnership Worldwide (SPW)-USA, Washington, D.C.

Fellowship was for a 3-month period

- Created a comprehensive and dynamic pre-departure manual to be used by SPW staff in the U.S., U.K., and Australia when conducting volunteer training.

Volunteer Community Health Educator Jan. 2008-Aug. 2008
Students Partnership Worldwide, Jinja, Uganda

Position was for an 8-month period

- Through non-formal peer education and partnerships with Ugandan volunteers, promoted reproductive health and sustainable livelihoods in a rural community.
- Developed and taught lessons on sexual and reproductive health lessons to primary and secondary school students in five area schools.
- Worked with a women's group to develop a successful business plan, which resulted in the development of a pineapple farm, yielding sustainable income.
- Established school health clubs, which became self-sustaining through student leadership.
- Organized health-related community and school events, including an HIV awareness and prevention festival for over 600 attendees.

LICENSURE AND TRAINING

Licensed Social Worker, Pennsylvania (2015-present)

Certified Domestic Violence and Sexual Assault Counselor/Advocate (2001, 2010)

PROFESSIONAL AFFILIATIONS

National Association of Social Workers (2015-2020)

American Evaluation Association (2017-2020)

REFERENCES

Available upon request.