

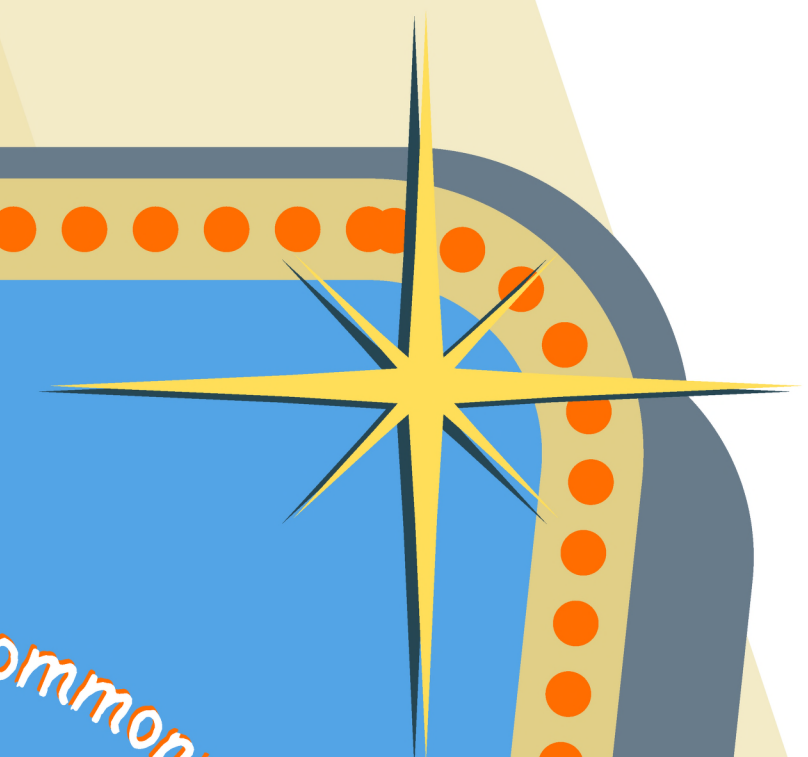
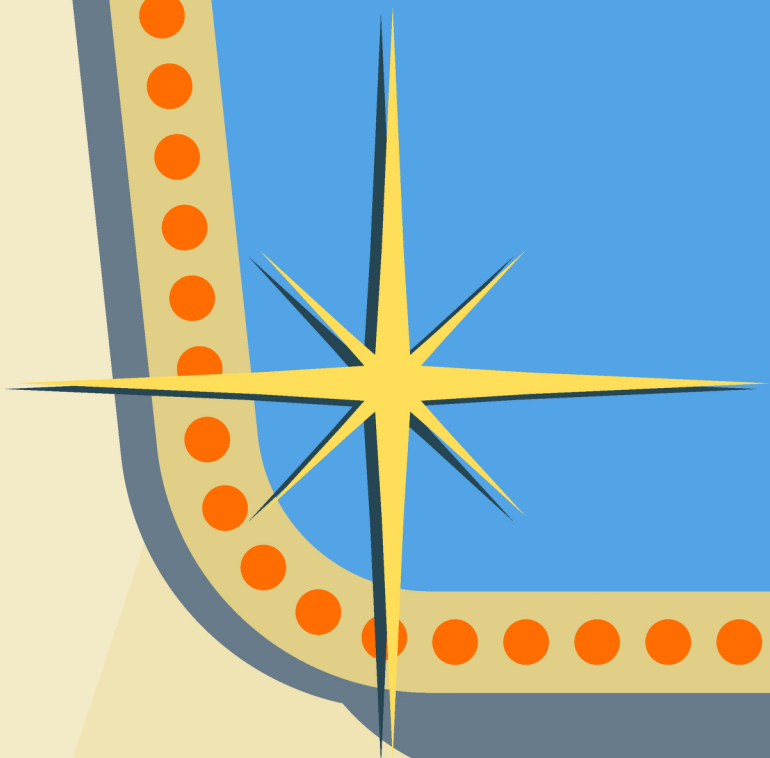
Game Night

with

Navigators of the Commonwealth



Your Compass for Resources





Icebreaker

What is your **strongest** or **favorite** navigating skill?

Welcome Navigators!

Today's session will be a game show theme!

- Game shows are programs where you show all of your skills in response to different circumstances and situations.
- Are you an *American Ninja Warrior* or the *Wipeout* star of the Navigators?
- Today, we will draw on the various skills we have enhanced over the last 3 months.
- Those skills will have the chance to shine through when we enter breakout rooms and engage in 3 different games that reflect our last 3 themes!

Navigating the Session

- Active participation - use the chat, Zoom reactions, raise hand
- Be present - stay on camera if at all possible, we want to see you all here!
- Stay open and curious and respect confidentiality - let's keep this a safe space to learn and grow together
- Use technology respectfully- please mute yourself when not speaking
- Have fun- let's keep this a supportive environment, while we stay focused on goals for the session

Attendance

April

44

May

62

June

48

July

50

**25 people
attended two
sessions!**

**14 people
attended three
sessions!**

**6 people
attended all
four sessions!**

Quotes

“I always enjoy these sessions - I get great information and they are just uplifting in a way that many of my meetings are not, these days. Please keep this energy. I desperately need more of this in my day.”

Session 5 Recap

Key Takeaways: Improving how we administer assessments and screeners.

Principles

- Screeners = conversations, not checklists
- Explain purpose and ask permission
- Use warm, clear language
- Normalize pacing and boundaries
- Avoid jargon
- Thank and reflect

Session 5 Recap

Pro Tips

- Vet resources before sharing
- Make warm handoffs, not cold lists
- Suggest, don't prescribe or judge
- Partner with consent and respect choice
- Don't penalize if resources are not used

Session 6 Recap

Key Takeaways: Trauma-informed approaches to everyday interactions.

- Trauma isn't always disclosed, but shows up in behavior
 - How would a help seeker feel if they had to disclose their trauma over and over again?
- “Difficult” people are traumatized people protecting themselves
 - Trauma is often a response, sometimes unknown to the help seeker, why they are having these behaviors. How can you notice patterns without jumping to judgment?
- What feels normal to you might feel dangerous to them
 - How can you adapt your approach for a help seeker?

Session 6 Recap

- Systems can feel just like abuse
 - How can the systems in your workplace be evaluated and modified to avoid amplifying harm?
- Powerless, not pain, is the core wound of trauma
 - How can you give a sense of agency to a help seeker?
- Being trauma-informed doesn't mean having all the answers. It means creating conditions where people are safe to show up as they are, even when they can't explain why.

Session 7 Recap

Key Takeaways: Navigating what resources to use when and how.

- Finding the right resources at the right time for the people we are helping is challenging because of:
 - Outdated and inaccurate information
 - Lack of real-time availability
 - Limited or no follow-up support
 - Navigating requirements and steps
 - Geographic mismatch
- We may need different tools for screening for social needs, identifying resources, and managing referrals.

Session 7 Recap

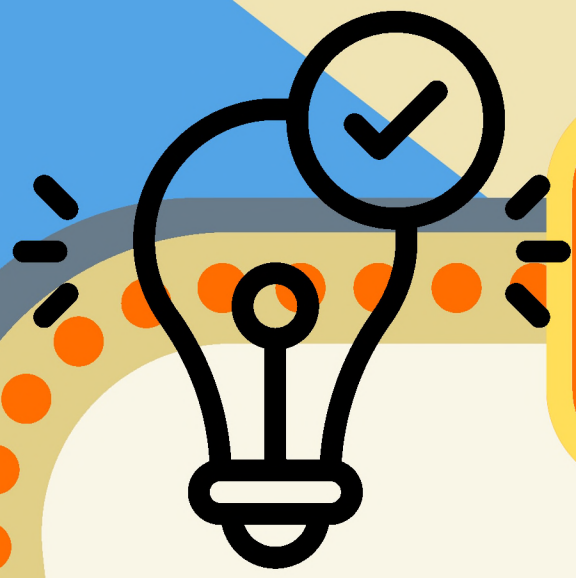
- The most comprehensive and regularly maintained directories in Kentucky are:
 - [kynect resources/211](#)
 - [FindHelpNow.ky](#) for behavioral health treatment
 - [MyKY.info](#) kiosks maintained by Family Scholar House
- Resources are only useful if we know about them and are able to help our clients use them!



Breakout Room 1

In this screener scenario game, you will collaboratively explore the story of Sara, your new client who has recently come upon hard times. Moving away from a checklist screening approach, you are going to work together to build a set of personable, compassionate techniques that you would use in a meeting to learn more context about Sara and establish a trusting relationship with her.

- Challenges Sara is facing:
 - Difficulty sleeping
 - Withdrawal from social activities
 - Irritability or anger
 - Loss of interest in hobbies
 - Changes in eating habits
 - Feeling anxious or on edge
 - Difficulty concentrating
 - Complaints of physical aches and pains without a clear medical cause
 - Missing work or school
 - Increased use of substances (alcohol, drugs, etc.)



Breakout Room 2

In this problem-solving game, you will brainstorm potential responses to real-life situations that could be potentially triggering by focusing on the core principles of safety, collaboration, and empowerment. You will learn practical trauma-informed strategies and approaches from your fellow navigators as you collectively create an optimal response to these real-life situations.



Breakout Room 3

In this game of resource roulette, you will revisit our case study from last month to practice using kynect resources and FindHelpNow to identify appropriate resources and supports for this family, if they were your client in the areas you serve. Then, you will prioritize which referrals are most important and how to adjust if your priority resources are not responsive or available.

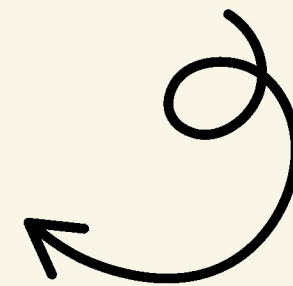
Next Topic

Cultural humility: Beyond competence to true understanding
September 27, 11-12 EST

**Interested in joining our
reentry specific workgroup?**



**Scan and complete
the survey!**



Questions?

Email our facilitators



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