



Our Priority: Reducing Trauma & Violence in Spokane County

- 1. Addressing trauma caused by COVID-19 through peer led COVID Stress & Trauma groups.** *(Partners: CTSE, Better Health Together, EWU, Kaiser Permanente, Providence, Peer WA)*
- 2. Preventing trauma by reaching students with virtual one-on-one free tutoring and using that reach to connect families to additional resources as needed.** *(Partners: Gonzaga University, Communities in Schools of Spokane County)*
- 3. KEY: Expanding Peer Support to reduce trauma and prevent violence:**

Spokane County has some of the highest child abuse, domestic violence, and youth suicide and self-harm rates in Washington State. As a result, the reduction of family trauma and violence was identified as a priority for Spokane County in 2019, and COVID-19 has only exasperated these issues. After extensive research and a community mapping process in partnership with the Spokane Regional Health District, Priority Spokane and our 25 member organizations identified Peer Support as a proven best practice to help prevent and address family trauma and violence in our region. Peer Support is also a valuable tool to address COVID related stress and trauma while providing needed community supports. *(Partners: Empire Health Foundation, Peer WA, Providence Health Services)*

We are expanding the use of Peer Support in Spokane County to:

1. Prevent family trauma and violence by modeling and encouraging healthy coping, communication, and relationship skills.
2. Improve outreach to and engagement of underserved and marginalized communities.
3. Enhance the quality and equity of current services by implementing peer perspective, voice, and choice.
4. Reduce suicide rates (those who utilize peer support experience 36% less suicide attempts than those who do not).
5. Provide meaningful employment and support to individuals more likely to experience joblessness (formerly incarcerated, institutionalized, homeless, disabled, etc.)
6. Reduce hospitalization rates and the associated costs. Those who utilize peer support experience 2.9 fewer hospitalizations compared to those who do not.
7. Reduce costs of traditional care. Peer Support is shown to produce a cost savings of \$5.58 for every dollar spent.
8. Lead COVID Stress and Trauma Education programs for their communities.

We are doing this by:

1. Expanding equitable access to peer support trainings for individuals and organizations.
2. Providing a support network for current and future peer support professionals.
3. Providing funding and support for the creation of new peer support positions.
4. Increasing awareness and visibility around the value of peer support.
5. We provided free virtual academic tutoring during COVID-19 for 100+ high need K-12 students to reduce trauma on students at risk of falling behind their peers from October 2020-April 2021.
6. Providing tools and support to address trauma and prevent violence through COVID Stress and Trauma Education Programs (CSTEP).
7. Evaluating the effectiveness of peer support services.

For more information and to track our progress visit www.PrioritySpokane.org