

## Understanding Holistic Needs of TAY with Prolonged Exposure to Trauma

**DATE & TIME:**

**March 10, 2026**

**1:00PM – 4:00PM**

***Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period.  
Late arrivals will not be admitted.***

**PLACE:** Dockweiler Youth Center  
12505 Vista del Mar  
Los Angeles, CA 90293

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13539>

### **DESCRIPTION:**

This 3-hour training will address how Transitional Aged Youth (TAY) frequently face significant personal, relational and environmental stressors that can often result in traumatic experiences. This training is intended to help TAY providers better understand the prevalence of trauma among TAY and how the prolonged exposure to trauma impacts a young person's holistic health. Participants will learn about some of the top physical, mental, emotional, social, and spiritual needs TAY have, as well as explore best practices focused on helping young people develop the tools they need to enhance their overall well-being.

**TARGET AUDIENCE:** DMH and contract providers.

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Explain two (2) possible ways that trauma might be expressed in the TAY population.
2. Describe how prolonged stress impacts TAY health and overall well-being.
3. Discuss effective, culturally relevant strategies for helping TAY cultivate their well-being.

**CONDUCTED BY:** Moises Rodriguez, Ph.D

**COORDINATED BY:** Megan Cox – Training Coordinator  
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**DEADLINE:** When capacity is reached.

**CONTINUING EDUCATION:** 3.0 hours for BBS, BRN, CCAPP-EI  
3.0 CE for Psychologist

**COST:** NONE