



HOPE LAB

Healthy Outcomes through
Psychosocial Equity for People
with Intellectual and
Developmental Disabilities

The **HOPE Lab** is dedicated to improving the mental health and wellbeing of people with intellectual and developmental disabilities. We partner with communities to enhance the awareness of mental health symptoms, improve assessment, and improve service delivery so that people with intellectual and developmental disabilities can experience healthy outcomes, community inclusion, and wellbeing.

<https://rampages.us/hopelab>

Dr. Ruth Brown, Ph.D.
Assistant Professor
Virginia Commonwealth University
800 East Leigh St., Suite 101
Richmond, VA 23219-1534



Helping Adults with Intellectual and
Developmental Disabilities Heal and
Thrive Following Trauma



ABOUT THE COURSE

The THRIVING course will help those who care for or provide services to adults with intellectual and developmental disabilities to:

- **Realize** the widespread impact of trauma experienced by people with intellectual and developmental disabilities
- **Recognize** the signs and symptoms of trauma in adults with intellectual and developmental disabilities
- **Respond** by changing behaviors, policies, and services to take trauma into account
- **Resist** re-traumatization of adults with intellectual and developmental disabilities and staff with trauma histories.



WHO IS IT FOR?

Anyone who provides services and/or supports (formal or informal) to adults with intellectual and developmental disabilities or who is interested in doing so.

- Health professionals,
- Mental health professionals,
- Students,
- Direct support professionals,
- Family members, or
- Advocates.



MULTIPLE FORMATS TO MEET YOUR NEEDS

Online

The THRIVING web course is a free online course. Six self-paced, on-demand modules allow anyone to learn more about trauma-informed care at any time.

Live

Live training with a THRIVING facilitator provides opportunities for deeper engagement and co-learning with other service professionals and advocates.

Customized

The THRIVING course can be customized for organizations with specific needs or time restrictions. Contact us for more information on a customized course for your team.

Earn a Trauma-Informed Supports Certificate

LEARN MORE

<https://rampages.us/hopelab/thriving/>