



**Request for Proposal**  
**Trauma-Informed Care Workshop**

### **Statement of Purpose**

Grow Pittsburgh seeks an outside facilitator to introduce trauma-informed care concepts and practices to our staff.

### **Background Info**

Grow Pittsburgh is a 501(c)3 non-profit with a staff of 15 full-time employees. Our mission is to teach people how to grow food and promote the benefits gardens bring to our neighborhoods. We believe access to locally-grown, chemical-free fruits and vegetables is a right, not a privilege. We envision the day when everyone in our city and region grows and eats fresh, local and healthy food.

Grow Pittsburgh's staff teaches gardening and cooking to public and charter school students, supports community gardens across the City and County, and operates production farm sites where food is grown and sold to the community. The majority of our work takes place in low to moderate income communities where individuals are facing a variety of challenges of which fresh food access is but a part.

Grow Pittsburgh employees would like to build capacity in handling individual situations that arise when working with high-stress and traumatized populations. We strive to better understand the challenges faced by people in our community so we can be empathetic and authentically engaged. Our employees need approaches to de-escalate confrontational situations, identify underlying challenges people are facing, and productively support people who experience high stress and trauma. We also need to build the personal and organizational resources to process emotional issues and practice self-care.

### **Scope of Work**

Grow Pittsburgh seeks an outside facilitator to build our capacity in the following areas:

- understanding the complex challenges faced by high-stress and traumatized populations
- tools and resources that lead to productive outcomes when facing a variety of situations
- internal processes and practices to ensure our staff is supported and safe

An ideal training will build empowerment and leadership within the staff, engage each staff member at their current level of understanding, include scenarios and role-plays, and provide concrete tools to begin practicing immediately. Additionally, time should be planned for decompression and processing before the training is completed.

The training will include between 15 and 20 staff members, and ideally would take place between late October and mid November 2015.

### **Requirements for Proposal**

We request interested parties to submit the following information in the form of a proposal:

- Proposed training outline
- Examples of prior work
- Curriculum Vitae
- Two references from previous trainees

Please submit proposals by 5:00 PM on Friday, October 9, 2015.

### **Budget**

Our budget for this training is between \$600-800, depending on experience.

### **Point of Contact**

For follow-up questions and to submit proposals, please contact Courtney Thrall, [courtney@growpittsburgh.org](mailto:courtney@growpittsburgh.org), 412-362-4769 x117.