



July HR Highlights

### **VDSS New e-learning Course**

The Office of Trauma and Resilience Policy at VDSS has created a new e-learning course, Fundamentals of Trauma, which is available to agencies and employees.

The course is available in the [Commonwealth of Virginia Learning Center \(COVLC\)](#) and is designed to provide a strong foundational understanding of trauma and its potential impact on individuals in the workplace. In the course, participants will:

- Learn about the prevalence of trauma
- Learn about our brain and body's responses to trauma
- Explore what all of this means for us individually
- Learn about the support and resources available to individuals impacted by trauma

To access the course, log into the COVLC and search for **OTRP 1000**. For questions about this course, please email [otrp@dss.virginia.gov](mailto:otrp@dss.virginia.gov).