PerformCARE®
8040 Carlson Road
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# Provider Notice

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| **To:** | **All Providers** |
| **From:** | **PerformCare** |
| **Date:** | **September 23, 2026** |
| **Subject:** | **AD 26 111: Trauma Informed Care and Adult Males** |

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PerformCare would like to make our provider network aware of trauma-informed care resources focused on supporting adult males. The resources below include trainings, support groups, and e-learning opportunities that may assist providers in strengthening trauma-informed approaches for adult males, their families, and caregivers.
These resources are provided for informational purposes and may support continued development of trauma-informed care practices across the provider network.

**Brothers Breaking Cycles (Virtual / Regional)**

- **Overview:** A structured 12-week virtual trauma group for men and masculine-identified individuals. The group incorporates trauma-informed CBT and narrative therapy concepts to address masculinity, generational trauma, and emotional safety.
- **Cost:** $75 per session; accepts Cigna, Tricare, and Independence Blue Cross.
- **Contact:** Email **inquiries@centerforequity.global** or call (484) 559-5835.

**The Underground**

- **Overview:** A specialized, identity-conscious 10-week support group for Black men. The group offers a supportive setting to discuss and heal from complex trauma, abuse, shame, anger, and the impact of systemic racism.
- **Location:** Diversity Works, 351 W. James Street, Lancaster, PA 17603.
- **Contact:** Call (717) 801-1159.
- **Meeting Time:** Mondays, 6:30–7:45 p.m.
- **Session Cost:** $30–$300; accepts PerformCare in addition to multiple other insurance plans.

**Mental Health America (MHA) Lancaster Support Groups**

- **Overview:** Provides multiple free, confidential, drop-in peer-support groups for adults navigating severe anxiety, panic, and trauma-related stressors.
- **Location:** 245 Butler Avenue, Suite 204, Lancaster, PA 17601.
- **Contact/Schedule:** Verification and schedule details can be accessed through the MHA Lancaster Support Portal.

**Transformative and Trauma-Informed Practice with Boys and Men: Strategies and Interventions**

- **Overview:** A one-hour recorded training exploring the relationship between unhealthy masculinity and concerns such as dating violence, sexual violence, mass school violence, risky sexual behavior, and mental illness. One continuing education credit is available upon completion of the recorded video and exam.
- **Location:** https://www.continued.com/

- **Cost:** Unlimited continuing education access is available through the Continued platform for $99 per year.

**Men, Gender, and Trauma**

- **Overview:** A 90-minute online training discussing how men's socialization can interfere with recovery from substance use and other disorders.

**Location:** https://www.healthrecovery

cc: Lisa Hanzel, PerformCare
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