

Trauma Informed Care in the Community

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Resources for Human Development

Objectives

- 1. Describe the thinking behind and importance of Trauma-Informed Care in their own words;
- 2. Analyze and think critically about situations and challenges in their programs;
- 3. Apply the knowledge gained in this presentation to create pathways to implementing community-based Trauma-Informed Care interventions back at their own programs.

Definition of Trauma

An **EVENT** of series of events or set of circumstances that is

EXPERIENCED by an individual as physically or emotionally harmful or life threatening and that has lasting adverse

EFFECTS on the individuals functioning, ability to cope and well-being





Trauma Shapes our Beliefs

The Adverse Childhood Experiences Study (ACEs)

Key Findings:

ACES ARE COMMON!

- 67% had at least 1 ACE
- 1 in 8 had 4 or more
- Four or more ACES:
 - 2x's – COPD
 - 2 ½ x's – Hepatitis
 - 12 ½ x's – attempt suicide
 - 4 ½ x's - Depression
- 7 or more ACES:
 - Triple risk of lung cancer
 - 3 ½ x's - heart disease

Trauma Informed Care Is...



What's Wrong with You!?

to

What Happened to You?

A program, organization, or system that is Trauma-Informed...

- **REALIZES** the widespread impact of trauma and understands potential paths for recovery;
- **RECOGNIZES** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **RESPONDS** by fully integrating knowledge about trauma into policies, procedures, and practices
- **Seeks to actively RESIST RE-TRAUMATIZATION**

Most Importantly...

Recognizing that trauma related symptoms and behaviors originate from *ADAPTING* to Traumatic Experiences

Key Principles of Trauma-Informed Practices

- **Safety**
- **Trustworthiness and Transparency**
- **Peer Support and Mutual Help**
- **Collaboration Empowerment, Voice and Choice**
- **Culture, Historical and Gender Issues**

- **Connection**

Trauma Informed Implementation

One size
does **NOT**
fit all.



Trauma Informed Care Domains

- Domain 1 Early Screening and Assessment
- Domain 2 Consumer Driven Care and Services
- Domain 3 Trauma Informed and Educated Workforce
- Domain 4 Trauma Informed, Evidenced Based Best Practices
- Domain 5 **Safe and Secure Environment**
- Domain 6 **Community Outreach and Partnership Building**
- Domain 7 Ongoing Performance Improvement

What should Trauma Informed Care in the Community look like?



Challenges

- No established standards
- Can't control the environment
- Can't control the people who do control the environment
- Hard to evaluate competence

Facing the Challenges

- Networking
- Preparing
- Educating

Trauma Informed Care for the Caregiver

Trauma Informed Care is a parallel process for staff

- *Safety*
- *Trustworthiness*
 - *Choice*
- *Collaboration*
- *Empowerment*
 - *Connection*



Self - Care



Organizational Response to Self-Care

- Reflective Supervision
- Sharing Our Support (S.O.S) Team
- Staff Safety Plans
- Designated Self-Care Specialist
- Mindfulness Apps / Podcasts

Conclusions and Observations