

# AN INTRODUCTION TO TRAUMA INFORMED CARE



## OBJECTIVES

- ▶ Introduce you to key concepts and principals of trauma and trauma informed care
- ▶ Discuss how to create a culture of TIC
- ▶ Stress, Burnout, and Vicarious Trauma
- ▶ Brainstorm organizational responses



TRIGGER  
WARNING

Positive Stress

Tolerable Stress

Toxic Stress

TYPES OF  
STRESS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

# WHAT IS TRAUMA?

Bessel van der Kolk notes, trauma is specifically an event that overwhelms the central nervous system, altering the way we process and recall memories. "Trauma is not the story of something that happened back then," he adds. "It's the current imprint of that pain, horror, and fear living inside people."



# TYPES OF TRAUMA

Acute

Repetitive

Complex

Developmental

Historical/generational

Secondary/ Vicarious

# EFFECTS OF TRAUMA

## Physical:

Eating and sleeping disturbances, pain, low energy, headaches, pain and anxiety

## Spiritual:

Guilt, shame, self blame, self hatred, feeling broken, feeling like a "bad person", questioning one's own purpose

## Cognitive:

Memory lapses, loss of time, being flooded with trauma, difficulty making decisions, decreased ability to concentrate, thoughts of suicide

## Behavioral:

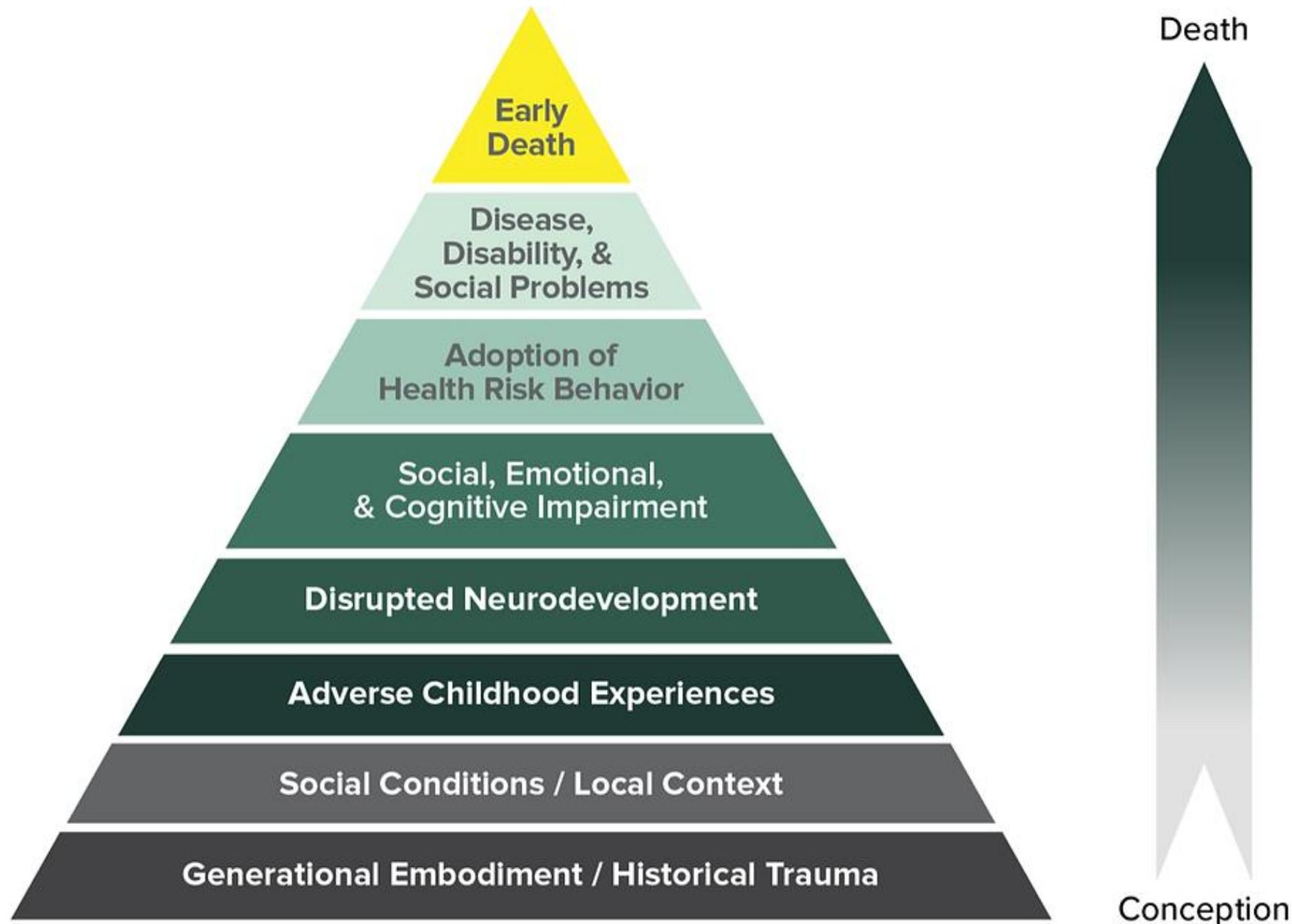
Self harm, substance abuse, self-destructive bx, isolation, suicide attempts, hyper vigilance, fighting

## Emotional:

Depression, crying, anxiety, extreme vulnerability, panic, fearfulness, anger, irritability, emotional numbness, difficulties in relationships

Taken from N Poole, Building a Trauma Informed Practice Framework

# ACES



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

## BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## PHYSICAL & MENTAL HEALTH



Severe obesity



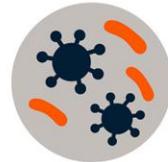
Diabetes



Depression



Suicide attempts



STDs



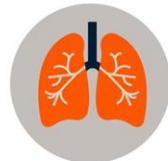
Heart disease



Cancer



Stroke

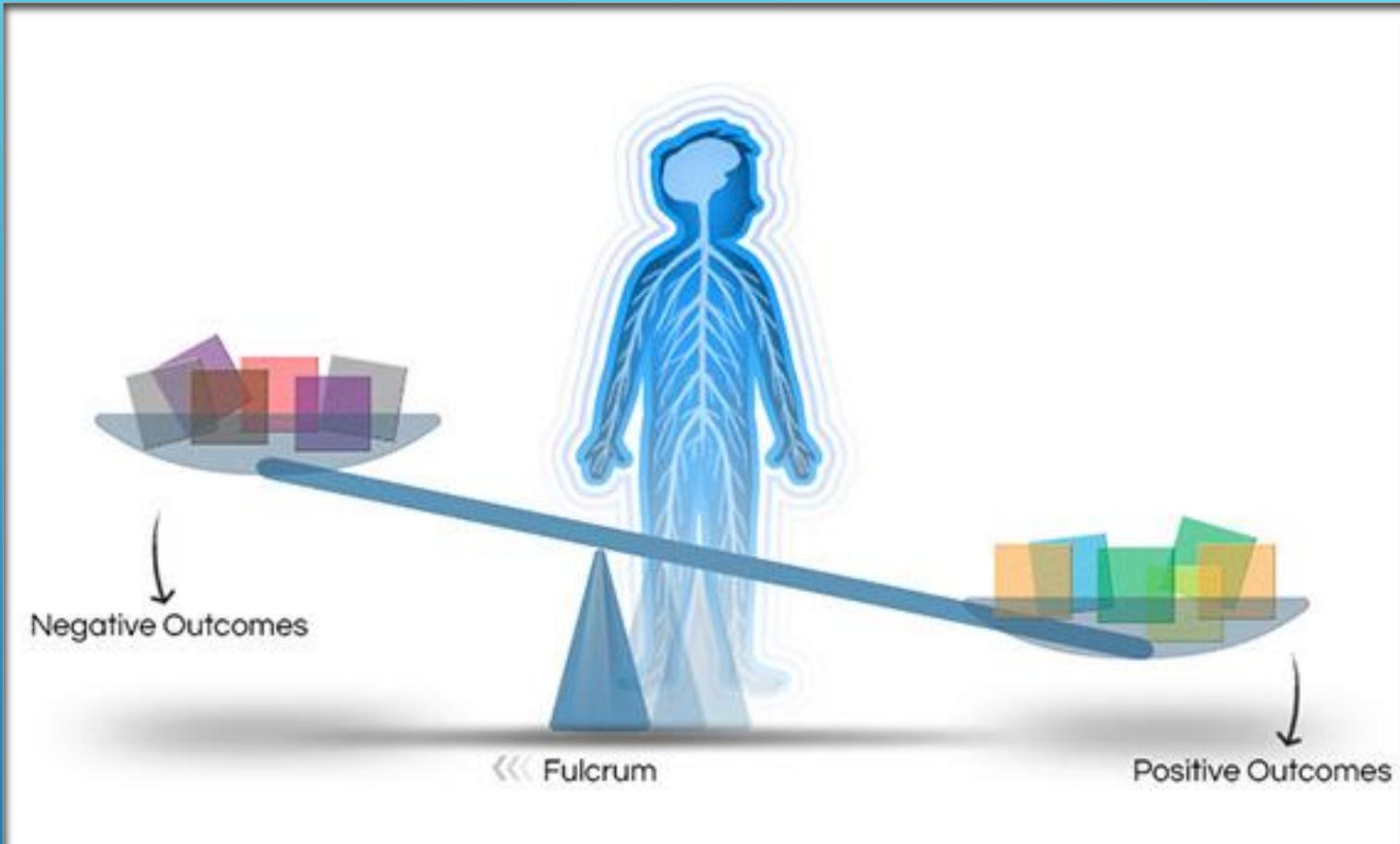


COPD



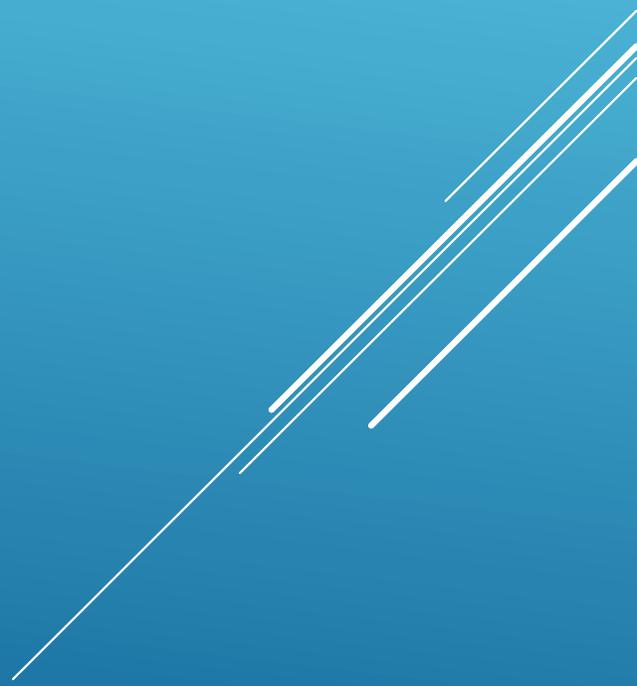
Broken bones

# POSSIBLE RISK OUTCOMES



► Resilience is the process of handling different types of stress and recovering from trauma or adversity in tough times.

# RESILIENCY



**Patient empowerment:** Using individuals' strengths to empower them in the development of their treatment;

**Choice:** Informing patients regarding treatment options so they can choose the options they prefer;

**Collaboration:** Maximizing collaboration among health care staff, patients, and their families in organizational and treatment planning;

**Safety:** Developing health care settings and activities that ensure patients' physical and emotional safety; and

**Trustworthiness:** Creating clear expectations with patients about what proposed treatment entail, who will provide services, and how care will be provided

# CORE PRINCIPALS OF TRAUMA- INFORMED CARE



## Organizational

- ▶ Leading and communicating about the transformation process
- ▶ Engaging patients in organizational planning
- ▶ Training clinical as well as non-clinical staff members
- ▶ Creating a safe environment
- ▶ Preventing secondary traumatic stress in staff

## Clinical

- ▶ Involving patients in the treatment process
- ▶ Screening for trauma
- ▶ Training staff in trauma-specific treatment approaches
- ▶ Engaging referral sources and partnering organizations

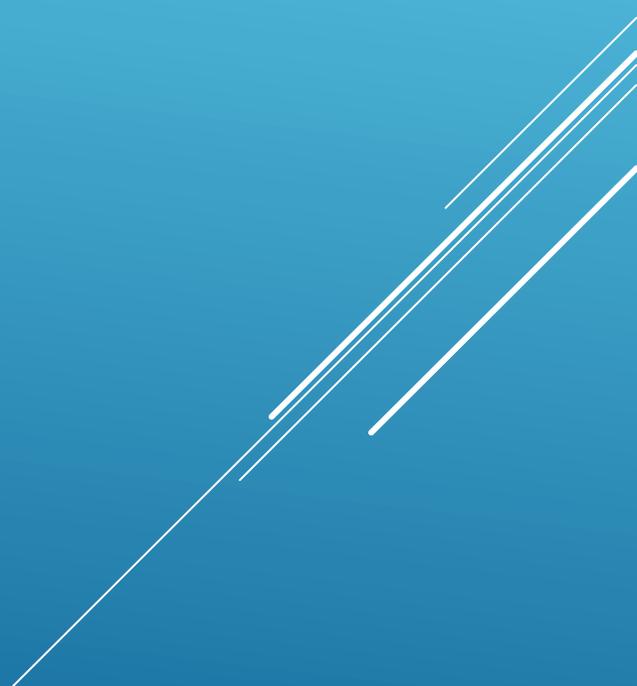
KEY INGREDIENTS FOR CREATING A TRAUMA-INFORMED APPROACH TO CARE





- ▶ Secondary trauma
- ▶ Compassion fatigue
- ▶ Burnout
- ▶ Self and organizational care

## TOPICS FOR ANOTHER TIME





QUESTIONS

