

When an event is traumatic to children and adults, they may be negatively impacted emotionally, physically, and spiritually by these adverse life events.
- ITTIC, 2014



Trauma-Informed Care is about ensuring ALL individuals feel physically and emotionally safe, are noticed and listened to, and are given a voice.
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Rising from the Ashes...

The Effects of Trauma



Trauma impairs: memory, concentration, new learning and focus.



Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.



Trauma impacts an individual's ability to: trust, cope, form healthy relationships.



Trauma disrupts: emotion identification; ability to self-sooth or control expression of emotions; one's ability to distinguish between what's safe and unsafe.



Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.



RETRAUMATIZATION



WHAT HURTS?

SYSTEM (POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")	RELATIONSHIP (POWER, CONTROL, SUBVERSIVENESS)
HAVING TO CONTINUALLY RETELL THEIR STORY	NOT BEING SEEN / HEARD
BEING TREATED AS A NUMBER	VIOLATING TRUST
PROCEDURES THAT REQUIRE DISROBING	FAILURE TO ENSURE EMOTIONAL SAFETY
BEING SEEN AS THEIR LABEL (I.E. ADDICT, SCHIZOPHRENIC)	NON COLLABORATIVE
NO CHOICE IN SERVICE OR TREATMENT	DOES THINGS FOR RATHER THAN WITH
NO OPPORTUNITY TO GIVE FEEDBACK ABOUT THEIR EXPERIENCE WITH THE SERVICE DELIVERY	USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE



WHAT HELPS?



Creating a Trauma-Informed environment using the following five principles:

SAFETY

CHOICE

EMPOWERMENT

COLLABORATION

TRUSTWORTHINESS



CREATING AREAS THAT ARE CALM AND COMFORTABLE

PROVIDING AN INDIVIDUAL OPTIONS IN THEIR TREATMENT

NOTICING CAPABILITIES IN AN INDIVIDUAL

MAKING DECISIONS TOGETHER

PROVIDING CLEAR AND CONSISTENT INFORMATION

Simpson, R. & Green, S.A. (2014). Adapted from: Fallo, R.D & Harris, M. (2001). Using trauma theory to design service systems: New directions for mental health services. Jossey-Bass: San Francisco, CA, Jennings, A. The Anna Institute, National Council for Community Behavioral Healthcare. Is your organization trauma-informed?

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