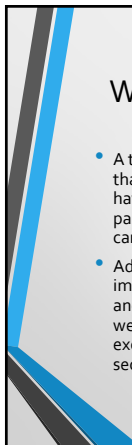


Trauma-Informed Care

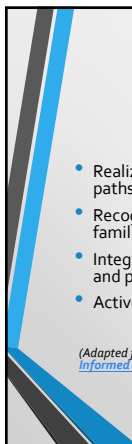
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What Is Trauma Informed Care?

- A trauma-informed approach to care acknowledges that health care organizations and care teams need to have a complete picture of a patient's life situation — past and present — in order to provide effective health care services with a healing orientation.
- Adopting trauma-informed practices can potentially improve patient engagement, treatment adherence, and health outcomes, as well as provider and staff wellness. It can also help reduce avoidable care and excess costs for both the health care and social service sectors.

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Trauma Informed Care

- Realizes the widespread impact of trauma and understand paths for recovery
- Recognizes the signs and symptoms of trauma in patients, families, and staff
- Integrates knowledge about trauma into policies, procedures, and practices
- Actively avoids re-traumatization.

(Adapted from the Substance Abuse and Mental Health Services Administration's "[Trauma-Informed Approach](#).")

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Benefits of Trauma Informed Care

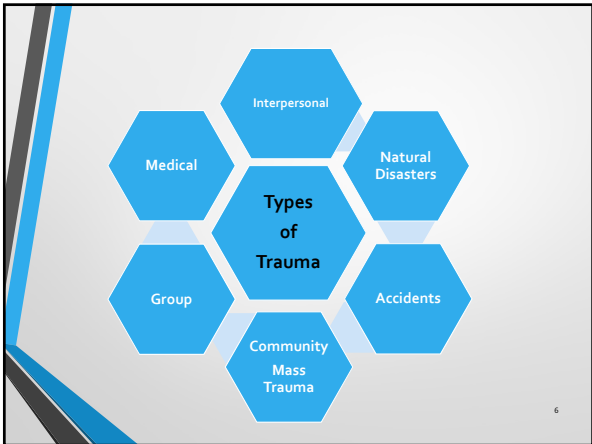
- There are a number of benefits to using a trauma-informed approach, not only for patients but also for providers and staff. Many patients with trauma have difficulty maintaining healthy, open relationships with a health care provider. For patients, trauma-informed care offers the opportunity to engage more fully in their health care, develop a trusting relationship with their provider, and improve long-term health outcomes. Trauma-informed care can also help reduce burnout among health care providers, potentially reducing staff turnover.

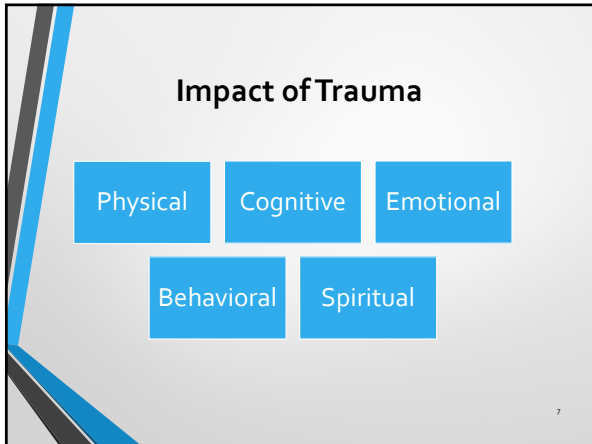
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What Is Trauma: A Review

- Trauma can be:
 - An event
 - A set of events
 - A series of events or circumstances
 - Directly or indirectly experienced
 - Child or adult experience(s)
 - The sum of the event, experience, and the effects for each individual
 - Experienced differently by each person

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Physical

May Include:

- Chronic fatigue
- Chronic pain
- Exaggerated startle response/Hyperarousal
- Sleep disturbance/nightmares
- Appetite and digestive changes
- Long-term health effects

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Cognitive

- Early childhood trauma impairs the structural development of neurons resulting in persistent negative consequences on brain development.
- These neurobiological changes result in escalated production of stress hormones and a reduced production of hormones that promote attachment, connection, trust, safety, and management of stress and anxiety - specifically oxytocin known as the "cuddle" hormone.
- Trauma wires the brain for "protection" instead of "connection"
- Difficulty may include: trouble concentrating/memory problems, intrusive memories/flashbacks, Rumination/racing thoughts, preoccupation with event, distortion of time and space, self blame, suicidal thinking

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Emotional

Trauma impairs the ability to regulate emotions and tolerate distress and may include:

- Numbness & Detachment
- Anxiety or Fearfulness
- Anger, Irritability or Hostility
- Mood swings
- Instability
- Guilt/Shame
- Helplessness/Hopelessness
- Sadness/Depression/Grief reactions
- Feeling out of control or Dissociation

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Behavioral

Trauma impairs the ability to trust and make social connections and shatters the sense of self this may include:

- Avoidant behaviors
- Restlessness
- Argumentative behavior
- Increased substance use/High-risk behaviors
- Hypervigilance
- Withdrawal and apathy/decreased activity level
- impaired relationships
- Poor boundaries
- Poor self-care

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Spiritual

Trauma can shatter the sense of self, purpose and belief system and may include:

- Increased cynicism/disillusionment
- Questioning world view
- Withdrawal from faith-based community and/or practices
- Despair about humanity
- Loss of self-efficacy
- Anger at God or spiritual equivalent

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Individuals with **cognitive disabilities** may not show obvious signs of distress that expose the abuse, but may have changes in mood & conduct that signal something has happened.

- Change in normal behavior & personality
- Self-injury
- Sleep disturbances
- Regression to earlier developmental stages
- Change in appetite
- Change in energy
- Onset of new fears such as social anxiety, generalized anxiety, phobias
- Regression from skills already mastered
- Does not want to go to a particular location or with a particular person

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Trauma can be . . .

- Deep and life-shaping
- A significant impact on service approach
- Rarely identified by survivors as reason for seeking services
- Rarely identified as having a contributing role in other life problems
- Under-reported by survivors
- Under-recognized by service providers

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Core Values of Trauma Informed Care

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Trauma Informed Care Key Components

- Understands the prevalence and impact of trauma
- Safety First - Avoids re-traumatization
- Appropriate screening
- Integrated, holistic approach
- Person Centered
- "Symptoms" may be "solutions"
- Cares for the caregivers

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Re-traumatizing

The more we understand trauma, the ways in which trauma affects everyone involved in the human services system, and the ways in which services and relationships may be re-traumatizing, the more equipped we are to create a safe, trusting and supportive environment for individuals seeking service as well as staff.

Re-traumatizing is a real possibility

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It Takes Everyone to Make the Difference

Every contact with each other will affect us in one of two ways:

1. *Contribute to a safe, trusting and healing environment*

OR

2. *Detract from a safe and trusting environment*

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I nurture myself so I can nurture others.

Staff Support & Care

The "Cost" of Caring

- **Primary Traumatic Stress:** Direct traumatic stress exposure
- **Secondary Traumatic Stress:** Traumatic exposure to event due to a relationship with the primary person.
- **Burnout:** Happens over time – emotional exhaustion and feeling overwhelmed
- **Vicarious Trauma:** Emotional residue
- **Compassion Satisfaction:** "The good stuff"
- **Compassion Fatigue:** "The bad stuff"

Symptoms of Secondary Traumatic Stress (STS)

- Psychological distress
- Avoidance behaviors
- Numbness, or diminished affect;
- Somatic complaints;
- Negative thinking or depressed mood;
- Detachment
- Poor Boundaries

Self-Care

Self-Care is not about self-indulgence,
it's about self-preservation.

- Audrey Lorde

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The ABC's: Essential Components of Self-Care

```
graph TD; Awareness[Awareness] --- Self-Care[Self-Care]; Self-Care --- Balance[Balance]; Self-Care --- Connection[Connection];
```

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Self Care

- The "cost" of caring can be high
- Self Care helps you recharge and be better equipped to cope with current and future stress
- Self-Care is a proactive approach to wellbeing
- Self-Care when you are feeling well
- Self-Care in advance of stressful situations
- Try new self-care skills or revisit skills used before
- Reach out to others for support/let others know what you may need

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