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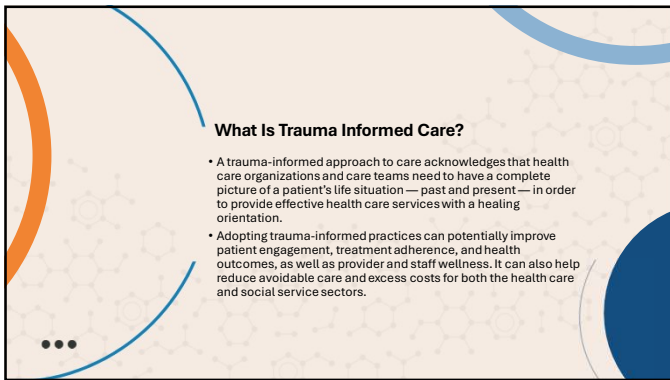
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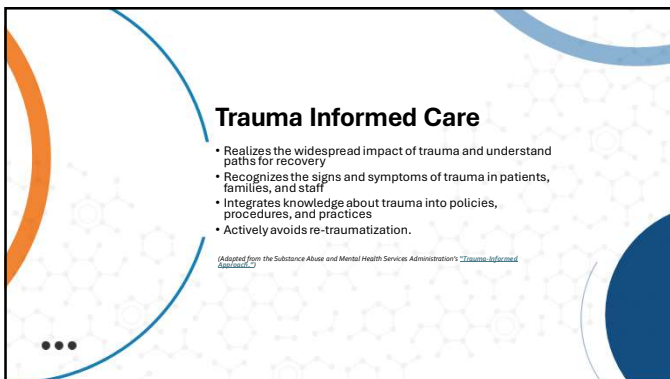
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### Benefits of Trauma Informed Care

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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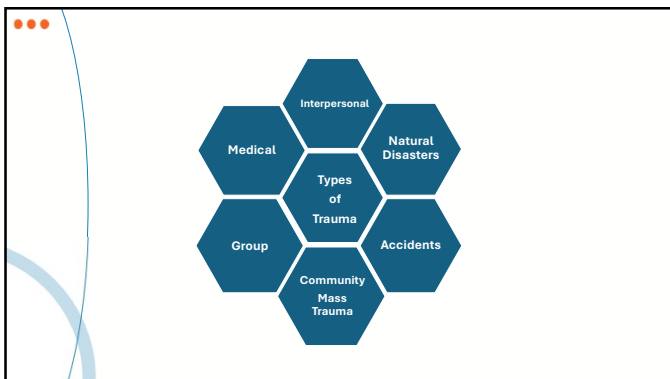
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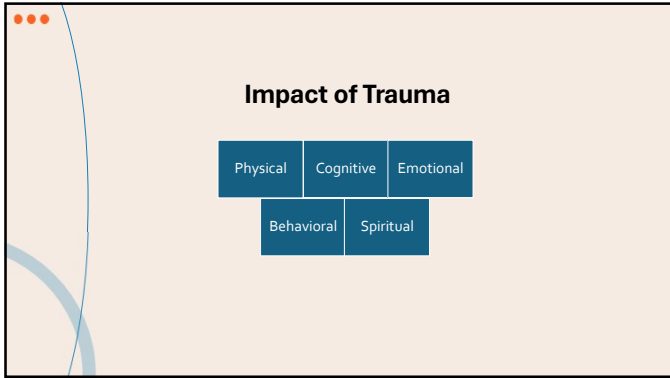
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**Physical**

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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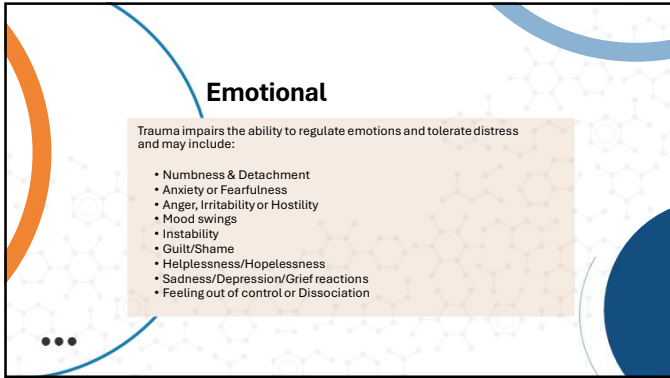
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**Emotional**

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

Three dots in the bottom left corner.

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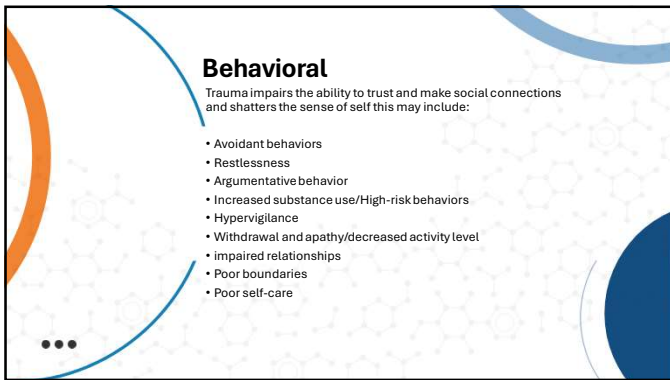
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**Behavioral**

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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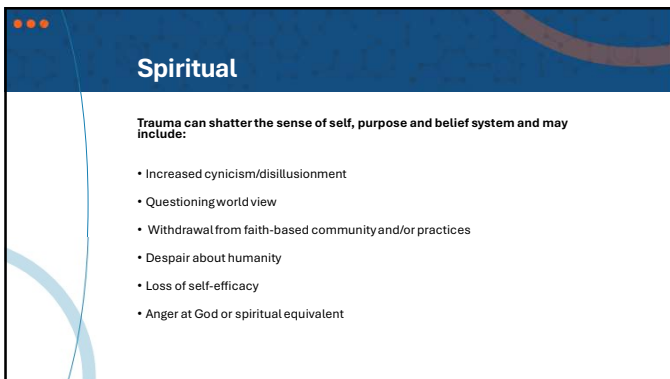
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**Spiritual**

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

Three dots in the top left corner.

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### Cognitive Disabilities

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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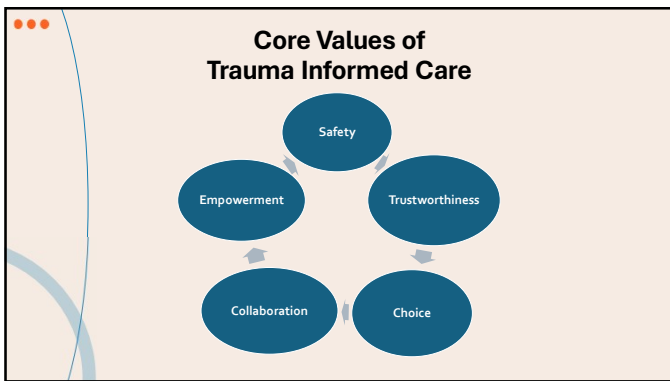
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### Trauma Informed Care Key Components

- 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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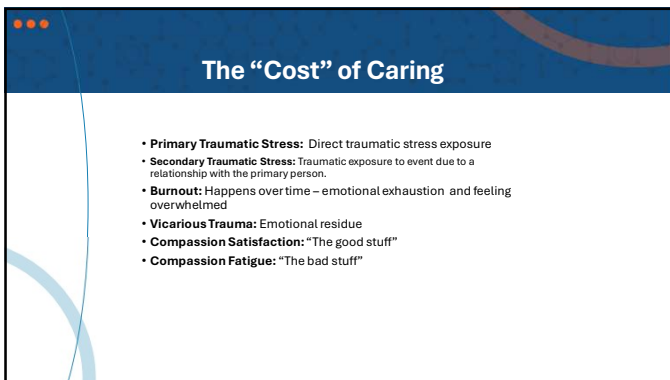
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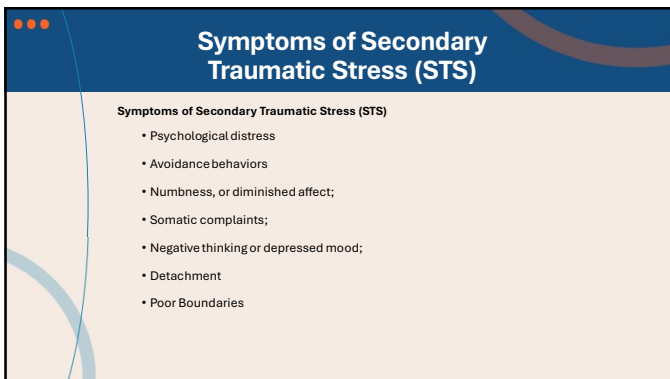
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**Self-Care**

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**

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graph TD
  Awareness[Awareness] --- SC[Self-Care]
  SC --- Balance[Balance]
  SC --- 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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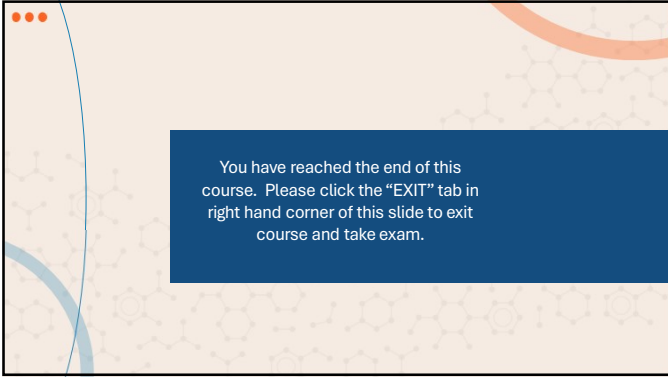
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