



TRAUMA INFORMED CARE

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DISCUSSION TOPICS



What is trauma
and how does it
impact people?



What is trauma
informed care?



Special
considerations for
COVID-19



Resources and tools
to implement TIC in
your programs



WHAT IS TRAUMA?

TRAUMA

An overwhelming event or events that contribute to a person becoming helpless, powerless and creating a threat of harm and/or loss.

“Traumatization occurs when both internal and external resources are inadequate to cope with external threat” (Van der Kolk, 1989).

OTHER THINGS TO CONSIDER

Ongoing, complex, or the result of a one-time event.

Intergenerational / collective trauma

Systems-based trauma

Vicarious trauma

TRAUMA AND COVID-19

This is a time of fear and
uncertainty for many

Events may be sources of new
trauma

Events may activate old trauma

Vicarious trauma and
compassion fatigue



IMPACTS OF TRAUMA

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Physical



Emotional & Cognitive

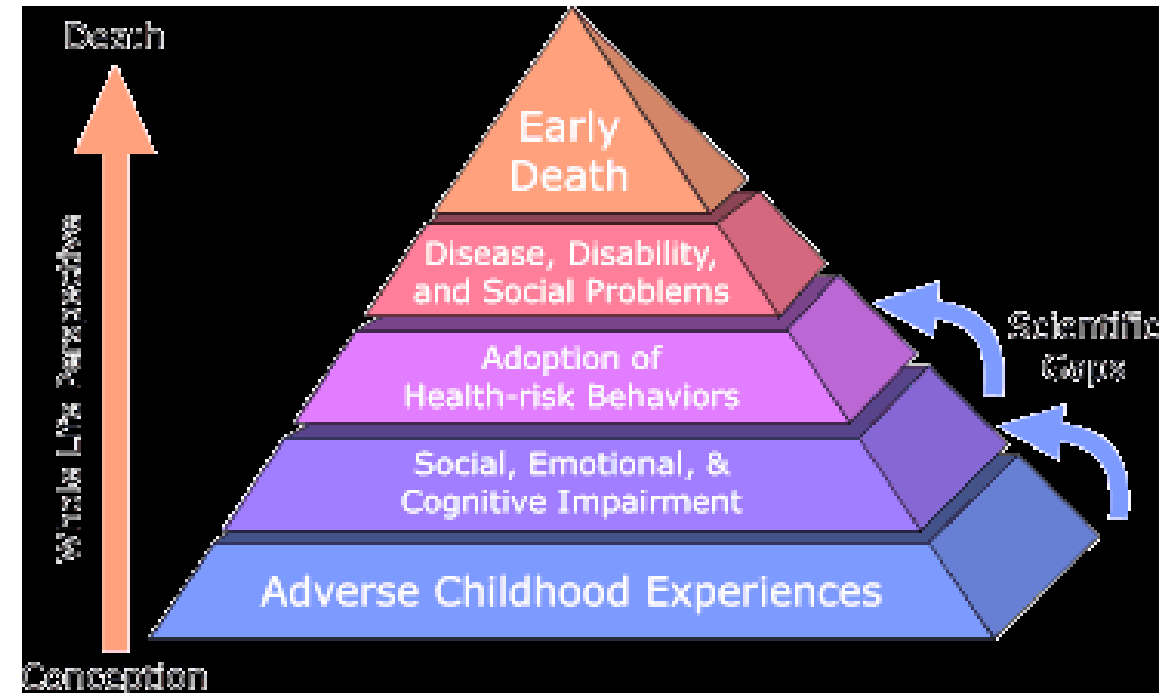


Relationships & Social
connection

IMPACTS OF TRAUMA

ACES study – Kaiser Permanente mid 90s.

Looked at outcomes connected to childhood abuse /neglect experiences.



OTHER IMPACTS

Ability to feel safe and keep oneself safe

Self Esteem and sense of identity

Anxiety, depression, dissociation

Ability to trust and connect

Concentration and focus

Self care & ADLs

TRAUMA IN DISGUISE?

Anger

Emotional instability

Inflexibility or non-compliance

Avoidance

Laziness

Apathy

Intoxication

Confusion or distractibility

Cognitive impairment or disability

QUESTIONS TO THINK ABOUT



How might trauma manifest
in the people you serve?



What are “trauma hotspots”
at your organization?



OVERVIEW OF TRAUMA INFORMED CARE

TRAUMA INFORMED CARE

An approach, based on knowledge of the impact of trauma, aimed at ensuring environments and services are welcoming and engaging for service recipients and staff.

- Trauma Informed Oregon

THE THREE “R’S”
OF TRAUMA
INFORMED CARE

Realize

Recognize

Respond

TRAUMA INFORMED CARE

Distinct from trauma specific services

“What happened to you?” vs.
“What’s wrong with you?”

Universal Precautions

6 PRINCIPLES OF A TRAUMA INFORMED APPROACH

Safety

Trustworthiness and Transparency

Peer Support

Collaboration and Mutuality

Empowerment, Voice, and Choice

Cultural, Historical, and Gender
Issues



STRENGTH BASED APPROACH

People have the tools they need to survive and thrive!

Identify and strengthen existing knowledge and skills.

Look at what's working (now or in the past) and build on it.

Focus on resiliency.

Meet people where they are, wherever they are.

People don't fail, plans do.





WHAT CAN YOU DO?

SOME THINGS TO REMEMBER...

It's OK to start small

There are many resources
available to support you

Every person has the ability to
create change, whatever their
role in the system



THINK ABOUT...



What would be most meaningful to the people you serve?



What might TIC look like for Veterans, LGBTQ+, Seniors, Youth, People of Color, others?



How can workplace practices and procedures be more trauma informed?

Changes to the physical environment

Person-centered planning

Strength-based practices

Trauma Informed Meetings

Trauma Informed Supervision



TRAUMA INFORMED PRACTICES FOR COVID-19 RESPONSE

Try not to give in to the crisis mindset – use the tools and skills you know you have

Be mindful of language – “COVID-19 response” vs. “COVID-19 crisis” or “Physical distancing vs social distancing.”

Regular, open communication. Be prepared to explain the “why” and the ‘how.’

Share reliable sources of information

Prioritize cultural responsiveness

Collaboration and sharing of resources

YOU DESERVE CARE, TOO!

Trauma informed care is not just for the people we serve!

Rely on your supervisors and coworkers

Practice good self care

Know the signs of burnout and take action early



DON'T JUST BE
GOOD TO OTHERS.
~ BE GOOD TO
YOURSELF TOO.



RESOURCES AND INFORMATION

FOR MORE INFORMATION

[The Body Keeps Score](#) - Bessel Van Der Kolk

Paper Tigers – Written and directed by James Redford

[Survivor Café : The Legacy of Trauma and the Labyrinth of Memory](#) – Elizabeth Rosner

ACES Study - <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Trauma Informed Oregon – <https://traumainformedoregon.org/>

SAMHSA Guide to Trauma Informed Care - <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

THANK YOU!

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