

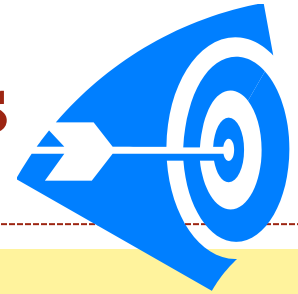
Key Components in Trauma-Informed Care



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TRAUMA-INFORMED CARE CONFERENCE
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Presentation Objectives



- Explore the truth & misunderstandings about trauma;
- Describe how culture may impact one's experience of trauma;
- Recognize how grief often connects with trauma; and
- Identify resilience in children and how to build upon their internal resilience.

Why Does Trauma Matter?



Why Does Resilience Matter?

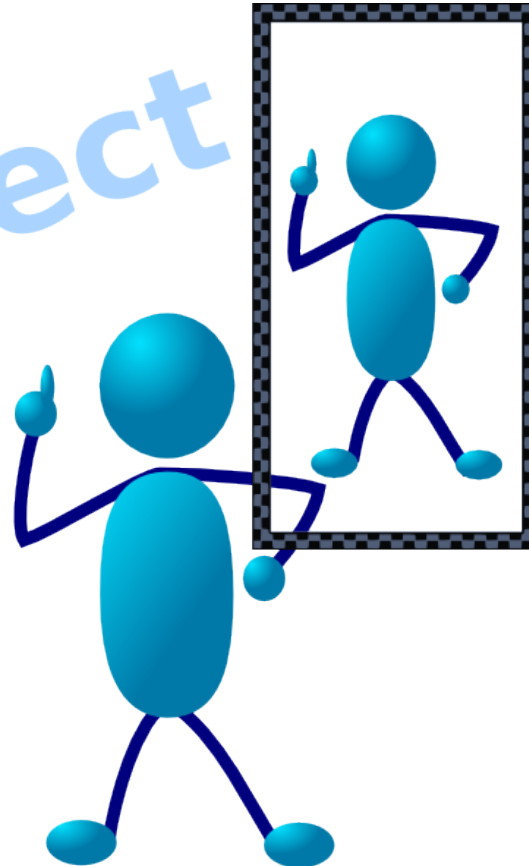


Take a moment to reflect.....

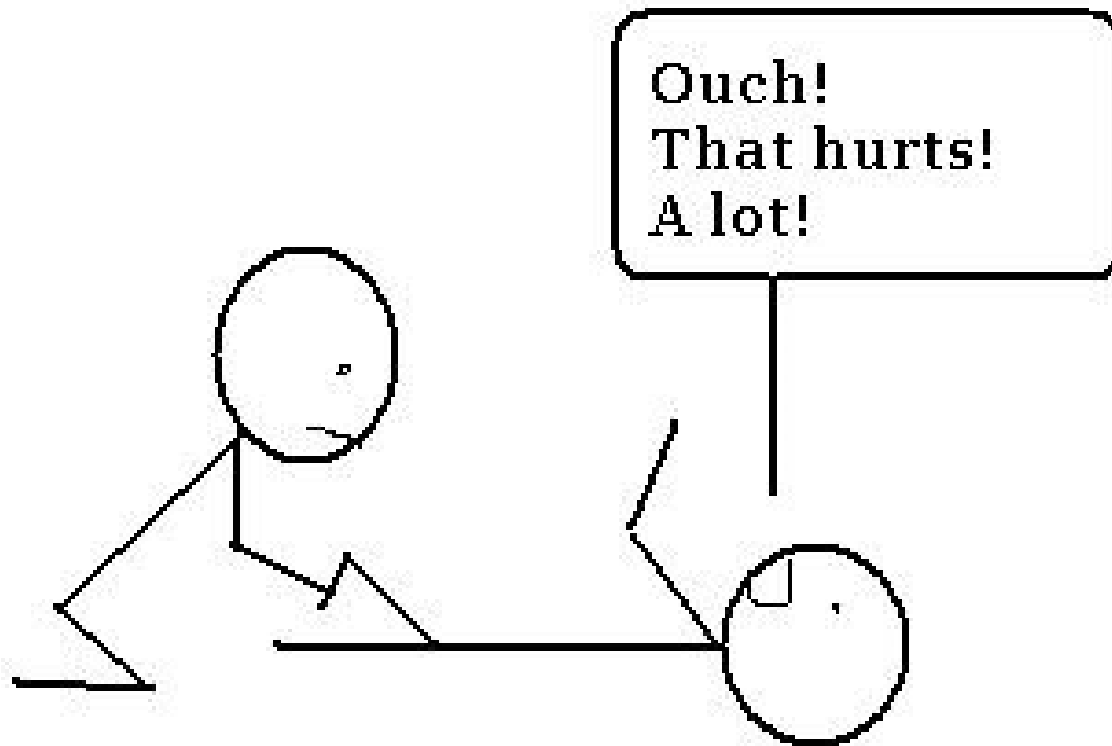
What do you know about trauma?



Reflect



Trauma-Uninformed: Where things go bad!



Trauma-Informed Practice



- Trauma-informed practice is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.
- TIP facilitates the adoption of trauma-informed organizations/systems and environments in the delivery of a broad range of services.

Trauma-Informed Practice



- Represents a profound cultural shift in which clients are viewed differently by all involved—staff respond differently, and the day to day delivery of services is conducted differently.
- “Trauma informed practices” are not specifically designed to treat symptoms related to the trauma, but they are informed about, and sensitive to, trauma related issues present in clients.

Key to Trauma-Informed Practice



- Seeks to change the paradigm from one that asks—

What's wrong with you? TO

What has happened to you?



Why Trauma-Informed Practice is Important?



- Trauma is pervasive.
- Trauma's impact is broad and diverse.
- Trauma's impact may be deep and life-shaping.
- Trauma especially interpersonal violence is often self-perpetuating.
- Trauma differentially affects the more vulnerable.
- **Trauma affects how people approach services.**
- **The social service system has often been re-traumatizing.**

First Important Step

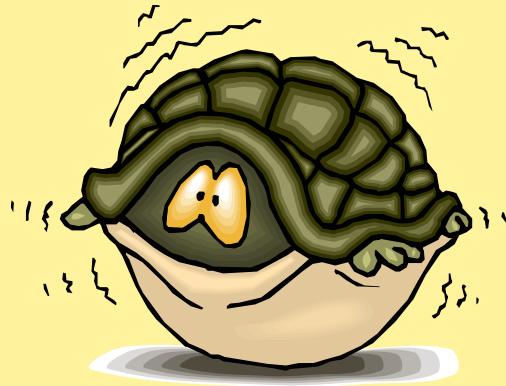


- Explore what you know about trauma.
- Then, get into the “know” or “know more” about trauma and its significant impact on clients who are involved in your practice arena or system.
- Be especially aware of **particular types** of trauma that may be encountered in the target population which impacts your service delivery system.

What is Trauma? (SAMHSA 2014)



- Trauma refers to experiences that cause intense physical and psychological stress reaction. It can refer to a single event, multiple events, or a set of circumstances that is experienced by an individual as physically and emotionally harmful or threatening and that has a lasting adverse effect on the individual's physical, social, emotional or spiritual well being.



Traumatic Stress

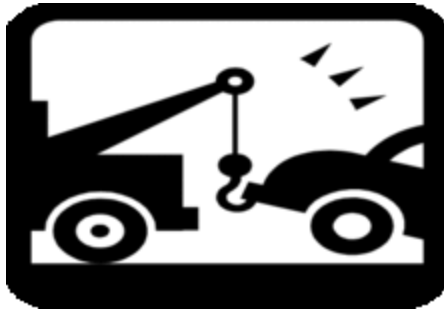
(National Center on Family Homelessness)



- Traumatic stress refers to a level of stress that is so intense that it can be overwhelming for our bodies to manage. Traumatic stress creates—overwhelming experiences, involves threat to our physical and/or mental well-being, results in vulnerability or loss of control, leaves people feeling helpless and fearful, and interferes with relationships and our beliefs.



Trauma Types



Natural Disasters



- Hurricanes
- Floods
- Fires
- Earthquakes
- Tornadoes



Manmade Disasters



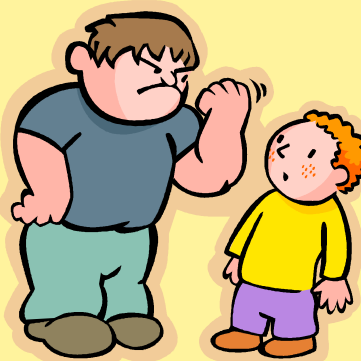
- Bombings, attacks, war
- Plant/manufacturing accidents
- Large scale transportation accidents
- House or domestic fires
- Motor vehicle accidents



Interpersonal Violence



- Child abuse (physical, sexual, emotional, neglect)
- Physical assault (mugging, drive-by, stabbing)
- Rape and sexual assault
- Domestic or partner violence
- Bullying



Interpersonal Violence



- Human Trafficking
- Sex Trafficking
- Political Refugees and Torture
- Unaccompanied Refugee Minors



Mass Interpersonal Trauma



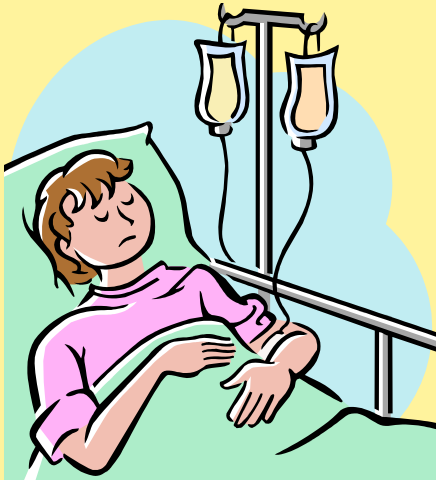
- Terrorism
- Oklahoma City
- September 11, 2001
- Boston Marathon



Medical Trauma



- Medical traumatic stress refers to a set of psychological and physiological responses of individuals and families to pain, injury, serious illness, medical procedures, and invasive or frightening treatment experiences.



Cultural or Intergenerational Trauma



- Cultural trauma - members of a collective have been subjected to a horrendous event that leaves indelible marks upon their group consciousness, marking their memories forever and changing their future identities in fundamental ways.
- Intergenerational trauma - cumulative emotional and psychological wounding that is transmitted from one generation to the next.

Traumatic Loss or Death of Loved One



- Incarceration of family member
- Traumatic deaths –

Accidents

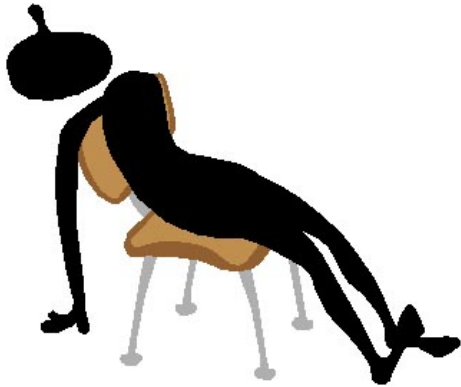
Suicide

Homicide

Life threatening medical conditions



Provider Trauma



Traumatic experiences can



- Be dehumanizing, shocking, or terrifying;
- Be singular or multiple compounding events over time;
- Involve betrayal of a trusted person or institution;
- Create a loss of safety and security;
- Cause fear, hopelessness, powerlessness;

Traumatic experiences can



- Impact one's spirituality;
- Impact one's relationship with self & others;
- Result in recurring feelings of shame, guilt, rage, isolation, and disconnection; and
- Contribute to post-traumatic growth (Tedeschi & Calhoun, 1996)

Culture & Trauma



- Culture is about shared values, traditions, arts, history, folklore, and institutions of a group of people that are unified by race, ethnicity, nationality, language, religious beliefs, spirituality, socioeconomic status, social class, sexual orientation, politics, gender, age, disability or any other cohesive group variable.



Culture & Trauma



- Trauma intersects in many different ways with culture, history, race, gender, location, and language.
- Trauma-informed systems acknowledge the impact of structural inequity and are responsive to the unique needs of diverse communities.
- Cultural awareness, responsiveness, and understanding are essential to increasing access and improving the standard of care for traumatized children, families, and communities.

Culture & Trauma



- Culture determines views about
 - seeking help
 - where to go
 - who we see
 - what is helpful



Cultural Considerations



- Trauma always happens within a context and so does healing;
- Understanding trauma means being sensitive to the environment, one's culture, how people live, how they grew up, and their journey along the way.
- We don't see things as they are, we see things as we are.

Grief & Trauma



- Grief and trauma often go hand-in-hand;
- Many traumas are experienced as losses;
- Grief is a normal response to these losses;
- Acknowledging losses and grief can provide significant support.

Resilience in Children & Adolescents: How Helpers can Promote Resilience



How to Build Resilience?



- Create a strong emotional connection;
- Promote healthy risk taking;
- Resist the urge to fix things;
- Ask questions to understand better;
- Teach problem solving skills;



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How to Build Resilience?



- Teach children that feelings are important;
- Help them to label feelings;
- Teach coping skills;
- Promote optimism; and
- Model resiliency.



And remember, working with trauma calls for healthy self-care practices!



- Peer support
- Supervision and consultation
- Training
- Personal therapy
- Maintaining balance
- Setting clear limits and boundaries

