

# Script for Trauma Informed Care Assignment

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How can it be incorporated into your healthcare setting or organization?

## **What is Trauma-Informed Care?**

Understanding that psychological trauma can shape people's mental, emotional, spiritual and physical well-being. Because trauma can come from violence, abuse, neglect, disaster, war, etc., nearly every family is impacted in some way. Trauma-informed care provides a new perspective when we shift from asking "what is wrong with you?" to "what has happened to you?" This change reduces the blame and shame that some people experience when being labeled with symptoms or a diagnosis of mental illness.

## **Why is Trauma-Informed Care Important?**

Most people seeking behavioral health services and many other public services, such as homeless and domestic violence services, have histories of physical and sexual abuse and other types of trauma-inducing experiences. These experiences often lead to mental health and co-occurring problems like chronic health conditions, substance abuse, eating disorders, and involvement in the criminal justice system.

## **What Are Some Benefits of Trauma-Informed Care?**

When human service programs become trauma-informed, care is given with an understanding of potential "triggers" of trauma survivors. Traditional approaches may actually make them more fearful and vulnerable. Services and programs can become more supportive and avoid re-traumatization. By empowering people to understand how the past impacts the present, they can make progress toward healing and recovery.

## **This Week's Assignments**

Watch the Powerpoint, Shifting To Trauma-Informed Care which was prepared for training staff at an inpatient psychiatric unit.

Review the following websites for this week's assignment:

- <http://www.samhsa.gov/nctic/trauma.asp#care>
- [http://www.dhs.wisconsin.gov/mh\\_bcmh/tic/index.htm](http://www.dhs.wisconsin.gov/mh_bcmh/tic/index.htm)
- <http://www.sanctuaryweb.com/sanctuary-model.php>

Post the following to the Class Discussion Board:

Choose one of the headings from the [Shift to Trauma Informed Care] Powerpoint under “to accomplish this, there are some things we must do” and describe why you chose it

List two or more specific ways you could make it happen in your organization or workplace.

Use rationale from the online research in your post.

I hope you enjoy this week’s assignment.