

Trauma Informed Care

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
- Instead of asking "What is wrong with you?" ask "What has happened to you?"

Why is Trauma-Informed Care Important?

- Most people seeking behavioral health services, homeless or domestic violence services have histories of abuse or trauma
- These experiences often lead to mental health or co-occurring problems:
 - Chronic health conditions
 - Substance abuse
 - Eating disorders
 - Involvement in criminal justice system

What Are Some Benefits of Trauma-Informed Care?

- Understand potential “triggers”
- Become more supportive
- Avoid re-traumatization
- Understand how the past impacts the present
- Make progress toward healing and recovery

This Week's Assignments

- Watch the PowerPoint, “Shift to Trauma-Informed Care”
- Review the following websites:
- <http://www.samhsa.gov/nctic/trauma.asp#care>
- 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 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.