

Trauma-Informed Care How to Build Resiliency

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Trauma

Ninety percent of those who receive services through Behavioral Health Organizations have experienced trauma.

<http://www.thenationalcouncil.org/consulting-best-practices/areas-of-expertise/>

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Trauma

Trauma is now considered to be a *near-universal* experience of individuals with behavioral health problems.

<http://www.thenationalcouncil.org/consulting-best-practices/areas-of-expertise/>

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Trauma

Most of the traumatic events that people experience happen in *childhood*.

<http://www.thenationalcouncil.org/consulting-best-practices/areas-of-expertise/>

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Trauma

A national study of adult “foster care alumni” found higher rates of PTSD (21%) compared with the general population (4.5%). This was *higher* than rates of PTSD in American war veterans.¹

1. Pecora, et al. (December 10, 2003). *Early Results from the Casey National Alumni Study*. Available at http://www.casey.org/967662609/CLF/881/86732D14F8D973A1538A7602294C0302/casey_alumni_study_report.pdf.

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Trauma

Individual trauma results from an event, series of events, or set of circumstance that is experienced by an individual as physically or emotionally harmful or life threatening and that has *lasting adverse effects* on the individual's functioning and mental, physical, social, emotional, or spiritual well-being

-SAMHSA definition 2014

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Why is Trauma-Informed Care Important?

The Adverse Childhood Experiences Study (ACE)

The ACE study revealed the economic costs of untreated trauma-related alcohol and drug abuse alone were estimated at **\$161 billion** in 2000. The human costs are incalculable.

<http://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>

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Why is Trauma-Informed Care Important?

The Center for Disease Control and Prevention reported that the total lifetime economic burden resulting from new cases of child maltreatment alone is approximately **\$124 billion**.

<http://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>

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What is Trauma Informed Care?

Trauma-informed care implies individual and collective systems recognize that trauma can have *broad and penetrating effects* on a client's personhood.

-Bharati Acharya, MA, LPCC, Diplomat Narrative Therapy, Trauma Informed Therapist/Mental Health Professional
<http://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>

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What is Trauma-Informed Care?

According to SAMHSA's concept of a trauma-informed approach, "A *program, organization, or system that is trauma-informed*:"

1. **Realizes** the widespread impact of trauma and understands potential paths for recovery;

<http://www.samhsa.gov/nctic/trauma-interventions>

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What is Trauma-Informed Care?

According to SAMHSA's concept of a trauma-informed approach, "A *program, organization, or system that is trauma-informed*:"

2. **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

<http://www.samhsa.gov/nctic/trauma-interventions>

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What is Trauma-Informed Care?

According to SAMHSA's concept of a trauma-informed approach, "A *program, organization, or system that is trauma-informed*:"

3. **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and

<http://www.samhsa.gov/nctic/trauma-interventions>, 2015

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What is Trauma-Informed Care?

According to SAMHSA's concept of a trauma-informed approach, "A *program, organization, or system that is trauma-informed:*

4. Seeks to actively *resist* re-traumatization."

<http://www.samhsa.gov/nctic/trauma-interventions>. 2015

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Trauma-Informed System Approach

Seven Domains

1. Early Screening and Comprehensive Assessment of Trauma

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

2. Consumer-Driven Care and Services

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

3. Trauma-Informed, Educated and Responsive Workforce

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

4. Provision of Trauma-Informed, Evidence-Based and Emerging Best Practices

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

5. Create a Safe and Secure Environment

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

6. Engage in Community Outreach and Partnership Building

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Trauma-Informed System Approach

Seven Domains

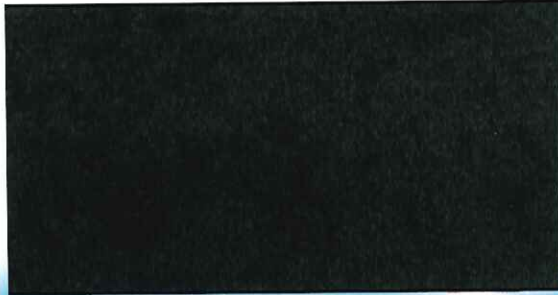
7. Ongoing Performance Improvement and Evaluation

<http://dcjs.virginia.gov/trainingevents/juvenile/ChildAbuseandJuvenileJusticeConference/TraumaNationalCouncilSevenDomains.pdf>

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Georgetown Video Project and JBS International



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Trauma Informed Community Network

- TICN mission and membership
- Trauma Systems Readiness Assessment (TSRT)
- Focus Groups
- Brief Screening Tool
- Child welfare staff training and supervision
- On-going supervision
- Secondary Trauma

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Lutheran Family Services' Treatment Foster Care Program

- Routinely screen for trauma symptoms and exposure and gather trauma history and exposure at time of intake

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Lutheran Family Services' Treatment Foster Care Program

- Make appropriate referrals to other trauma-informed providers

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- Conduct a Trauma Systems Readiness Assessment of services with staff

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- Aligning forms and policies to be strengths-based and trauma focused

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- Training, education, support and supervision staff

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- Training for all foster and adoptive parents on the effects of trauma and how to intervene therapeutically

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Lutheran Family Services' Treatment Foster Care Program

- Assist foster/adoptive parents in intervening therapeutically with youth to create a sense of psychological safety, avoid traumatic triggers, etc.

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Lutheran Family Services' Treatment Foster Care Program

- Recognizing secondary trauma on staff and creating a culture of self-care

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Challenges to a Trauma-Informed System

- Lack of appropriate Resources
- Lack of knowledge and awareness
- Lack of collaboration among systems
- Demands vs. Resources
- Impact of Secondary Traumatic Stress

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Building Resiliency

- Parental resilience
- Social connections
- Concrete support
- Child-development knowledge and parenting skills
- Social and emotional competence

<http://resiliencetrainingpaces.org/>

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Fiscal Benefits



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TIC Improves Outcomes

Trauma-informed services for children lead to *better self-esteem, improved relationships, and increased safety*. Programs that examined the impact of a trauma-informed intervention for children found that one year later, children demonstrated a more positive self-identity, increased tools for building healthy relationships, and improved safety. (Finkelstein et al., 2005; Noether et al., 2007).

Outcomes gathered from the following website:

<http://homeless.samhsa.gov/resource/trauma-informed-care-what-do-we-know-50016.aspx>

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TIC Improves Outcomes

Trauma-informed, integrated services are cost-effective. Trauma-informed integrated services show improved outcomes, but generally *do not cost more* than standard programming (Domino et al., 2005).

Outcomes gathered from the following website:

<http://homeless.samhsa.gov/resource/trauma-informed-care-what-do-we-know-50016.aspx>

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TIC Improves Outcomes

A variety of studies have revealed that programs utilizing a trauma-informed model are associated with a decrease in psychiatric symptoms and substance use. Some programs have shown an *improvement in daily functioning and a decrease in trauma symptoms*, substance use, and mental health symptoms (Cocozza et al., 2005; Morrissey and Ellis, 2005; Kammerer et al., n.d.).

Outcomes gathered from the following website:

<http://homeless.samhsa.gov/resource/trauma-informed-care-what-do-we-know-50016.aspx>

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TIC Improves Outcomes

Providers report positive outcomes in their organizations from implementing trauma-informed services. Providers reported greater collaboration with consumers, enhanced skills, and a greater sense of self-efficacy among consumers. Supervisors reported more collaboration within and outside their agencies, *improved staff morale*, fewer negative events, and more effective services (Community Connections, 2002).

Outcomes gathered from the following website:
<http://homeless.samhsa.gov/resource/trauma-informed-care-what-do-we-know-50016.aspx>

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Resources and References

- Acestoohigh.com
- Resiliencetrumpsaces.org
- National Counsel for Behavioral Health www.nationalcounsel.org
- SAMHSA (Substance Abuse and Mental Health Services Administration) www.samhsa.gov
- NCTSN (National Child Traumatic Stress Network) www.nctsn.org
- <http://trauma.jbsinternational.com/traumatool/>
- <http://homeless.samhsa.gov/resource/trauma-informed-care-what-do-we-know-50016.aspx>

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