

# TRAUMA-INFORMED CARE



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AIYANA W.W.

# TRAUMA

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- ❑ No universal definition of “trauma”
- ❑ Substance Abuse & Mental Health Services Administration’s (SAMHSA) is commonly referenced: “Individual trauma results from an event, series of events, or set of circumstances 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.” (2)
- ❑ There are many causes of trauma, not limited to the commonly accepted events (ex. sexual assault, medical trauma, natural disasters, war)
- ❑ You can be “Trauma-Aware”, but that does not mean you’re “Trauma-Informed”



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- ❑ TIC Definition: “an approach to healthcare that recognizes the widespread impact of trauma and seeks to create a safe environment that promotes healing and empowerment.” (4)
- ❑ Based on understanding that trauma affects patients on a psychological, and physical level
- ❑ The TIC approach is not a “one-size-fits-all”
- ❑ 4 R’s of TIC: Realization of trauma & its affects; Recognizing the signs of trauma; Responding to trauma; and Resisting re-traumatization
- ❑ 6 Pillars of TIC: Safety; Empowerment; Choice & Voice; Connection & Collaboration; Trustworthiness/Transparency; and Peer Support



# EXAMPLES OF TIC:

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## ☐ Not “Trauma-Informed”:

- “Start at the beginning and tell me what happened.”
- “Why did you go with the suspect?”
- “Did you say no?”
- “Why didn’t you report right away?”

## ☐ Trauma-Informed:

- “Where would you like to start?”
- “Can you describe what you were thinking and feeling when you went with the suspect?”
- “How did the suspect respond to your words/actions? Do you remember how that made you feel?”
- “Did anything in particular cause you to come tell us about this incident today?”

# WHY TIC MATTERS

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- ☐ Incorporating TIC practices into care can lead to improvements in patient-personnel engagement & wellness, and treatment adherences & outcomes
- ☐ Trauma has long-lasting affects on a person's health both mentally and physically
- ☐ Emphasizes physical; and psychological safety for all parties
- ☐ Empowers patients
- ☐ Ensures no one is retraumatized while seeking care
- ☐ Reflects 6 Pillars of TIC



## SOURCES:

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- 1) <https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>
- 2) [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/childrens\\_mental\\_health/atc-whitepaper-040616.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf)
- 3) <https://www.sabinorecovery.com/why-is-trauma-informed-care-important/>
- 4) <https://www.sabinorecovery.com/why-is-trauma-informed-care-important/>
- 5) <https://www.linkedin.com/pulse/difference-between-trauma-aware-sensitive-informed-responsive>
- 6) <https://www.theiacp.org/sites/default/files/2020-06/Final%20Design%20Successful%20Trauma%20Informed%20Victim%20Interviewing.pdf>