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Overview

### Overview



- Trauma-Informed Care (TIC) is an approach that assumes an individual is more likely than not to have a history of trauma.
- TIC recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life.
- This training program is designed to provide professionals with the introductory knowledge and tools necessary to deliver care that is respectful and responsive to the impact of trauma.



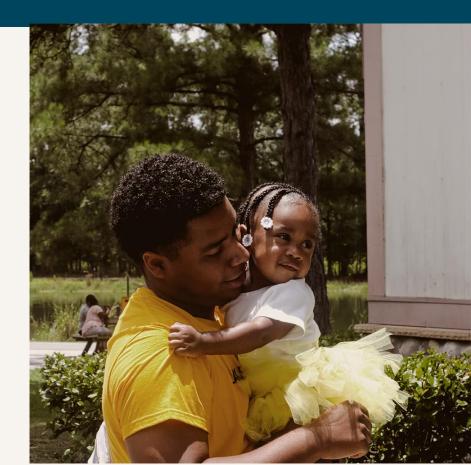


Goals

### Goals



 We intend for you to complete the training with a foundational understanding of traumainformed care principles and practical implementation strategies.





Objectives

### Objectives



### The primary objectives of this training include:

- 1. Understanding Trauma: Types of Trauma, Prevalence, and Impact
- 2. Trauma Responses: How Trauma Affects the Brain, Body, Health, and Behavior
- 3. Trauma-Informed Framework: Principles and Practice Integration
- 4. Cultural Sensitivity: Recognizing and Respecting Diversity in Trauma-Informed Care
- 5. Practical Skills: Recognizing and Responding to Signs of Trauma, De-escalation Techniques, and Promoting Resilience

### **Understanding Trauma**



### **Defining TIC:**

- TIC is an approach that recognizes and responds to the impact of traumatic stress on those who have contact with service delivery systems, including clients, providers, and family members.
- TIC emphasizes understanding, recognizing, and responding to the effects of all types of trauma.
- TIC focuses on creating an environment where patients feel safe, which can foster healing and recovery.

### Prevalence and impact of trauma:

- Over two-thirds of children report experiencing at least one traumatic event by age 16.
- At least one in seven children experience abuse or neglect annually in the U.S.
- Each day, 14 youth die from homicide, and more than 1,300 are treated for violence-related injuries.

# Understanding Trauma (cont.)



 Trauma is an event, series of events, or set of circumstances that an individual experiences as life-threatening or physically or emotionally harmful and has a lasting adverse effect on the person's functioning and well-being.

- Risk for negative outcomes is greatest when some type of trauma or childhood adversity is paired with one of the following during childhood:
  - Sexual abuse
  - Physical abuse
  - Neglect
  - Intimate partner violence

### Trauma Responses



#### Consequences:

- Acute and traumatic situations can have near and long-term consequences.
- Anyone can be at risk of experiencing some form of trauma.
- Many children experience at least one traumatic event during their childhood years.

### Neurobiology of trauma — how trauma affects the brain:

- Trauma has far-reaching effects on the brain, changing both its structure and function.
- These changes can result in a range of psychological, emotional, and behavioral symptoms that impact an individual's quality of life.
- Recognizing and understanding these effects is critical to maximizing the positive impact of TIC while minimizing the risk of re-traumatization.

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# Trauma Responses (cont.)

#### Affected areas of the brain:

- Hippocampus involved in memory formation and spatial navigation
- Amygdala plays a critical role in processing emotions, particularly fear and pleasure
- Prefrontal cortex responsible for decision-making, impulse control, and moderating social behavior

#### Psychological and behavioral effects of trauma:

- Hyper vigilance and fear conditioning Trauma can lead to the development of heightened fear responses to stimuli associated with the traumatic event. This can result in phobias and avoidant behaviors.
- Emotional dysregulation Survivors of trauma may experience intense and rapidly shifting emotions in response to perceived triggers, including anger, sadness, and fear.
- Impaired memory and concentration Trauma can lead to difficulties with concentration, attention, and memory, making it challenging to perform daily tasks or succeed in work and educational settings.

### Healthy Blue Care Together

# Trauma Responses (cont.)

### Physical and mental health — short and long-term effects of trauma:

- Attachment issues difficulty forming secure attachments with caregivers, leading to social and emotional difficulties
- Developmental delays potential delays in speech, motor skills, and social development
- Behavioral problems increased aggression, oppositional behaviors, or withdrawal
- Academic challenges struggles with learning and academic performance due to concentration issues and emotional distress

### Chronic psychological issues:

- Post-traumatic stress disorder (PTSD)
- Depression
- Anxiety disorders
- Dissociative disorders





#### Cognitive impairments:

- Memory problems
- Concentration difficulties
- Negative self-perception
- Decreased self-esteem

#### Behavioral issues:

- High-risk behaviors
- Relationship problems
- Work and academic issues

#### Physical health issues:

- Chronic health conditions
- Sleep disorders
- Substance use

# Building a Trauma-Informed Framework



### Therapeutic environment:

- Building a trauma-informed environment involves creating a setting that understands and responds to the pervasive impact of trauma.
- This environment prioritizes safety, trustworthiness, and empowerment for patients, staff, and the broader community.

#### Building a trauma-informed environment includes:

- Committed leadership
- Training and educating staff
- Creating a safe environment
- Cultivating a trustworthy and traumainformed culture
- Empowering patients and staff

- Recognizing and acknowledging cultural diversity
- Promoting respectful communication
- Supporting staff well-being
- Implementing continuous improvement and feedback
- Tracking outcomes

# Cultural Competence and TIC



### Practical steps for cultural competence:

- Hiring practices:
  - Hire a diverse workforce that reflects the cultural, racial, and ethnic backgrounds of the patient population.
- Patient engagement:
  - Use culturally appropriate methods to reach out to and engage with diverse communities.
  - Ensure that all patient communications, including written materials and signage, are available in the primary languages spoken by the patient population and are culturally appropriate.
- Inclusive environment and policies:
  - Create a welcoming physical environment with culturally relevant decor and materials.
  - Develop policies that respect cultural differences.



Wrap Up

### Conclusion



- By understanding and applying TIC principles, you can:
  - Make meaningful differences in patients' lives by helping them heal and thrive.
  - Enhance the work environment for staff through identification and support of secondary traumatic stress.

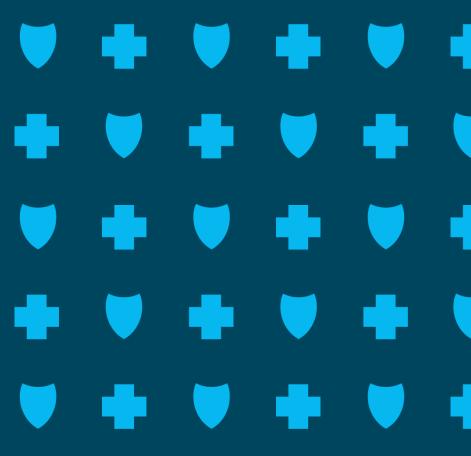


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### Questions?

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