

Trauma-Informed Care

The Basics of Trauma-Informed Care
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Trauma Defined & Prevalence of Trauma

Trauma is a negative event(s) or experience(s) that a person encounters which impacts their ability to function.

Trauma is subjective and could be:

- Directly or indirectly experienced
- Natural or human caused
- Experienced by anyone
- Life changing and impact the person's view of self, others, and world
 - Psychological meaning

While trauma is rarely discussed, many people experience trauma.

Prevalence of trauma:

- 70% adults (223.4 million) in the United States have experienced trauma¹
- In public behavioral health, 90% of clients have experienced trauma¹
- More than 33% of children exposed to community violence will develop symptoms of post-traumatic stress disorder¹

1. The National Council for Behavioral Health (n.d.). *How to manage trauma*. The National Council. <https://www.thenationalcouncil.org/wp-content/uploads/2022/08/Trauma-infographic.pdf>

Trauma-Informed Care Rationale

Why Trauma-Informed Care?

When implemented, trauma-informed care supports patients, behavioral health providers, and organization:

- **For patients:**

- provides patients more opportunities to engage in services that reflect a compassionate perspective of their presenting problems
- provides a greater sense of safety for clients who have histories of trauma
- trauma-informed services offer clients a chance to explore the impact of trauma, their strengths and creative adaptations in managing traumatic histories, their resilience, and the relationships among trauma, substance use, and psychological symptoms

- **For behavioral health providers:**

- Reinforces the importance of acquiring trauma-specific knowledge and skills to meet the specific needs of clients
- Recognizes and understands that individuals may be affected by trauma regardless of its acknowledgment
- Acknowledges that organizations and providers can re-traumatize clients through standard or unexamined policies and practices
- stresses the importance of addressing the client individually rather than applying general treatment approaches

- **For organizations:**

- Cost effectiveness, in that services are more appropriately matched to clients from the outset
- Essential ingredient in organizational risk management
- It ensures the implementation of decisions that will optimize therapeutic outcomes and minimize adverse effects on the client and, ultimately, the organization

Principles and 4 R's of Trauma-Informed Care

Trauma-Informed Care starts with utilization of these principles:

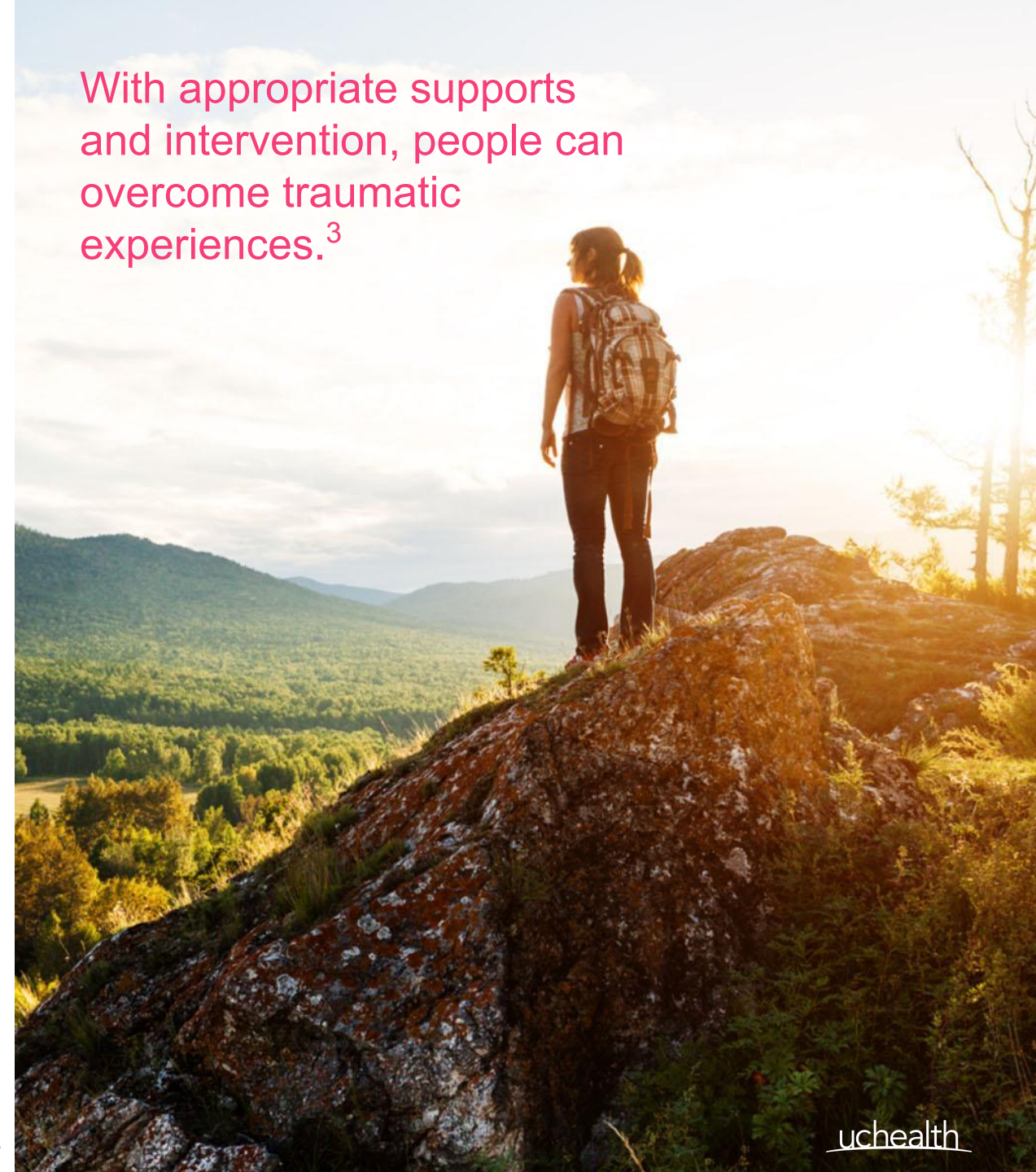
- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice, and Choice
- Cultural, Historical, and Gender Issues

Four R's of Trauma-Informed Care include:

- Realization
- Recognize
- Response
- Resist Re-traumatization

3. SAMHSA's Trauma and Justice Strategic Initiative (2014, July). SAMHSA's concept of trauma and guidance for a trauma-informed approach. SAMHSA Publications and Digital Products.
<https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

With appropriate supports and intervention, people can overcome traumatic experiences.³



Trauma Prevention and Outcomes

In the context of the ACEs Study

The ACEs Study was designed to explore and identify the correlation between adverse childhood experiences and health. When ACEs are prevented:

- There is a large reduction of health conditions.
- Reduction in negative outcomes in adulthood.
- Decrease in health risk behaviors.
- Decrease in socioeconomic challenges.

[CDC Vital Signs](#)

Follow link for additional information.

Trauma survivors have powerfully and systematically documented their paths to recovery.³



Conclusion

As you can see, working to prevent trauma is imperative to the overall health and well-being. Part of the solution, in preventing trauma, is implementing trauma-informed care within communities, organizations, and systems.

Questions?



References

Center for Disease Control and Prevention (2022, April 6). *Violence prevention*. <https://www.cdc.gov/violenceprevention/aces/resources.html>

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<https://www.thenationalcouncil.org/wp-content/uploads/2022/08/Trauma-infographic.pdf>

Additional Resources

Further information on trauma and trauma-informed care:

- [Addictionary® – Recovery Research Institute \(recoveryanswers.org\)](https://recoveryanswers.org) – trauma-informed language
- [Preventing Child Abuse and Neglect: A Technical Package for Policy, Norm, and Programmatic Activities \(cdc.gov\)](https://www.cdc.gov/ncj110140)
- [Learning Materials and Resources | SAMHSA](https://www.samhsa.gov/learning-materials) – related to trauma
- [Adverse Childhood Experiences \(ACEs\) \(cdc.gov\)](https://www.cdc.gov/ncj110140)
- [ACEs Infographic | Veto Violence \(cdc.gov\)](https://www.cdc.gov/ncj110140)
- [What is Cultural Humility? The Basics | Equity and Inclusion \(uoregon.edu\)](https://uoregon.edu)
- [Trauma-infographic.pdf \(thenationalcouncil.org\)](https://thenationalcouncil.org)
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](https://www.samhsa.gov/trauma)
- [TIP 57: Trauma-Informed Care in Behavioral Health Services | SAMHSA Publications and Digital Products](https://www.samhsa.gov/publications)
- [Adverse Childhood Experience Questionnaire for Adults \(acesaware.org\)](https://acesaware.org)
 - The higher the ACEs score, the more likely the client is at risk for negative physical and mental health/behavioral outcomes.