



Practicing Trauma-Informed Care

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TRAUMA-INFORMED CARE: WHAT IS TRAUMA?

Trauma results from an event, series of events or set of circumstances that is experienced by an individual as overwhelming or life-changing that also has profound effects on the individual's psychological development or well-being, often involving a physiological, social and/or spiritual impact (SAMHSA, 2012). In the general population, 61% of men and 51% of women reported exposure to at least one traumatic event (Kessler, et al, 1995). "We need to...exercise 'universal precautions' by creating systems of care that are trauma-informed" (Hodas, 2005).^{2,3}



TRAUMA-INFORMED CARE: DEFINING "TRAUMA-INFORMED"

A program, organization or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery. It also recognizes the signs and symptoms of trauma in clients, families, staff and others involved with the system and responds by fully integrating knowledge about trauma into policies, procedures and practices. In addition, it seeks to actively resist re-traumatization. A trauma-informed approach includes trauma-specific interventions (whether assessment, treatment or recovery supports) and incorporates key trauma principles into organizational culture.¹



TRAUMA-INFORMED CARE: HOW TO OFFER BETTER CARE

The National Council for Behavioral Health identified seven domains of trauma-informed care: early screening and comprehensive assessment of trauma; consumer-driven care and services; trauma-informed, educated and responsive workforce; trauma-informed, evidence-based and emerging best practices; safe and secure environments; community outreach and partnership building; and ongoing performance improvement. Stark County organizations have worked with the National Council to form a Learning Community and are working to continually make internal improvements in each of these domains.⁴

SOURCES:

1. Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.
2. Coalition on Homelessness and Housing in Ohio. (2015). Trauma-Informed Care "Creating Environments of Resiliency and Hope" [PowerPoint slides]. Retrieved March 13, 2017.
3. National Council for Behavioral Health (2014). Trauma-Informed Care Learning Community Kick Off Meeting [PowerPoint slides]. Retrieved March 13, 2017.
4. National Council for Behavioral Health (2014). Trauma-Informed Care Learning Community Kick Off Meeting [PowerPoint slides]. Retrieved March 13, 2017.