

# TRAUMA-INFORMED care

*Trauma-Informed Care understands and considers the pervasive nature of trauma and promotes environments of healing and recovery rather than practices and services that may inadvertently re-traumatize.*



*"A Trauma-Informed Care approach strives to understand the whole of an individual who is seeking services."*

## THE EFFECTS OF TRAUMA



### IMPAIRS

memory, concentration, new learning, and focus.



### IMPACTS

an individual's ability to trust, cope, or form healthy relationships.



### DISRUPTS

emotion identification, ability to self-soothe or control expression of emotions; and ability to distinguish between what is safe and unsafe.



### SHAPES

a person's belief about self and others, ability to hope, and outlook on life.



### CORRELATES

to heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, and cancer.

## RE-TRAUMATIZATION: WHAT HURTS?

### System

*Policies, procedures,  
"The way things  
are done"*



### Relationship

*Power, control,  
subversiveness*

- Having to continually retell their story
- Being treated as a number
- Being seen as their label (i.e., addict, schizophrenic)
- No choice in service or treatment
- No opportunity to give feedback about their experience with the service delivery
- Not being seen/heard
- Violating trust
- Failure to ensure emotional safety
- Non-collaborative
- Does things *for* rather than *with*
- Use of punitive treatment, coercive practices, and oppressive language

## WHAT HELPS?

*Create a Trauma-Informed Care environment using the following five principles:*

# 1

### Safety

Creating areas that are calm and comfortable

# 2

### Choice

Providing individualized options in treatment

# 3

### Empowerment

Noticing capabilities in an individual

# 4

### Collaboration

Making decisions together

# 5

### Trustworthiness

Providing clear and consistent information

## The Road To TRAUMA-INFORMED CARE

- Ensure administrative commitment to integrating a trauma-informed culture.
- Provide introductory training to all staff.
- Establish an internal trauma team.
- Address any potential retraumatizing policies and procedures.
- Conduct early and respectful trauma screening and assessment for all.

## Take care of your mental health and well-being.

*You don't have to do it alone.*

### Turn to your Student Assistance Program (SAP) for confidential support.



Call or Text 24/7 | 800.456.6327



For access to online resources, log in to your Student Life Online Portal at [perspectivesltd.com](http://perspectivesltd.com).

*A Trauma-Informed Care approach realizes the direct impact that trauma can have on access to services and responds by changing policies, procedures and practices to minimize potential barriers.*

Sources: Simpson, R. & Green, S.A. Adapted from: Fallot, R.D & Harris, M. Using trauma theory to design service systems: New directions for mental health services. Jossey-Bass: San Francisco, CA, Jennings, A. The Anna Institute, National Council for Community Behavioral Healthcare. Is your organization trauma-informed?