



# Trauma-Informed Care


Moving from “What is wrong with you?” to  
“What has happened to you?” and “How can I support you?”

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# Trauma-Informed Care

Trauma-informed care (TIC) is an approach that aims to engage people with history of trauma, recognize the presence of trauma symptoms, and acknowledge the role that trauma has played in their lives.

- ▶ Trauma is an event or series of events experienced by an individual or group that has lasting effects on a person's well-being.
  - ▶ The primary goal of the trauma-informed approach is to avoid re-traumatizing a person.
  - ▶ A TIC Approach gives all of us working with residents an acknowledgment of the impacts on those around us and the tools to recognize the signs of trauma.
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# What is Trauma-Informed Care



# Trauma- Informed Approach

Realize

Recognize

Respond

Resist

Resilience

# Realize

- ▶ Realize the widespread impact of trauma and understand potential pathways for recovery
- ▶ Traumas can affect individuals, families, groups, communities (geographic), specific cultures, and generations
- ▶ Individuals may experience the traumatic event directly, witness an event, feel threatened, or hear about an event that affects someone they know
- ▶ Events may be human made (such as an explosion, crash, war, terrorism, sexual abuse, or violence) or naturally occurring (e.g., flooding, hurricanes, and tornadoes)
- ▶ 70% of adults have experienced at least one trauma over the course of their life

# Trauma Events

- ▶ Accident/crash
- ▶ Holocaust/genocide/internment camps
- ▶ Racism
- ▶ Hurricane/tornado/earthquake
- ▶ Mass shooting/terrorist attack
- ▶ Military service/war
- ▶ Repeated abuse/neglect
- ▶ Great Depression/COVID



# Adverse Childhood Experiences

- ▶ 61% of adults report having had at least one adverse childhood experience (ACE). 16% have experienced 4+ ACEs.
- ▶ Experiences of ACEs is linked to poor health outcomes.
- ▶ People who live in poverty, women/girls, LGBTQ individuals, and ethnic minority groups are more likely to experience ACEs.

## Culture & Ethnicity

- ▶ Trauma may also present itself from cultural experiences and historical traumas even if the individual did not experience the trauma directly.
- ▶ Some populations and cultures are more likely to experience a traumatic event or a specific type of trauma.
- ▶ Rates of traumatic stress are high across all populations and cultures that face military action and political violence.

# Mental Health

- ▶ Mental illness increases the risk of experiencing trauma, and trauma increases the risk of developing psychological symptoms and mental disorders.
- ▶ People who are receiving treatment for severe mental disorders are more likely to have histories of trauma, including childhood physical and/or sexual abuse, serious accidents, homelessness, involuntary psychiatric hospitalizations, drug overdoses, interpersonal violence, and other forms of violence.

# Diabetes

- ▶ Exposure to traumatic events may trigger changes in the immune system.
- ▶ It may also increase the risk of health problems, including diabetes
- ▶ One study found people with 3+ ACEs had a 59% increased risk of developing diabetes as compared to those without ACEs. Each additional ACE increased the risk by 11%.



# Recognize

- ▶ Recognize the signs and symptoms of trauma in clients, families, staff
  - ▶ Fight, flight, freeze
- ▶ Obtain a good history on all residents
- ▶ Change our perspective
  - ▶ What difficult behaviors have you seen in residents and caregivers engage in that may be better explained by trauma?
  - ▶ Challenging behaviors - What is wrong with you?
  - ▶ Coping mechanism - What has happened to you?
  - ▶ View traumatic stress reactions as normal reactions to abnormal situations



# The "life-changing" story Oprah reports this week



The background of the slide features a large iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while the much larger, jagged base is submerged below. The water is a deep blue, and the sky above is a lighter blue with some white clouds. The entire image is framed by a green geometric pattern on the right side, consisting of various shades of green and yellow triangles and polygons. The title text is centered over the submerged part of the iceberg.

# Screening Good History

# Respond - 5 Key Principals of TIC

Safety	Protect from danger, risk or injury
Trustworthiness	Build an environment of honesty and truth.
Choice	Create opportunities of choice for personal growth.
Collaboration	Foster collaboration and opportunity for individuals to add ideas and concerns when appropriate.
Empowerment	Acknowledge skills and abilities of an individual and support that person to focus on abilities rather than disabilities.

# Resist Re-Traumatization

- ▶ Re-experiencing traumatic stress may result from a current situation that mirrors or replicates in some way the prior traumatic experiences.
- ▶ Your role is to understand that some routine care tasks might be perceived as threatening to someone who has experienced trauma.



## Don't force anyone to retell the story of their trauma

If they choose to share, make sure they feel heard, safe and have time to recover.



## Always ask for consent

Remind people they can choose not to answer if they don't feel comfortable.



## Respect boundaries

Allow space for those around you to share their boundaries.



## Offer alternatives

Accommodate the people you support to respect their needs and boundaries.

# Resilience

- ▶ Promote resilience by encouraging individual strengths. This is a key step in prevention when working with people who have been exposed to trauma.
- ▶ It is an essential intervention strategy - one that builds on the individual's existing resources and views him or her as resourceful, resilient survivor.
- ▶ Knowing an individual's strengths can help you understand, redefine, and reframe the individual's problems and challenges. You can shift the focus from "What is wrong with you?" to "What has worked for you?"
- ▶ It moves attention away from trauma-related problems and toward a perspective that honors and uses adaptive behaviors and strengths to move individuals along in recovery.



# Self Care - Impact of Trauma on Staff

## Secondary Trauma

- The emotional duress that results when someone hears about the trauma experiences of another

## Compassion Fatigue

- Indifference to others' suffering, especially as a result of repeated exposure to others' suffering

## Burnout

- Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.