



# Resources for Applying Trauma Informed Care

Charlie McNeely & Ana Hristić

# Group Activity

- What field do you represent?

# Agenda

- Brief overview of Trauma Informed Care
- The NEAR Science of Trauma
- Intro to Application of Trauma Informed Care (Part Two)

# WHAT IS TRAUMA INFORMED CARE?

# What is Trauma?

- Can be single event.
- More often multiple events, over time (complex, prolonged trauma).
- Interpersonal violence or violation, especially at the hands of an authority or trust figure, is especially damaging.
- Structural violence - ways in which social structures harm or otherwise disadvantage individuals – including experiences of systemic oppression, ‘isms, poverty
- Collective, historical, generational
- Event, Experience, Effect (SAMHSA)

# Some terms to think about:



Brief increases in heart rate,  
mild elevations in stress hormone levels.



Serious, temporary stress responses,  
buffered by supportive relationships.



Prolonged activation of stress  
response systems in the absence  
of protective relationships.

# Trauma Informed Care

“A program, organization, or system that is trauma-informed:

**realizes** the widespread impact of trauma and understands potential paths for recovery;


**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,

and seeks to actively **resist re-traumatization** ”

(SAMHSA's Concept of Trauma and guidance for a Trauma-Informed Approach, 2014  
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>)

# Trauma Specific v. Trauma Informed

- Trauma Recovery/Trauma Specific Services
    - Reduce symptoms
    - Promote healing
    - Teach skills
    - Psycho-empowerment, mind-body, other modalities.
  - Trauma Sensitive
    - Bring an awareness of trauma into view
    - Trauma lens
  - Trauma Informed Care
    - Guide policy, practice, procedure based on understanding of trauma
    - Assumption: every interaction with trauma survivor activates trauma response or does not.
    - Corrective emotional experiences.
    - Parallel process
- 



# THE NEAR SCIENCE OF TRAUMA

# The Science

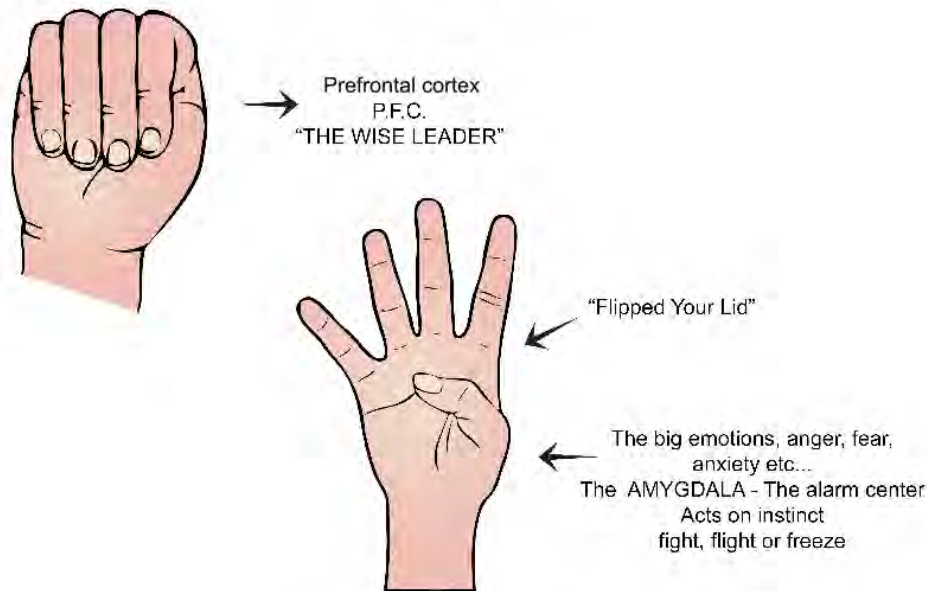
- **N**eurobiology
- **E**pigenetics
- **A**dverse childhood experiences
- **R**esilience

*Laura Porter*

## Neurobiology

Helps us understand how our brain development and functions are impacted by toxic stress/trauma

### “Flipping One’s Lid”



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Flipped Lid". Copyright © 2014 www.sharonSelby.com

Sharon Selby © 2015 [www.SharonSelby.com](http://www.SharonSelby.com)

Challenges with:

- Memory
- Communication
- Sensory regulation
- Executive functioning
- Regulation

In Survival Mode –  
assessing threat  
constantly

## Epigenetics

Helps us understand the impact of toxic stress across generations transmission through our genetic code



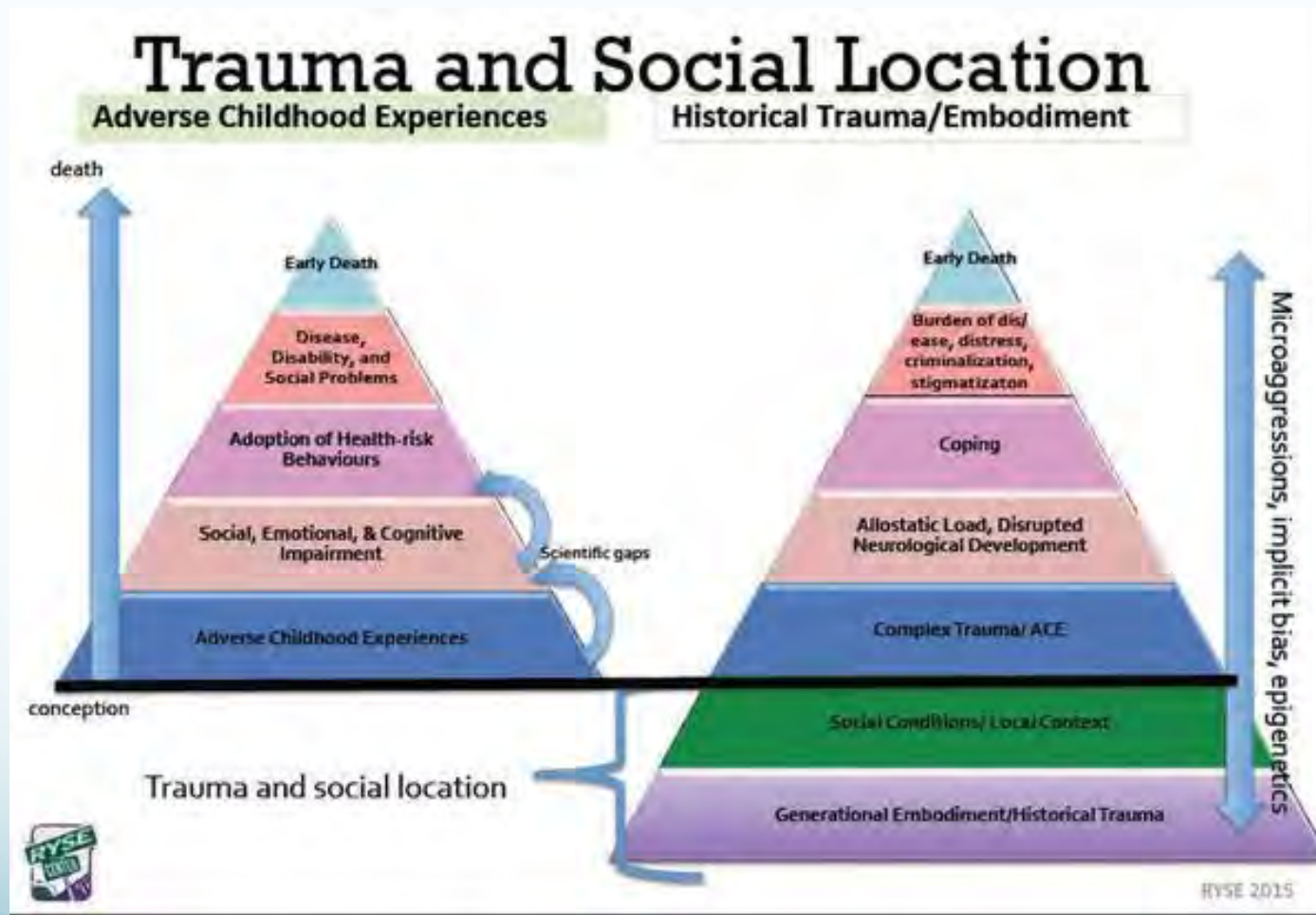
**THE THEORY**

What our parents and grandparents ate, how much exercise they did, and what chemicals they were exposed to, are all factors that could affect how our bodies look and work.

The infographic illustrates the concept of epigenetics. It features a central illustration of an elderly woman in a purple dress and an elderly man in a yellow shirt and blue pants, holding hands. Surrounding them are three circular icons: a blue circle with a person meditating, a yellow circle with a red apple, and a blue circle with a chemical atom structure.

# Adverse childhood experiences

Links adversities in childhood to adult health



<http://www.acesconnection.com/blog/addinglayers-to-the-acespyramid-what-do-you-think>



## Resilience

Helps us identify buffering variables that reverse, prevent, or heal this process.



# APPLICATION OF TRAUMA INFORMED CARE

# Six Key Principles of a Trauma Informed Approach

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



# Guiding Principles of Trauma Informed Care

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## Safety

Throughout the organization, staff and the people they serve feel physically and psychologically safe.

## Trustworthiness and transparency

Organizational operations and decisions are conducted with transparency and the goal of building and maintaining trust among staff, clients, and family members of those receiving services.

## Peer support and mutual self-help

These are integral to the organizational and service delivery approach and are understood as a key vehicle for building trust, establishing safety, and empowerment.

## Collaboration and mutuality

There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic.

## Empowerment, voice, and choice

Organization aims to strengthen the staff, client, and family members's experience of choice and recognizes that every person's experience is unique and requires an individualized approach. This builds on what clients, staff, and communities have to offer, rather than responding to perceived deficits.

## Cultural, historical, and gender issues

The organization actively moves past cultural stereotypes and biases, offers culturally responsive services, leverages the healing value of traditional cultural connections, and recognizes and addresses historical trauma.

# Table Activity

How can you apply the Principle to your table's theme?

Get creative, audacious, and include all voices! Dream BIG!

“Imagination is absolutely critical to the quality of our lives. Our imagination enables us to leave our routine everyday existence by fantasizing about travel, food, sex, falling in love, or having the last word—all the things that make life interesting. Imagination gives us the opportunity to envision new possibilities—it is an essential launchpad for making our hopes come true. It fires our creativity, relieves our boredom, alleviates our pain, enhances our pleasure, and enriches our most intimate relationships.”

# Themes

- Finding youth a placement
- Removing a youth from a placement
- Reunification
- Medication
- Trainings for Providers
- Worker Well-being

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Substance Abuse and Mental Health Services Administration (SAMHSA)



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# Some terms to think about:



**POSITIVE**

Brief increases in heart rate,  
mild elevations in stress hormone levels.

**TOLERABLE**

Serious, temporary stress responses,  
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***TOXIC***

Prolonged activation of stress  
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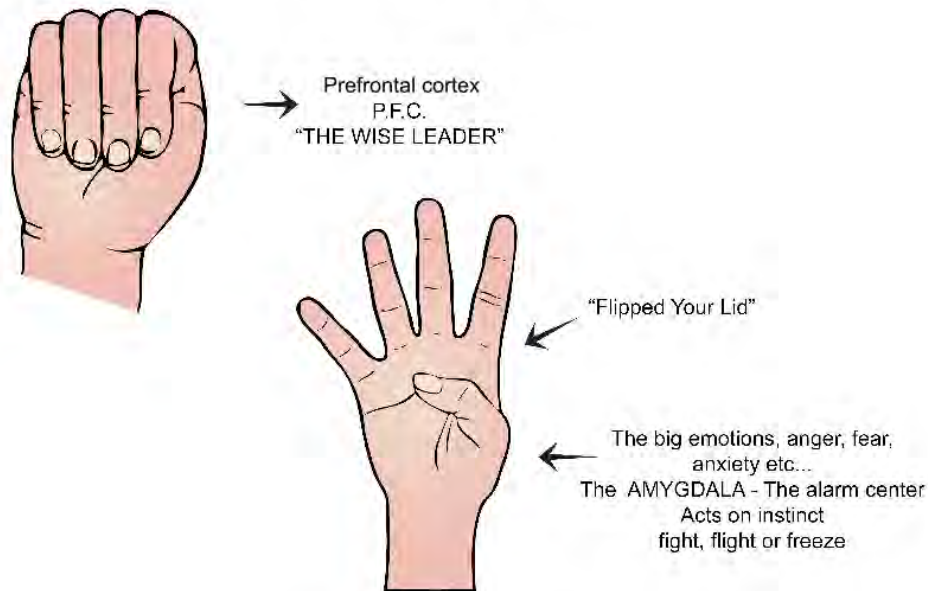
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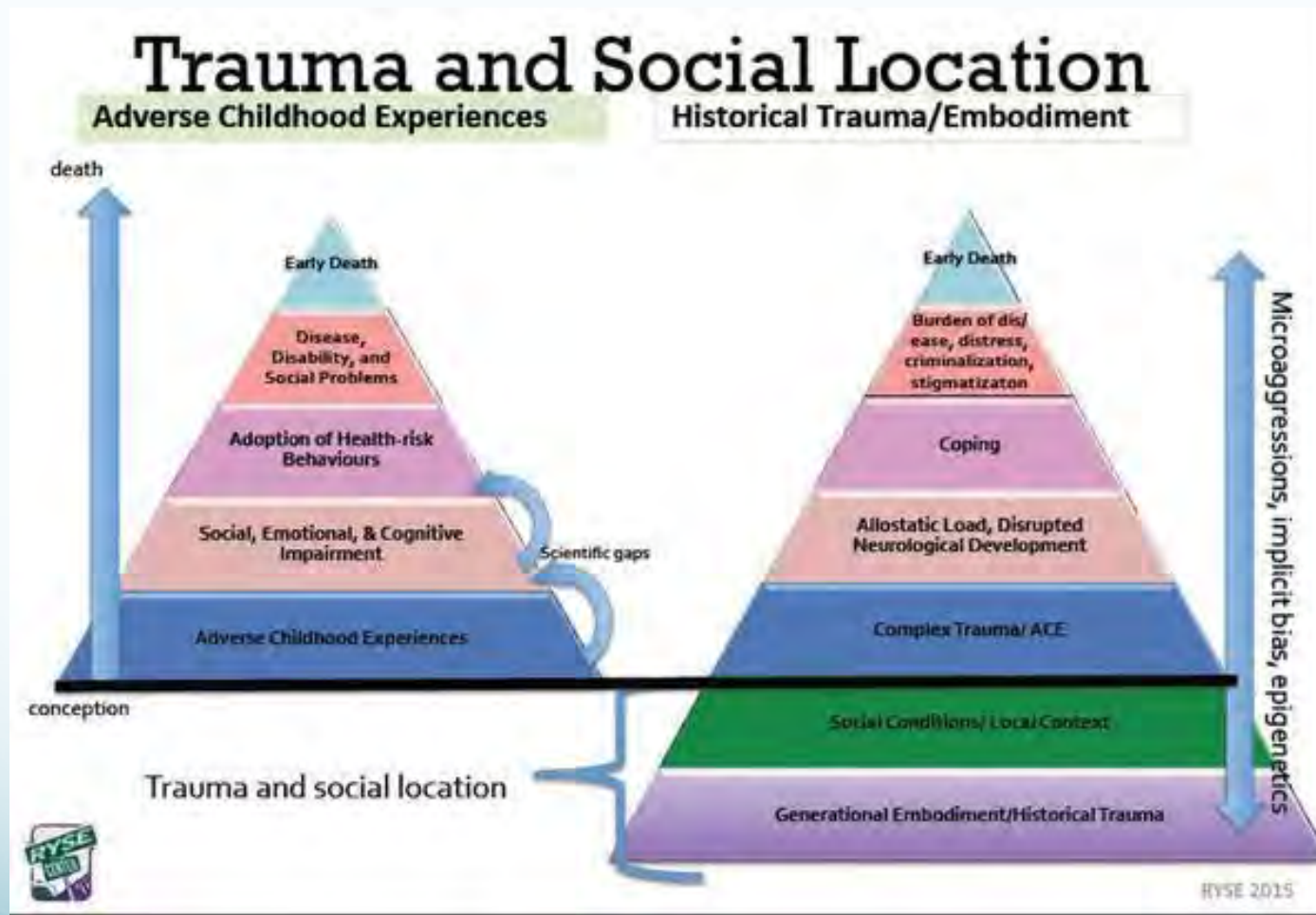
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