**Trauma-Informed Care Toolkit #1**

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**Introduction to Trauma**

**The purpose of this toolkit is to provide an overview of:**

1. What is trauma?
2. What is secondary trauma?
3. What is trauma-informed care (TIC)?
4. Additional resources

If you have any questions, contact: [tic@preferredbehavioral.org](mailto:tic@preferredbehavioral.org)

**What is trauma?**

“A single event, multiple events, or a set of circumstances that is experienced by an individual as physically and emotionally harmful or threatening that has lasting adverse effects on an individual’s physical, social, emotional, or spiritual well-being.”

SAMHSA, 2012

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**PBHG Staff Definition of Trauma:**

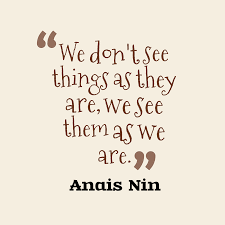
Any type of distressing event that results in an overwhelming amount of stress that exceeds one’s ability to cope, or integrate emotions involved with that experience.

**Types of Trauma**

1. Acute Trauma: One-time incident (i.e. car accident, rape)
2. Complex: Occurs over time (i.e. abuse, domestic violence)
3. Crossover Trauma: Event with lasting effects (i.e. Superstorm Sandy, illness)
4. Vicarious Trauma\*: Being affected by hearing about trauma (clinicians, translators, etc.)
5. Secondary Trauma\*: #4 with PTSD symptoms (flashbacks, fear, etc.)
6. Compassion Fatigue\*: Feeling numb/burnt out by caring for victims of trauma

**\*Mental health employees are *most* susceptible to #4-6.**

An individual’s thoughts, feelings, and behaviors are filtered through their own experience and perspective.



**Trauma by Numbers:** A picture containing text, map

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90% of persons with a mental health

diagnosis have experienced a trauma.  
  
It is estimated that 7 out of 10 Americans

have been exposed to trauma.

(Mueser et al, 2004, as cited in Unick, Bassuk, Richard, & Paquette, 2019; SAMHSA, 2014)

**What are ACEs?**

Adverse childhood experiences (ACEs) are stressful or

traumatic events, including abuse and neglect.

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ACEs are strongly related to a wide range of

health problems including substance misuse.

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**Know Your Score **

**What is Trauma-Informed Care?**

A framework of thinking and acting, which is directed by understanding the profound neurological, biological, psychological, and social effects trauma has on an individual.   
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**Creates an environment that emphasizes physical, psychological and emotional safety for clients AND staff.**

**A Trauma-Informed approach**

**views a person from a**

**“what’s happened to you?” perspective**

**vs.**

**“what’s wrong with you?”**

**Trauma-Informed individuals use “I” statements when speaking and approach people with compassion.**

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**Benefits**

* Creating safer physical and emotional environments
* Reducing the possibility of re-traumatization
* Creating environments that care for and support staff
* Increasing the quality of services
* Reducing the number and types of negative encounters and events
* Increasing client and family satisfaction
* Increasing success and job satisfaction among staff

**PBHG TRAUMA-INFORMED DOMAINS**

**(Toolkits)**

1. **Trauma Education**
2. **Safety (Physical & Emotional)**
3. **Health and Wellness**
4. **Training**
5. **Ongoing Commitment to Trauma-Informed Philosophy**

**TRAUMA INFORMED CARE IS A PROCESS…NOT A DESTINATION.**

**“Everyone has a right to have a future that**

**is not dictated by the past.”**

**~Karen Saakvitne**

**Trauma-Informed Resources**

**Helpful Videos:**

**https://tinyurl.com/TICTedTalk**

**https://tinyurl.com/youtube4PBHG**

**https://tinyurl.com/youtubePBHG2**

**https://tinyurl.com/youtubePBHG3**

**https://tinyurl.com/youtubePBHG4**

**Informational Websites:**

**https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm/ or https://tinyurl.com/helpguideTIC**

**https://store.samhsa.gov/system/files/sma15-4420.pdf or https://tinyurl.com/samhsasite**

**https://www.traumainformedcare.chcs.org/what-is-trauma/ or https://tinyurl.com/whatistrauma**

**https://alamedacountytraumainformedcare.org/trauma-informed-care/what-is-trauma/ or https://tinyurl.com/TICwhatistrauma**