

Trauma Informed Care



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CCBHC Approach to Trauma Informed Care Implications for Individuals with Mental Illnesses, Clinicians and Mental Health Workforces



What Is Trauma?

Definition (SAMHSA Panel of Experts 2012)

Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social and/or spiritual impact. SAMHSA 2014



Trauma Informed Approach

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

1.) Realizes the widespread impact of trauma and understands potential paths for recovery.



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

2.) Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system.



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

3.) Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and

4.) Seeks to actively resist re-traumatization.



Principles of a Trauma- Informed Approach

- 1.) Safety
- 2.) Trustworthiness & Transparency
- 3.) Peer Support & Mutual Self-Help
- 4.) Collaboration and Mutuality
- 5.) Empowerment, Voice and Choice
- 6.) Cultural, Historical, and Gender Issues

Trauma-Specific Interventions

- * Survivor's needs regarding their own recovery.
- * The inter-relationship between trauma and symptoms of trauma.
- * The need to work collaboratively to empower survivors and individuals with lived experience.

Trauma-Specific Interventions

<http://www.samhsa.gov/nctic/trauma-interventions>



Trauma Informed Care

- Realize the impact of trauma in someone's life
- Recognize signs and symptoms
- Respond
- Resist re-traumatization



Recovery Support Services

- Designed and delivered by people in recovery
- Foster hope and a belief in the possibility of recovery
- Experience, expertise, education
- They *model* the recovery process



Documented Outcomes of Recovery Support Services

- Emotional Support
- Informational Support
- Instrumental Support
- Affiliation Support

Trauma Informed Services & Recovery Support

- Mentoring / Coaching
- Connecting with Resources
- Facilitating / Leading Recovery Groups
- Building Communities

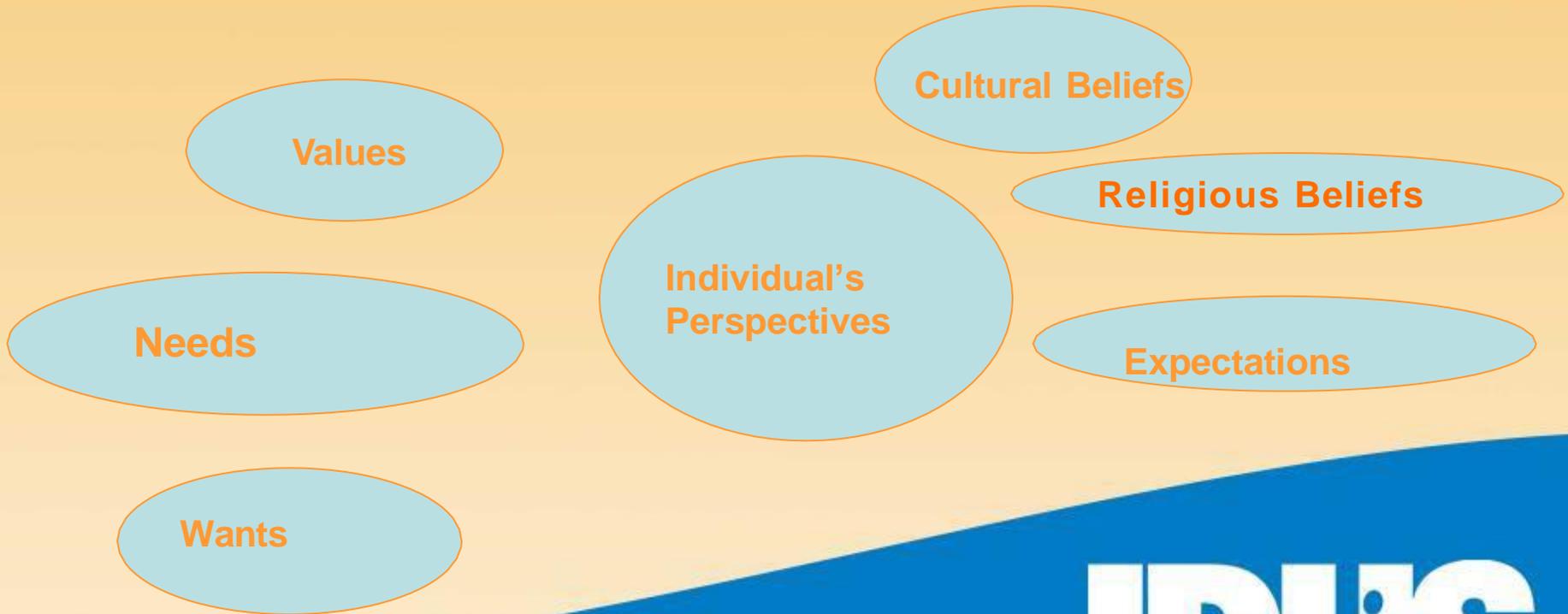


Client-Directed Care

Finding:

Consumers' perceptions of their level of service empowerment (i.e., their involvement in treatment planning and decisions about services) was the variable most highly correlated with the degree to which they felt their needs were being met.

It's all about person-centered care!



Actions that Disengage Individuals

- Persuasion/hard sell
- Criticizing, shaming or blaming
- Scare tactics
- Incentives (short term vs long term)
- Ultimatums
- Guilt Induction
- Feeling Rushed or Distracted

Disengagement(continued)

- Assuming the Expert role
- Unsolicited Advice Giving
- Labeling
- Rushing the Conversation
- Focusing on what's wrong with you

Resilience and Recovery in Trauma-Informed Care

- Individual health and well-being
- Life experiences
- Social support systems



Focus on Strengths

Uncover, reaffirm, enhance the abilities, interests, knowledge & resources of individuals, families, groups & communities!



Questions & Answers

