



What is a Trauma Informed Care(TIC) Learning Community

It is a community that is dedicated to understanding the impact of trauma and strives to reduce re-traumatization.

Community Infrastructure Understanding of trauma and to recognize at every level, school, hospitals, jails that traumatic events exist

Recognizing Everyday Stress

Understands historical and current events

Asking What happened rather than what's wrong

What is a Traumatic Event

It is the emotional and physiological effect to the experiencing or witnessing of an event that is dangerous, frightening, or life threatening.

All of us react to these situations differently. Understanding this concept is one of the major keys in Trauma Informed care.

A way to process this information is what is known as the 3 E's.

First of the 3 E's is the Event. What happened? What was the event?

The second of the 3 E's is the Experience-how it is interpreted by the person? That determines if it is a traumatic event.

The third of the 3 E's is the Effect-what social, physical, emotional or spiritual effect does it have on the person

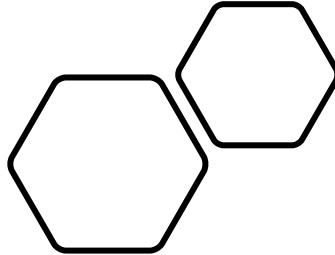
How does Trauma effect people individually and collectively?

- Trauma affects individuals and groups in different ways:
- Individual trauma: being robbed or in a car wreck
- Group trauma: veteran, police officers, firemen
- Community trauma: neighborhood violence, church shooting
- Mass trauma: large numbers of people natural disaster, terrorist attack

The different types of Trauma

- **Traumatic Stress:** flight/fright-physiological response
- **Complex Stress:** impact of multiple, simultaneous, prolonged events. Can produce a domino effect and facilitate subsequent or repeated trauma
- **Re-traumatization:** recurrence of the event or event like situations
- **Secondary or Vicarious** experiencing traumatic events in response to helping others. First responders, healthcare, MH staff
- **Historical:** also known as generational. Trauma to certain groups of people over time cultural, racial, ethnic. Slavery, Holocaust, Japanese resettlement WWII. May result in people being hesitant to seek help.

Trauma in Different populations

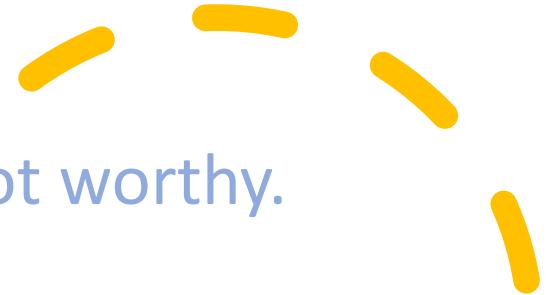


- Race and Ethnicity
- Religion
- Disabilities
- Substance Use
- Children
- MH/IDD
- Veteran
- Economic
- LBGTQ/Transgendered
- Gender

How Trauma effects the Brain



- Views about self—"I'm not worthy. I'm damaged"
- Views about the world—"The world is a dangerous place and cannot be trusted"
- Views about the Future—"Bleak. Few Options"



Other Common Emotional & Cognitive Reactions to Trauma

Foreshortened Future

can affect one's beliefs about their future via loss of hope, limited expectations, fear of life

Emotional Dysregulation

trauma survivors have difficulty regulating emotions such as anger, anxiety, sadness, and shame.

Numbing

this occurs when emotions become detached from thoughts, behaviors, & memories. Expressing too little emotion Sometimes mask how severe is the trauma

Triggers & Flashbacks

a trigger is an external stimulus that reminds the survivor of what occurred. A flashback involves reexperiencing the event.

How Trauma affects the body

- The first large scale study to look at the physical impact was the Adverse Childhood Experiences-ACE. Children exposed to traumatic events are at an increased risk
 - Obesity
 - Heart disease
 - Diabetes
 - Depression
 - Substance use
 - Poor academic achievement
 - Social, Emotional, Cognitive impairment
 - High risk Behaviors
 - Premature death

Types of Traumatic Stress Disorders



Post Traumatic Stress Disorder **recurrent intrusive memories, dissociative reactions, reoccurring dreams, physiological reaction to internal or external cues.** Lasting one month or more



Acute Stress Disorder **similar to PTSD symptoms may begin 3-30 days after the event.** 50% will develop PTSD

The second slide asked how an organization can become a Trauma Informed Organization. Focusing on the people that are served as well as the people that are serving is crucial

Addressing Trauma in Professionals

- **Burnout** being there and seeing mental or physical exhaustion
- **Secondary Traumatic stress** physical or emotional stress response to exposure to others who have experienced trauma
- **Compassion Fatigue** deep emotional, physical, or spiritual exhaustion. It's a combination of the first two.
- **Moral Injury**-damage to one's moral compass, either by witnessing or perpetrating systematic injustices.

How Does Trauma stress affect Clinical staff

- Difficulty in daily functioning
- Limited emotional expression
- Insomnia
- Depressed mood
- Detaching from friends and family
- Avoidant behavior

How Does Clinician stress affect persons served?

•
+
o

**Negative staff
attitudes**

**Poor service
delivery**

What does it take to be a Trauma Informed Organization

An organization must create a safe environment for the people they serve and reduce the risk of re-traumatization by accessing services.

It also recognizes the needs of the direct care workers and how they can and are traumatized by events and facilitates building and promoting resilience for all

It is also a paradigm shift from asking “What’s wrong?” to asking, “What happened?”

Understanding that everyone is subject to traumatic events

Six Key Principles of Trauma Informed Approach for the people that are served and the people that are serving

- Safety people must feel safe.
- Trustworthiness & Transparency trust is the foundation of a helping relationship
- Peer Support lived experience can create safety and hope
- Collaboration and Mutuality everyone on the team works together-partnership-PCRP
- Empowerment, Voice, and Choice strength based approach
- Cultural, Historical, and Gender Issues provider understands the importance of these 3 issues.



Cultural Competency

Respecting dynamic diversity

Cultural Competency and TIC go hand in hand. Understand that cultural resiliency can nurture a sense of heritage, beliefs, and pride

Building Resiliency

through the following processes

Social Supports

through job, school, other networks

Getting Back to Normalcy

being able to

resume day to day tasks again helps to build resiliency

Meaning-Making

helping the person to find some positive outcome for the event. Such as helping to ensure what happened to them won't happen again

NTBHA's Role in Trauma Informed Care(TIC) Community Development



TIC Workgroup-9
Members-available for
consult



Provide introductory
information of how
NTBHA has embraced TIC



Assist with identifying TIC
training



Be a resource in the
community