

When an event is traumatic to children and adults, they may be negatively impacted emotionally, physically, and spiritually by these adverse life events.

- ITTIC, 2014



Trauma-Informed Care is about ensuring ALL individuals feel physically and emotionally safe, are noticed and listened to, and are given a voice.

- ITTIC, 2014

Rising from the Ashes...

The Effects of Trauma



Trauma impairs: memory, concentration, new learning and focus.



Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.



Trauma impacts an individual's ability to: trust, cope, form healthy relationships.



Trauma disrupts: emotion identification; ability to self-soothe or control expression of emotions; one's ability to distinguish between what's safe and unsafe.



Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.



RETRAUMATIZATION



WHAT HURTS?

SYSTEM

(POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")



HAVING TO CONTINUALLY RETELL THEIR STORY



BEING TREATED AS A NUMBER



PROCEDURES THAT REQUIRE DISROBING



BEING SEEN AS THEIR LABEL (I.E. ADDICT, SCHIZOPHRENIC)



NO CHOICE IN SERVICE OR TREATMENT



NO OPPORTUNITY TO GIVE FEEDBACK ABOUT THEIR EXPERIENCE WITH THE SERVICE DELIVERY

RELATIONSHIP

(POWER, CONTROL, SUBVERSIVENESS)



NOT BEING SEEN / HEARD



VIOLATING TRUST



FAILURE TO ENSURE EMOTIONAL SAFETY



NONCOLLABORATIVE



DOES THINGS FOR RATHER THAN WITH



USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE



WHAT HELPS?



Creating a Trauma-Informed environment using the following five principles:

SAFETY

CHOICE

EMPOWERMENT

COLLABORATION

TRUSTWORTHINESS



CREATING AREAS THAT ARE CALM AND COMFORTABLE

PROVIDING AN INDIVIDUAL OPTIONS IN THEIR TREATMENT

NOTICING CAPABILITIES IN AN INDIVIDUAL

MAKING DECISIONS TOGETHER

PROVIDING CLEAR AND CONSISTENT INFORMATION