Washington State
Health Care Authority

Trauma Informed Approach

Overview and Applications

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Handouts/Resource

Trauma Informed Approach Concept
SAMHSA, 2014

3 E's	4 R's	6 P's	10 D's
Trauma	Key Assumptions	Guiding Principles	Domains for Implementation
1. Events	1. Realize	1. Safety	1. Governance and Leadership
		2. Trustworthiness and Transparency	2. Policy
			3. Physical Environment
2. Experiences	2. Recognize	3. Peer Support	4. Engagement and Involvement
		4. Collaboration and Mutuality	5. Cross-Sector Collaboration
			6. Screening, Assessment and Treatment Services
3. Effects	3. Respond	5. Empowerment, Voice and Choice	7. Training and Workforce Development
		6. Cultural, Historical and Gender Issues	8. Progress Monitoring and Quality Assurance
			9. Financing
	4. Resist Re-traumatization		10. Evaluation

1

SAMHSA's
Concept of Trauma
and Guidance for a
Trauma-Informed Approach

Prepared by
SAMHSA's Trauma and Justice Strategic Initiative
July 2014

Substance Abuse and Mental Health Services Administration
SAMHSA
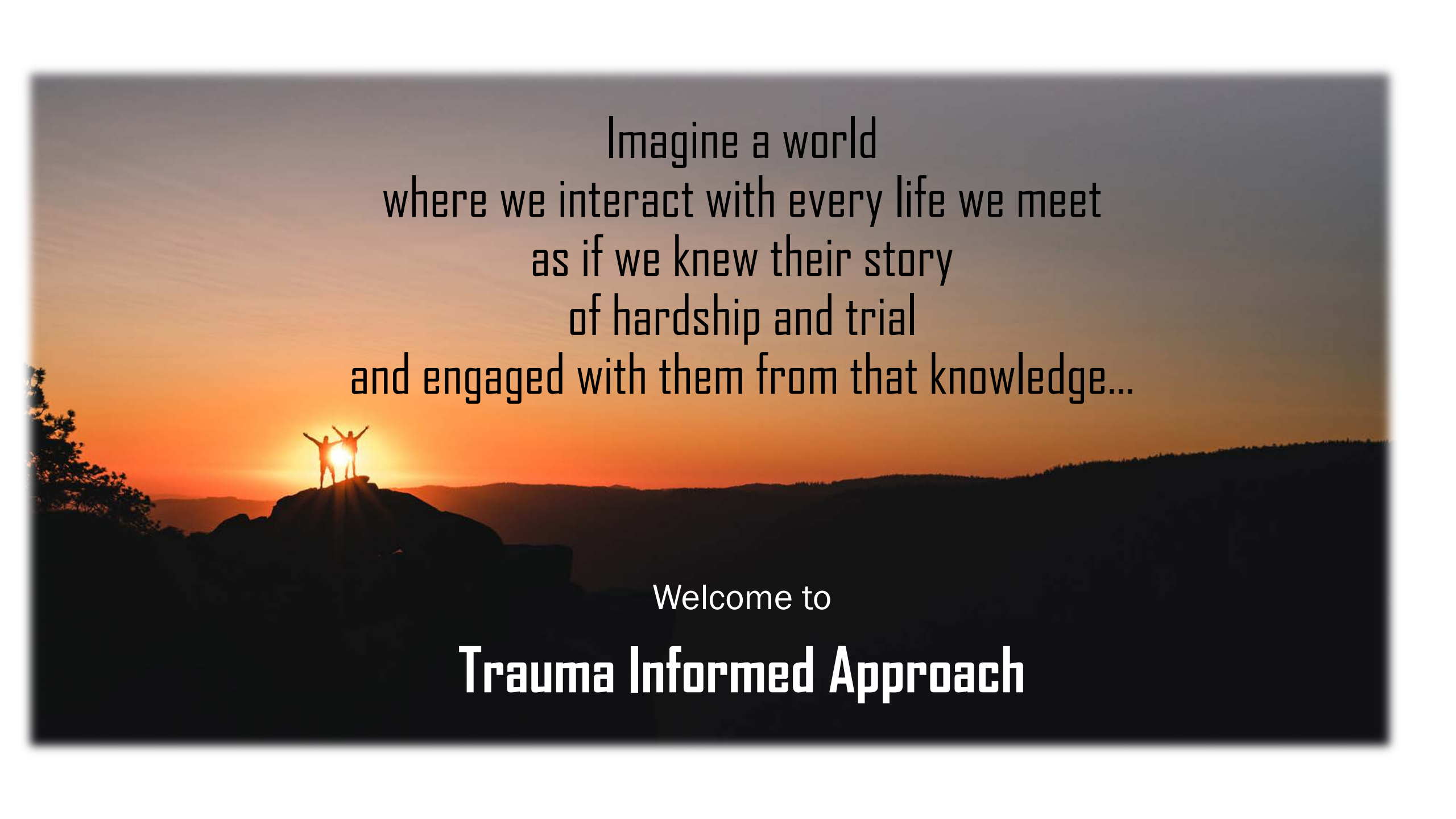www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Self Care

At times the material presented or topics from participants can be difficult to hear. It might bring back memories of painful times in our past or those of current experiences.

Take a moment to think about how you plan to care for yourself today.

Take a break at any time and reach out to when you need support.

Imagine a world
where we interact with every life we meet
as if we knew their story
of hardship and trial
and engaged with them from that knowledge...

Welcome to

Trauma Informed Approach

Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.
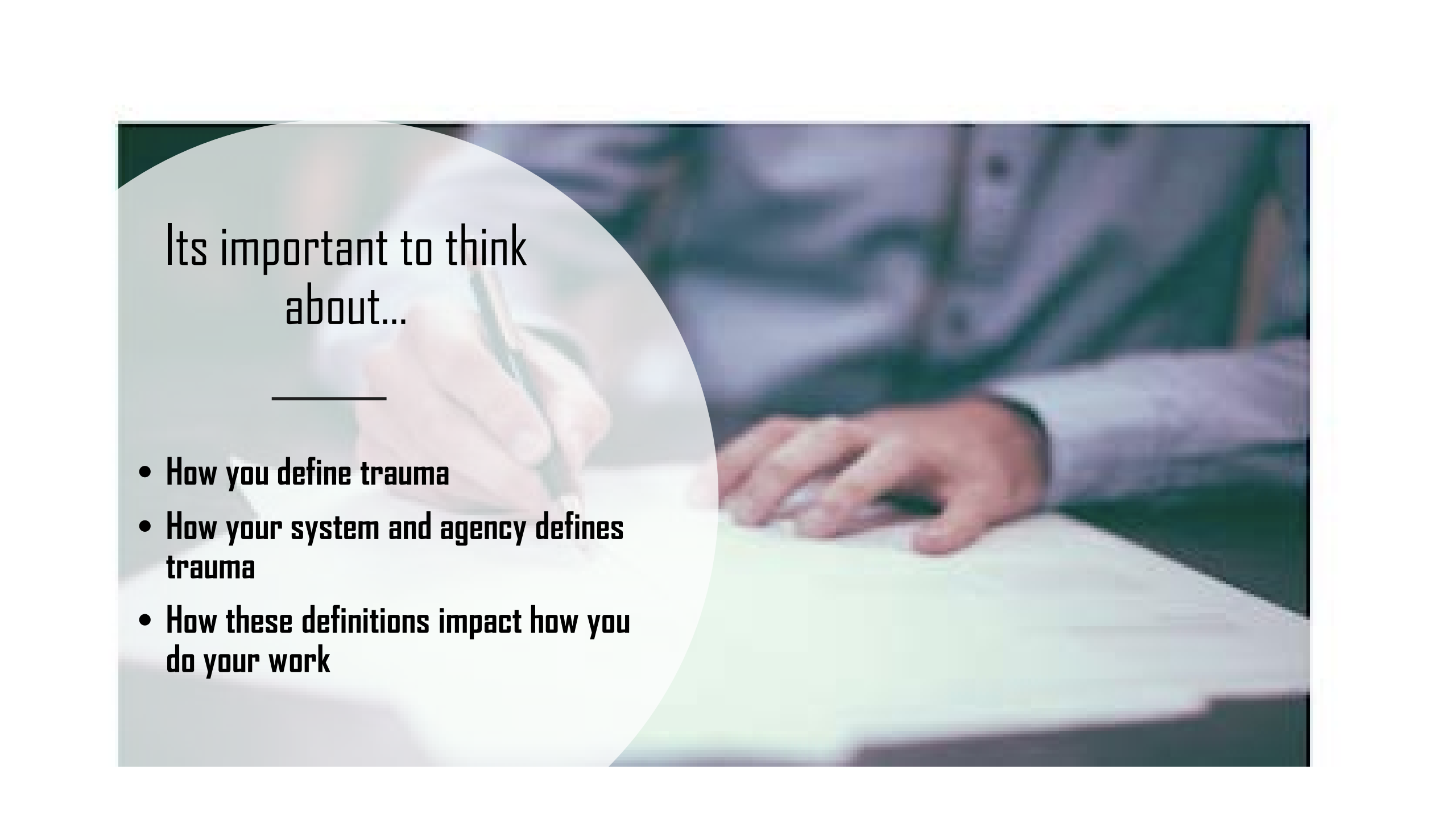
Trauma

Can be a single event

More often it is multiple events, over time (complex, prolonged trauma)

Interpersonal violence or violation, especially damaging at the hands of an authority or trust figure

Trauma

- **Historical Trauma:** complex and collective trauma experienced over time and across generations by a group of people who share an identity, affiliation, or circumstance.

- **Intergenerational Trauma:** Multiple generations of families can transmit the damage of trauma throughout the years through physiological, environmental, and social pathways.

Its important to think about...

- How you define trauma
- How your system and agency defines trauma
- How these definitions impact how you do your work

The Trauma Informed Approach...

...widens our lens about what trauma is

SAMHSA: 3 E's of Trauma

3 E's
Trauma

1. Events

2. Experiences

3. Effects

Examples of Traumatic Events

Abuse	Loss	Chronic Stress
Emotional	Death	Poverty
Sexual	Abandonment	Racism
Physical	Neglect	Invasive Medical
Domestic Violence	Separation	Community Trauma
Witnessing Violence	Natural Disaster	Historical/Intergenerational
Bullying	Accidents	Family Member Trauma
Cyberbullying	Terrorism	(substance use disorder)
Institutional	War	

Signs of Trauma Response
NCTIC/SAMHSA

Behavioral	Emotional Physical	Psychological
-Blowing up when corrected -Fighting when teased -Resisting change -Protective of personal space -Reckless or self-destructive -Seeking attention -Reverting to younger behaviors	-Nightmares and sleep disturbances -Sensitive to noise and touch -Fear of separation -Difficulty trusting -Emotional swings -Unexplained medical problems	-Confusing what is safe and what is dangerous -Trouble focusing or concentrating -Difficulty imagining the future

The 4 Rs of Trauma

SAMHSA: 4 R's in Assumptions

3 E's	4 R's
Trauma	Key Assumptions
1. Events	1. Realize
2. Experiences	2. Recognize
3. Effects	3. Respond
	4. Resist Re-traumatization

A program, organization, or system that is trauma-informed **Realizes** the widespread impact of trauma and understands the potential paths for recover; **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.**

The Four R's of Trauma Informed Approach

Realize

In a trauma-informed approach, all people at all levels of the organization or system have a basic realization about trauma and understand how trauma can affect families, groups, organizations, and communities as well as individuals.

R

Recognize

Organizations and individuals recognize trauma, both in the people they serve and internal staff

R

Respond

The program, organization, or system responds by applying the principles of a trauma-informed approach to all areas of functioning

R

Resist Re-traumatization

Organizations often inadvertently create stressful or toxic environments that interfere with the recovery of clients, the well-being of staff and the fulfillment of the organizational mission.

Staff who work within a trauma-informed environment are taught to recognize how organizational practices may trigger painful memories and re-traumatize clients with trauma histories

R

The 6 Principles of Trauma

SAMHSA: 6 Principles

3 E's	4 R's	6 P's
Trauma	Key Assumptions	Guiding Principles
1. Events	1. Realize	1. Safety
2. Experiences	2. Recognize	2. Trustworthiness and Transparency
3. Effects	3. Respond	3. Peer Support
	4. Resist Re-traumatization	4. Collaboration and Mutuality
		5. Empowerment, Voice and Choice
		6. Cultural, Historical and Gender Issues

TIA Principle 1:

Safety

Throughout the organization, staff and the people they serve, whether children or adults, feel physically and psychologically safe.

TIA Principle 2:

Trustworthiness and Transparency

Organizational operations and decisions are conducted with transparency and the goals of building and maintaining trust among clients, family members, staff, and others involved with organization.

TIA Principle 3:

Peer Support

Peer support and mutual self-help are key vehicles for establishing safety and hope, building trust, enhancing collaboration, serving as models of recovery and healing, and maximizing a sense of empowerment.

TIA Principle 4:

Collaboration and Mutuality

Partnering and leveling of power differences between staff and clients and among organizational staff - from direct care to administrators - demonstrates that healing happens in relationships and in the meaningful sharing of power and decision making.

Everyone has a role to play; one does not have to be a therapist to be therapeutic.

TIA Principle 5:

Empowerment, Voice and Choice

Individuals' strengths and experiences are recognized and built upon; the experience of having a voice and a choice is validated and new skills are developed.

The organization fosters a belief in resilience.

Clients are supported in developing self advocacy skills and self empowerment.

TIA Principle 6:

Cultural, Historical, and Gender Issues

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

TIA: 10 Principles of Implementation

Trauma Informed Approach Framework

3 E's	4 R's	6 P's	10 D's
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	4. Resist Re-traumatization		9. Financing
			10. Evaluation

TIA

Domains of Implementation

1

Governance and Leadership

Initiating system and agency change requires investment from leadership into a TIA.

A true champion of this approach is often needed to begin to initiate change, along with the inclusion of peer voice throughout the process

TIA

Domains of Implementation

2

Policy

There are written policies and protocols establishing a trauma-informed approach as an essential part of the organizational mission.

TIA

Domains of Implementation

3

Physical Environment

The organization ensures that the physical environment promotes a sense of safety and collaboration

Staff and individuals being served must see the agency as safe and without threat of physical or psychological harm

The physical space should also foster openness and collaboration for staff

TIA

Domains of Implementation

4

Engagement and Involvement

The engagement and involvement of people in recovery, trauma survivors, people receiving services and families receiving services is essential and they should have voice and choice in all areas of organizational functioning

TIA

Domains of Implementation

5

Cross-Sector Collaboration

People with significant trauma histories often present with complex needs, crossing various service sectors. Even if a mental health clinician is trauma-informed, a referral to a trauma-insensitive program could then undermine the progress of the individual.

TIA

Domains of Implementation

Screening, Assessment, and Treatment Services

Trauma screening and assessment are an essential part of the work

TIA

**Domains
of
Implementation**

Training and Workforce Development

- Ongoing training on trauma and peer support are essential
- Trauma informed practices should begin at hiring and be infused throughout all agency policies, practices, and procedures

TIA

Domains of Implementation

Progress Monitoring and Quality Assurance

There is ongoing assessment, tracking, and monitoring of trauma-informed principles and effective use of evidence-based trauma specific screening, assessments and treatment.

TIA

Domains
of
Implementation

9
Financing

Financing structures are designed to support the ten domains of a trauma informed approach including trainings, safety, peer-support, and cross-agency collaborations.

TIA

Domains
of
Implementation

10
Evaluation

Measures and evaluation designs used to evaluate service or program implementation and effectiveness reflect an understanding of trauma and appropriate trauma-oriented research instruments.
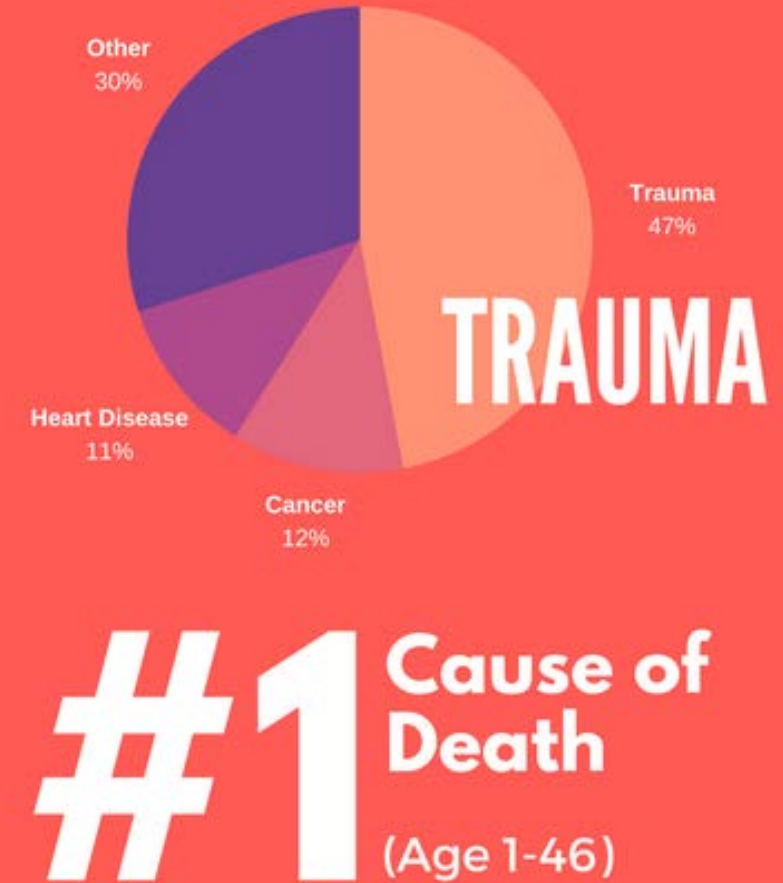
The Importance of TIA:
4 Reasons Why

#1 Trauma is Pervasive

ANNUAL COST OF TRAUMA

$216B CANCER

$245B DIABETES

$313B HEART DISEASE

$671 B TRAUMA

Other 30%

Trauma 47%

Heart Disease 11%

Cancer 12%

TRAUMA

#1 Cause of Death (Age 1-46)

NIH.CDC | National Trauma Institute

Trauma Prevalence in Children

- 60% of children 17 or younger are exposed to violence every year.
  (Finklehor, et al, 2009)

- 3 million children are maltreated or neglected every year.
  (Child Welfare Information Gateway, 2013)

- 3.5-10 million children witness violence against their mother every year.
  (Child Witness to Violence Project, 2013)

- 1 in 4 girls and 1 in 6 boys are sexually abused before adulthood.
  (NCTSN Fact Sheet, 2009)

- 94% of children in a study of juvenile justice settings have experienced trauma.
  (Rosenberg, et al, 2014)

Data

In a national sample, 60% of 0-17 year olds experienced or witnessed maltreatment, bullying, or assault within the past year.

Children with disabilities are more than twice as likely to experience physical abuse than children without disabilities.

Lesbian, gay, bisexual, and transgender individuals experience higher levels of childhood sexual assault, childhood physical assault, and emotional maltreatment compared to their heterosexual peers.

Data

53% of sampled incarcerated women met criteria for lifetime post- traumatic stress disorder.

Over half of incarcerated men, 56%, reported experiencing childhood physical trauma.

62% of Oregonians who responded to the Adverse Childhood Experience questions on a survey experienced at least one Adverse Childhood Experience.

A higher Adverse Childhood Experience score is associated with increased tobacco use, increased risk of respiratory diseases, depression, and suicide.

New information and research about historical and intergenerational trauma

Data

65% of social workers had at least one symptom of secondary traumatic stress.

Almost 41% of surveyed licensed clinical social workers met criteria for post-traumatic stress disorder.

Immigration judges have higher burnout levels than hospital physicians and prison wardens.

In 2016, more officers died of suicide than from gunfire and traffic accidents combined.

Effects of Trauma

The effect of trauma on an individual can be conceptualized as a normal response to an abnormal situation.

Trauma Can:

-Cause short and long-term effects

-Affect coping responses, relationships, or developmental tasks

-Impact physiological responses, well-being, social relationships, and/or spiritual beliefs
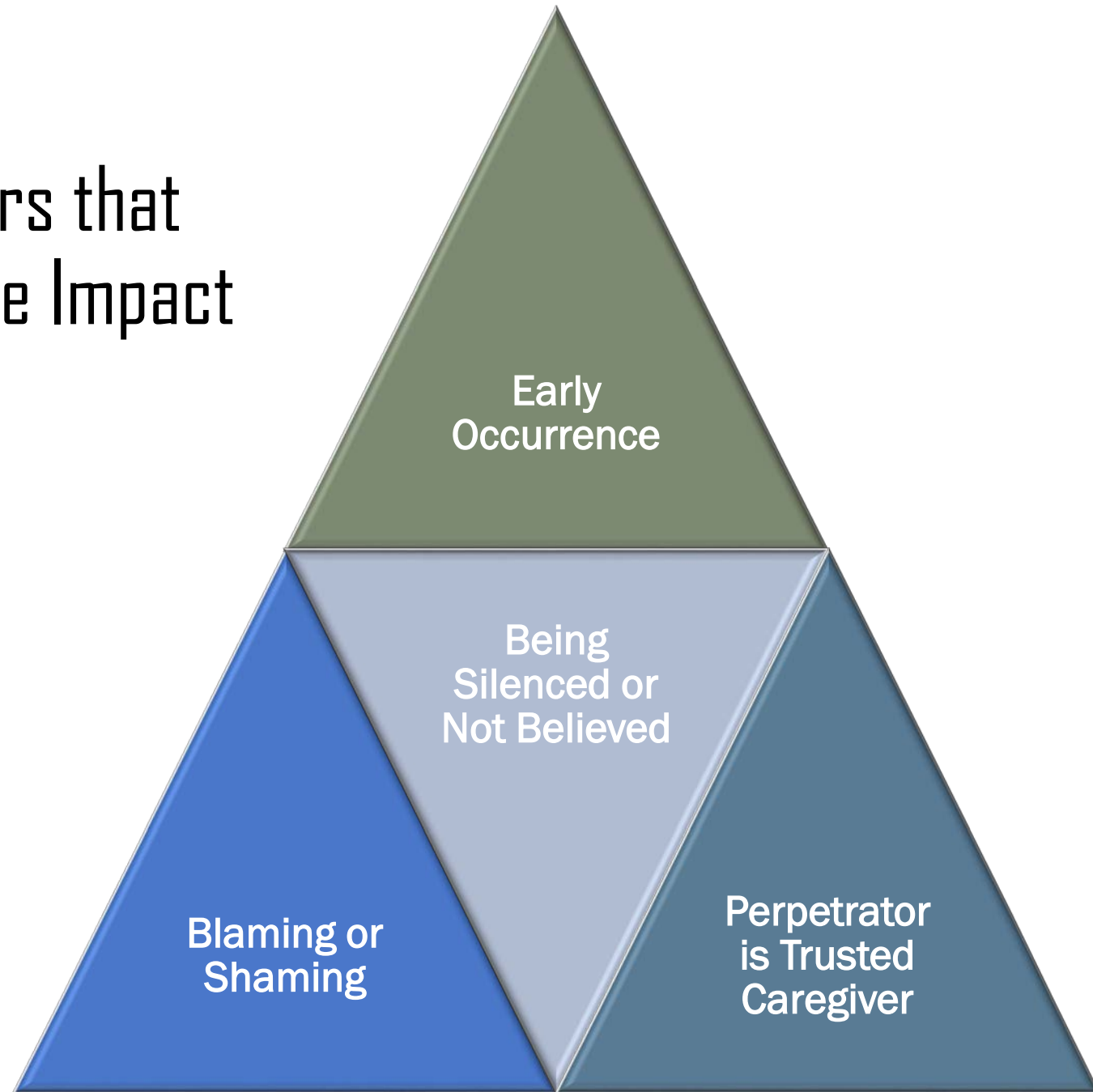
#2 Trauma Differentially Affects Us

Factors that Increase Impact

Early Occurrence

Being Silenced or Not Believed

Blaming or Shaming

Perpetrator is Trusted Caregiver

#3 Trauma Impacts How People Approach Service

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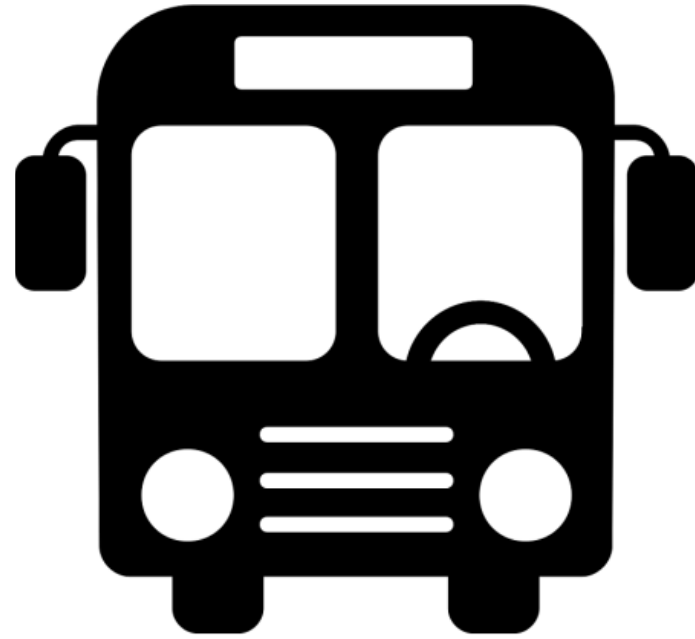
Prefrontal cortex
P.F.C.
"THE WISE LEADER"

"Flipping One's Lid"

"Flipped Your Lid"

The big emotions, anger, fear, anxiety etc...
The AMYGDALA - The alarm center
Acts on instinct
fight, flight or freeze

Adapted from Dr. Daniel J. Siegel's Hand Model of the Brain found in *Mindsight*: The New Science of Personal Transformation
(Bantam Books, 2010)

Other things to think about...

Applying trauma informed approach
helps service providers not to flip their lid.

When both service user AND service provider feel
activated, who often loses out is the person with less
power—the service user.

What are the different variables that may be activating to those who access services?

The lobby?

The intake process?

#4 Service Systems Have Often Been Traumatizing for Service Users

Trauma in the Community

- Trauma does not occur in a vacuum.

- Individual trauma occurs in a context of community, whether the community is defined geographically as in neighborhoods; virtually as in a shared identity, ethnicity, or experience; or organizationally, as in a place of work, learning, or worship.

Next Steps

Compassion-Infused Care

Interchangeable with Trauma-Informed Care, there is a renewed focus on valuing the relationship between client and provider.

Things to Remember

The underlying question is...	• "What experience have you had?" or "What happened to you?"
Symptoms are...	• Adaptations to • trauma/traumatic stress
Healing happens...	• In relationships
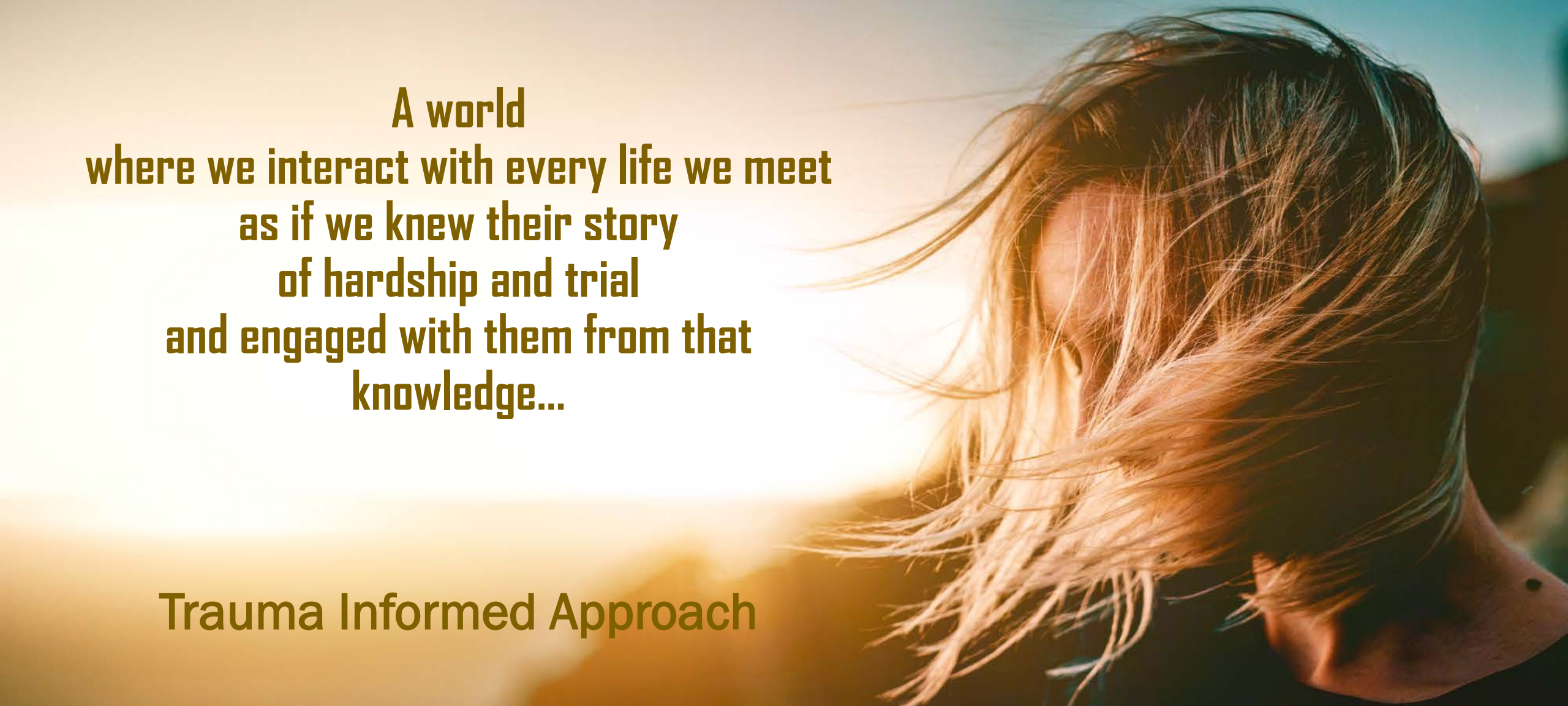
Questions

A world
where we interact with every life we meet
as if we knew their story
of hardship and trial
and engaged with them from that
knowledge...

Trauma Informed Approach

Thank you for everything you do!

Information

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