

Trauma-Informed Care



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Trauma Examples

- Child Abuse
- Domestic Violence
- Serious Car Accident
- Natural Disasters
- Witnessing a Death
- Cancer or Serious Illness
- Crime Victim or Witness of a Crime
- War
- Bullying
- Sex trafficking
- Slavery
- Medical Procedures
- Secondary Trauma
- Chronic Neglect
- Incarceration



Trauma: Research Definition

The experience of an event by a child (or adult) that is emotionally painful or distressful that often results in lasting mental and physical effects.

- National Institute of Mental Health

What does trauma look like
in
Young Kids
vs.
Older Kids/Teens?

Young Children



- Return to bedwetting
- Return to baby talk
- Cries a more than usual
- Separation anxiety
- Sleep difficulties
- Process trauma through play
- Feel guilt or shame
- Easily startled
- Feel numb
- Talk a lot about event
- Changes in eating habits

Taken from
<http://www.nctsn.org/resources/audiences/parents-caregivers>

Adolescents/Adults



- Sleep disturbance
 - Suicidal ideation/attempts
 - Self-injurious behavior
 - Becoming engaged sexual or hyper-sexual behavior
 - Changes in academic performance
 - Using drugs/alcohol
 - Exaggerated startle response
 - Withdrawn/Depressed
 - Weight gain/loss
 - Preoccupation with traumatic event
 - Avoidance
- Taken from
<http://www.nctsn.org/resources/audiences/parents-caregivers>

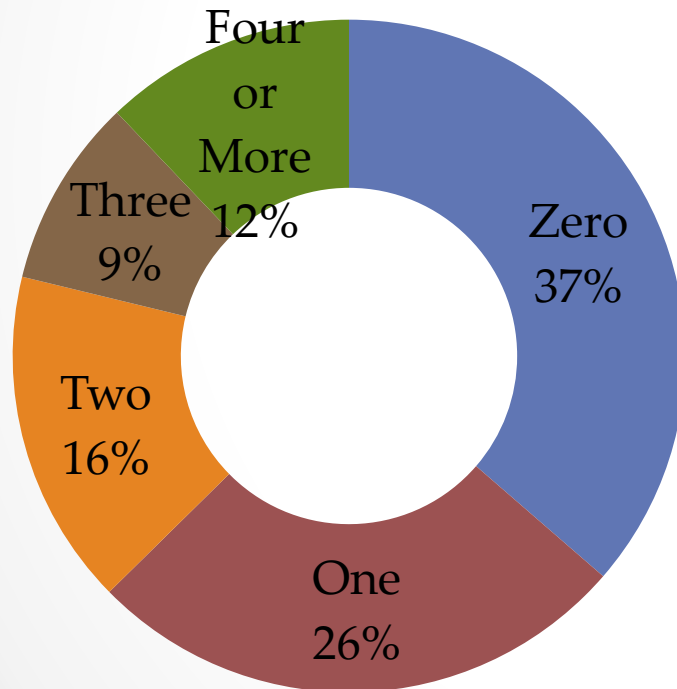
ACE Study

Video

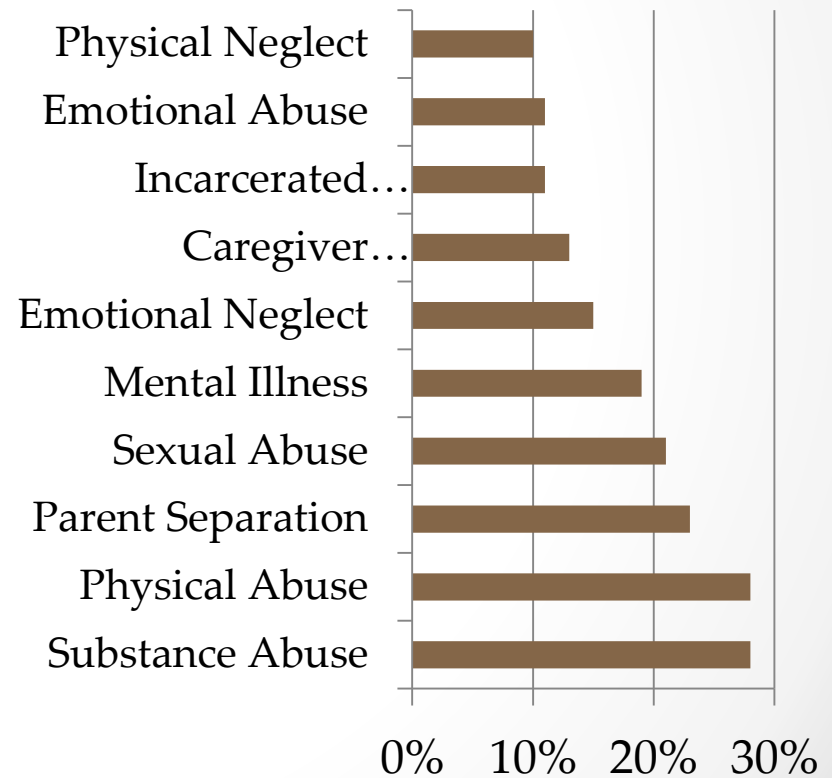
<https://vimeo.com/139998006>

How common are aces?

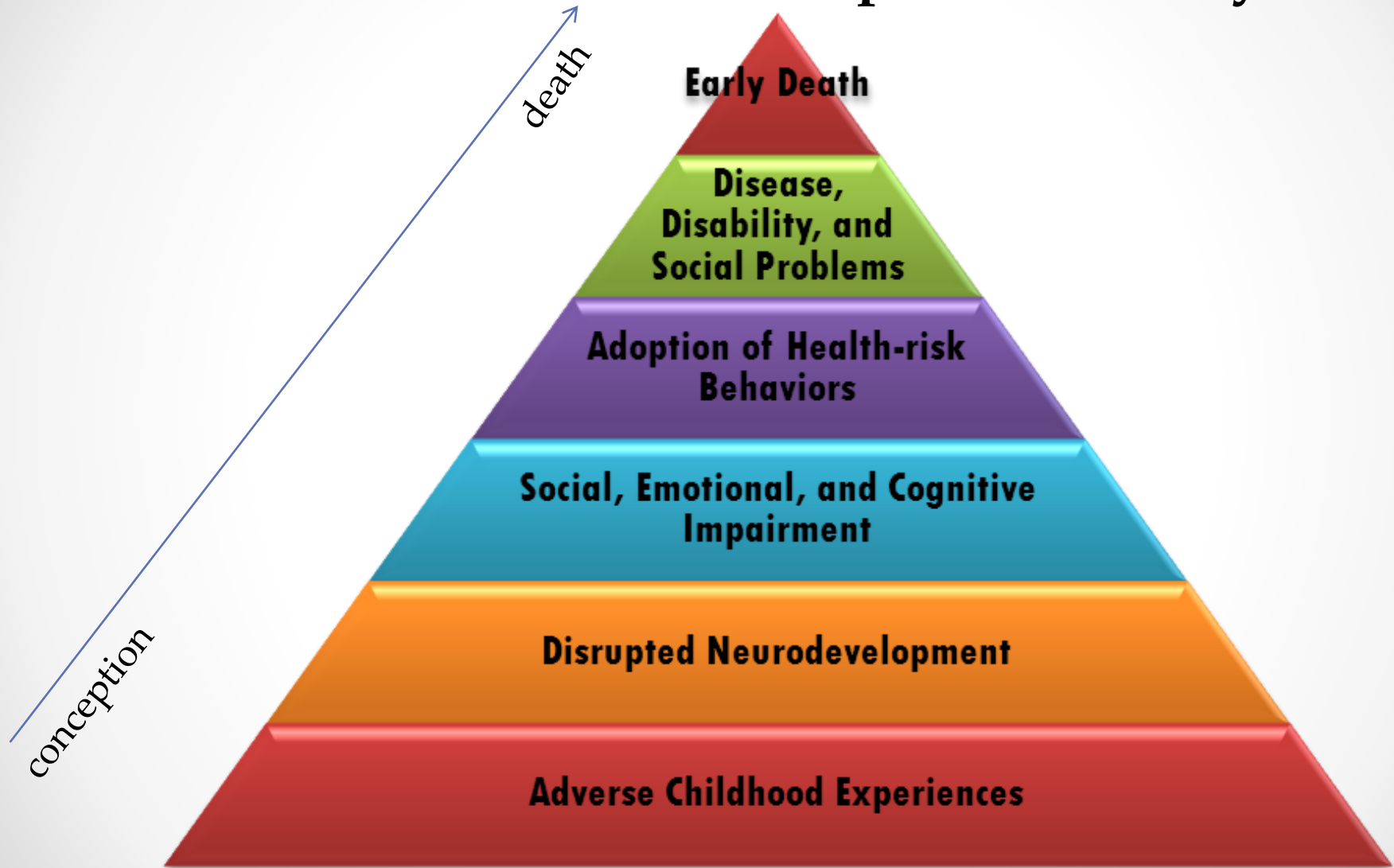
**% of Study Respondents
Reporting # OF ACEs**



Types of ACEs Reported



Adverse Childhood Experience Study



ACE Study Indicates:

“Adverse childhood experiences are the most BASIC AND LONG-LASTING cause of health risk behaviors, mental illness, social malfunction, disease, disability, death and healthcare costs.”

- Vincent Felitti, M.D.

Trauma-Informed Care

What does it really mean?

&

And, does it differ from trauma-informed interventions?

Trauma-Informed Systems of Care

“...Every **part of its organization, management, and service delivery system** is **assessed** and potentially modified to include a basic understanding of how trauma affects the life of an individual seeking services. Trauma-informed organizations...are based on an understanding of the ***vulnerabilities or triggers*** of trauma survivors ...so that these services and programs can be more **supportive and avoid re-traumatization.** “

-SAMHSA



Six Core Values



Modified from SAMHSA

Six Domains

Screen

Train

EBT

Secondary
Trauma

Evaluation

Policy

Trauma-Informed Care Consortium (TICC) of Central Texas

www.traumatexas.com



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Trauma Trainings - Trauma Inform... x +

www.traumatexas.com/trauma-trainings/

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The Trauma-Informed Care Consortium of

Professional Trainings

Today < > Monday, August 11 ▾

Print Week Month Agenda ▾

Tuesday, August 12

9:00am Cultivating a Culture of Care TNOYS 31st Annual Conference on Services to Youth and Fami

8:00pm Beyond Consequences Classroom Course (Online)

Wednesday, August 13

9:00am Cultivating a Culture of Care TNOYS 31st Annual Conference on Services to Youth and Fami

Thursday, August 14

9:00am Cultivating a Culture of Care TNOYS 31st Annual Conference on Services to Youth and Fami

11:00am Integrative Treatments for Mental Health: Practical Evidence-Based Solutions for Depression

Friday, August 15

9:00am Cultivating a Culture of Care TNOYS 31st Annual Conference on Services to Youth and Fami

9:00am Reframing Adolescence: Systemic Interventions to Work Effectively with Teens (Austin)

Monday, August 18

8:00am Suicide & Self-Mutilation: Stopping the Pain (Townson, MD)

Tuesday, August 19

8:00am Suicide & Self-Mutilation: Stopping the Pain (Columbia, MD)

6:00pm Mental Health and Substance Use Community Conversation (Austin)

8:00pm Beyond Consequences Classroom Course (Online)

Wednesday, August 20

8:00am Suicide & Self-Mutilation: Stopping the Pain (College Park, MD)

1:30pm August Juvenile Justice Roundtable Meeting: Keeping Foster Youth out of the Juvenile Justic

Thursday, August 21

8:00am Suicide & Self-Mutilation: Stopping the Pain (Fairfax, VA)

Events shown in time zone: Central Time

Google Calendar

No Cost Counseling

For survivors of crime, including Spanish speaking families

Austin Child Guidance Center

512.451.2242



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