

What is Trauma-Informed Care?

Trauma-Informed Care (TIC) has many definitions and explanations. For our purpose, we will define TIC as, a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment (Hopper et al., 2010).



"A program, organization, or system that is trauma-informed **realizes** the widespread impact of trauma and understands potential paths for recovery; **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" (SAMHSA, 2014, pg. 9).

The four R's of TIC

- R ealization
- R ecognize
- R espond
- R esist re-traumatizing

Substance Abuse Mental Health Administration (SAMHSA, 2014)

Types of Trauma

<p>Acute isolated or single event major car accident; school violence; natural disaster, etc.</p>	<p>Chronic Repeated exposure to event domestic violence; war or community conflict, etc.</p>	<p>Complex Multiple events that may or may not be related abandonment; neglect; abuse, etc.</p>
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Why Trauma-Informed Care?

According to Iowa ACEs 360, 63.7% of adults in Iowa report experiencing at least one Adverse Childhood Experience (ACE) when growing up (Iowa ACEs Report, 2020). They are our coworkers, supervisors, clients, patients, friends, or family. Implementing Trauma-Informed Care (TIC), is not having to know the trauma someone experienced or who experienced it, but being aware that trauma can affect anyone. Think of TIC as an universal precaution. We don't ask questions; we're just careful.

TRAUMA-INFORMED CARE; IT'S EVERYONE'S BUSINESS

"Every single one of us who works alongside humans beings is intricately exposed to someone's safety seeking - and our own".

Fiona Sutherland
APD, RYT

COMPARED TO WORKERS WITH 0 ACEs, WORKERS WITH 4+ ACEs ARE:

- 2.3X more likely to have relationship problems
- 2.4X more likely to have job problems
- 2.4X more likely to be absent from work
- 3.5X more likely to abuse substances

Source: Child Abuse, Household Dysfunction, and Indicators of Impaired Adult Worker Performance, 2014
Note: This is not Iowa-specific data.

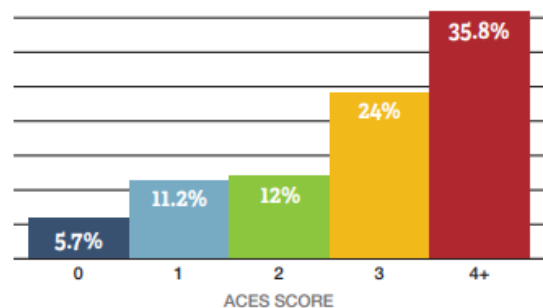
(Iowa ACEs Report, 2020)

INVESTING IN EMPLOYEE AND COMMUNITY WELL-BEING LEADS TO:

- Enhanced reputation as a good corporate citizen
- Cost savings that increase over time
- Healthier, happier, and more productive employees
- Healthy, vibrant communities that draw new talent and retain current staff

Source: National Academy of Medicine, The ROI of Health and Well-Being: Business Investment in Healthier Communities

PERCENTAGE OF IOWA ADULTS REPORTING AT LEAST ONE MENTAL HEALTH CONCERN BY REPORTED EXPERIENCE OF ACEs/NEGLECT



(Iowa ACEs Report, 2020)

Implementing TIC is not screening for trauma, but creating a safe environment for all people without re-traumatizing. TIC supports clients and increases engagement and positive outcomes, while simultaneously improving staff wellbeing (Menschner & Maul, 2016).