

More on Trauma-informed Care

Additional resources for St. Leo Homelessness Work-group TIC workshop
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Trauma-Informed Care is 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 to rebuild a sense of control and empowerment. (Hopper et al, 2010)

Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization. (SAMHSA)

Helpful attitudes and approaches

- Treat humans with the dignity they deserve
- Watch language
- Share
- Ask “What happened?” rather than “What’s wrong?”
- Listen and refrain from judgement or critical feedback
- Seek collaboration and get supervision from others
- Find out how behavior meets client’s needs
- Respond to the suggestions that client provides
- Nurture hope without labelling or giving advice
- Meet the person where they are
- Validate client’s experience

Trauma-informed actions and services

- Avoid triggering and traumatizing folk further
- Aim to provide a safe, mindful environment
- Be committed to ongoing performance improvement
- Allow clients to manage their own symptoms
- Create a healing environment
- Make an effort to be aware of and sensitive to other cultures
- Take care of yourself and others

Suggestions for taking care of yourself and others

- Practice mindfulness techniques <https://psychcentral.com/blog/1-minute-mindfulness-exercises/>
- Try 4-7-8 breathing <https://mindful15.com/2020/02/stress-buster-dr-weils-4-7-8-breath/>

- Go for a walk
- Take time for food/coffee/water and offer to others
- Listen to music
- **Reflection in Action:** Volunteer participants and ongoing volunteers are invited to join us for guided reflection. These zoom sessions provide a space for dialog with others about the challenges and joys of our volunteer experiences. (with Joel Hellenkamp) First session on July 22 from 6-7 pm. Sign up through Eventbrite at <https://www.eventbrite.com/e/reflection-in-action-facilitated-by-joel-hellenkamp-tickets-112871878828?aff=erelpanelorg>

References and resources for further exploration on trauma-informed care

Hopper, E. K., Bassuk, E. L., & Olivet, J. (2010). *Shelter from the storm: Trauma-informed care in homeless service settings*. *The Open Health Services and Policy Journal*, 3, 80-100).

Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *Trauma-Informed Care in Behavioral Health Services*. *Treatment Improvement Protocol (TIP) Series 57*. HHS Publication No. (SMA) 13-4801. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Centers for Disease Control/violence prevention <https://www.cdc.gov/violenceprevention>
Adverse Childhood Experiences <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Centers for Disease Control. (original CDC-Kaiser 1998 ACE Study)
Relationship of Childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. See

<https://www.cdc.gov/violenceprevention/acestudy/about.html>

Article pdf at: <https://www.ajpmonline.org/action/showPdf?pii=S0749-3797%2898%2900017-8>

Suggested resources on Vicarious and Secondary Trauma:

International Society for Traumatic Stress Studies <https://istss.org/>

Self Care for Providers <https://istss.org/clinical-resources/treating-trauma/self-care-for-providers>

Resource Guide for Coping with Secondhand Trauma (April 2020)

<https://socialworklicensemap.com/blog/coping-with-secondary-trauma/>