



Module 2: Why is Trauma Informed Care Important?

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Agenda

**BE GENTLE:
New territory ahead**

Agenda

- Review a bit of Prevalence Data
- How this Data Affects People Engaging in Our Services
- How this Affects us Doing Our Work

Trauma Informed Care

“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’s Concept of Trauma and guidance for a Trauma-Informed Approach, 2014
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>)

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Systemic oppression and
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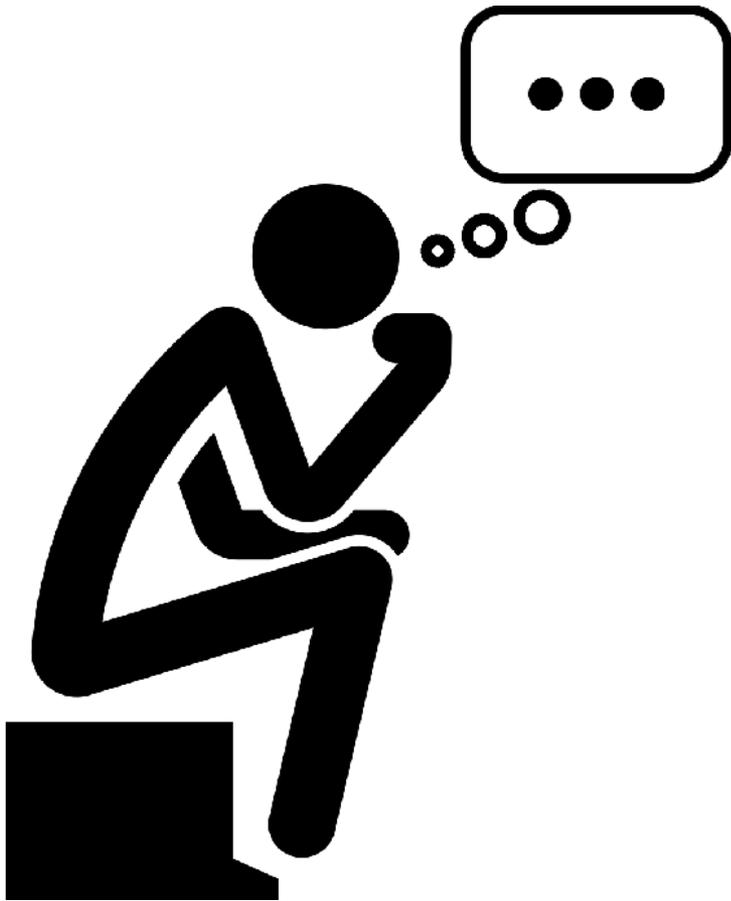
Trauma includes:

Systemic oppression and
targeted violence

Ageism, racism, ableism

Trauma, adversity, and toxic stress used interchangeably





Trauma, adversity, and toxic stress used interchangeably

All three have similar impacts on our ability to engage in services and on our wellness

Why is TIC Important?

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- **Trauma is pervasive**

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

(Hamby, Finkelhor, Turner, & Ormrod, 2010)

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

(Baladerian, Colemand, & Stream, 2013)

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

(Andersen & Blosnich, 2013; Rothman, Exner, & Baughman, 2011)

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

(Cutrone, 2010; Moloney, van den Bergh, & Moller, 2009)

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

(Wolff & Shi, 2012)

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

(Oregon Health Authority, n.d)

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

(Oregon Health Authority, n.d)

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

(Bride, 2007)

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

(Caringi et al., 2017)

Nurses who do hospice work, of those, 79% have moderate to high rates of compassion fatigue.

(Abendroth & Flannery, 2006)

82% of emergency room staff nurses met criteria for secondary traumatic stress.

(Duffy, Avalos, & Dowling, 2015)

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

(Lustig, Karnik, Delucchi, & Tennakoon, 2008)

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

(<http://www.badgeoflife.com/>)

Early childhood educators have 30 - 40% annual turnover rates.

(Totenhagen et al., 2016)

Why is TIC Important?

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- **Trauma differentially affects us**

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- Trauma is pervasive
- Trauma differentially affects us
- **Trauma impacts how people approach service**

“Flipping One’s Lid”



→ Prefrontal cortex
P.F.C.
“THE WISE LEADER”



← “Flipped Your Lid”

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

Credit: Daniel Siegel, V.D. is the creator of this metaphor
and expression 'Flipped Lid'. Copyright © 2014 www.sharonSelby.com

People may come to us
activated due to:

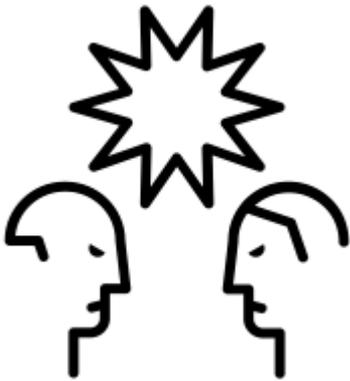




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Applying trauma informed care helps service providers not to flip their lid



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Applying trauma informed care 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.

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- Trauma is pervasive
- Trauma differentially affects us
- Trauma impacts how people approach service
- **Service systems have often been traumatizing for service users**



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



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The lobby



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The intake process



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What service providers represent and their visible identities