

The background is a vibrant, abstract composition of colors and textures. It features a central vertical column of bright cyan and light blue, which appears to be a waterfall or a stream of liquid. This central column is flanked by large, billowing clouds of purple on the left and pink, red, and yellow on the right. The overall effect is one of dynamic movement and intense color contrast against a dark, almost black background.

Trauma Informed Care for Survivors with Disabilities

Morrigan Hunter (they/them)



About me

- MSW intern at Trauma Informed Oregon (graduating this spring)
- Lived experience as a disabled survivor
- Identify as Autistic, white, agender, living on occupied land of Clackamas, Cowlitz, and Confederated Tribes of Grand Ronde

The image features a dynamic, abstract composition of swirling, ethereal colors. On the left, there are dense, billowing clouds of deep purple and magenta. On the right, there are similar formations in shades of bright blue, cyan, and pink, with some yellow highlights. The background is a solid, deep black, which makes the vibrant colors stand out. In the center, a black hexagonal shape with a white border contains the word "Background" in a clean, white, sans-serif font.

Background

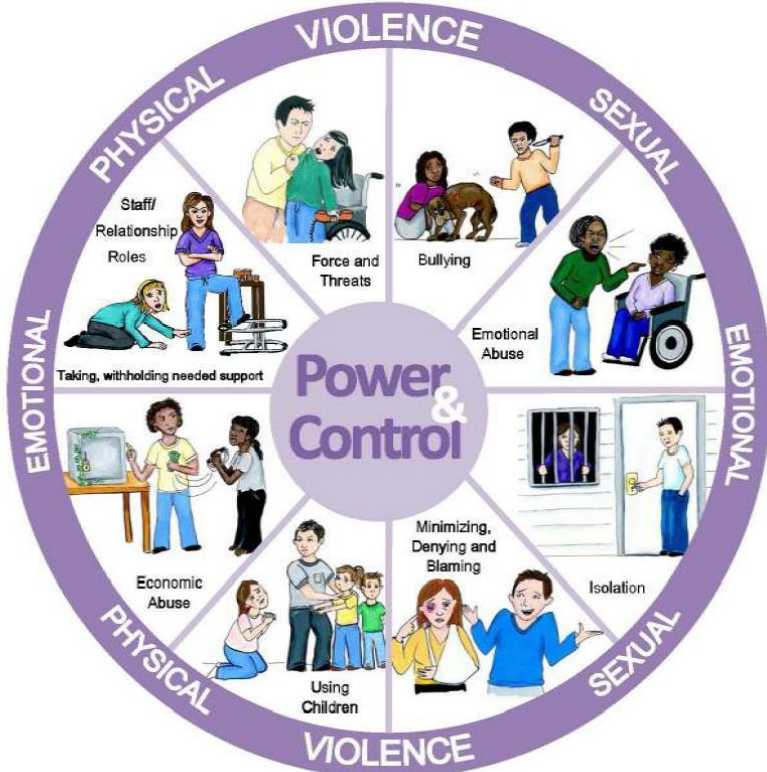
Why this topic?

- Disabled people/people with disabilities experience high rates of violence and abuse
- Systemic barriers prevent access to support
- Barriers to support can retraumatize survivors
- Personal experience as disabled survivor/being in community with other disabled survivors
- Opportunity with internship at Trauma Informed Oregon



PROJECT PEER

Power and Control Wheel
for Women with Developmental Disabilities
and/or Mental Health Issues

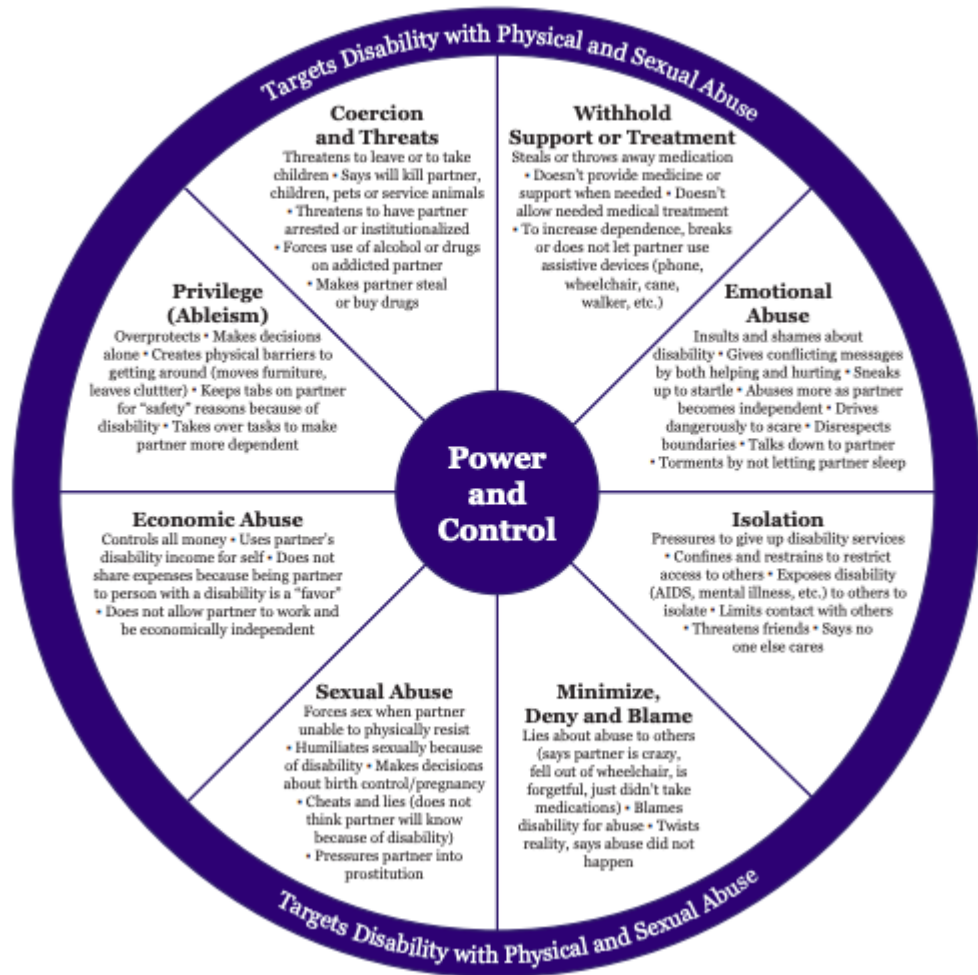


Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, can be reached at 202-448-1450.

This diagram is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI.

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People with Disabilities in Partner Relationships



The background features a dynamic, abstract composition of colorful smoke or ink. On the left, there are dense, swirling clouds of purple and magenta. On the right, there are vibrant, billowing clouds of pink, red, and orange. At the top and bottom, there are horizontal bands of bright cyan and blue. The overall effect is one of intense, swirling energy. A central black rectangular box with a white border contains the text.

**What is trauma
informed care?**

Guiding Principles of Trauma Informed Care

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

Safety

Throughout the organization, staff and the people they serve feel physically and psychologically safe.

Trustworthiness and transparency

Organizational operations and decisions are conducted with transparency and the goal of building and maintaining trust among staff, clients, and family members of those receiving services.

Peer support and mutual self-help

These are integral to the organizational and service delivery approach and are understood as a key vehicle for building trust, establishing safety, and empowerment.

Collaboration and mutuality

There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic.

Empowerment, voice, and choice

Organization aims to strengthen the staff, client, and family members's experience of choice and recognizes that every person's experience is unique and requires an individualized approach. This builds on what clients, staff, and communities have to offer, rather than responding to perceived deficits.

Cultural, historical, and gender issues

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

<https://traumainformedoregon.org/resources/trauma-informed-care-principles/>



Process



**Background
Lit Review**

**Denial of
Grant/ Re-
framing
Project**

**Interviewed
Service
Providers**

**Organized
Themes and
Developed
Guidelines**

The image features a vibrant, abstract background of colorful smoke or ink in shades of purple, blue, and pink against a black backdrop. A central black rectangular box with a white border contains the word "Guidelines" in a bold, white, sans-serif font.

Guidelines

Understanding the Intersection of Trauma and Disability (safety; cultural, historical, gender issues)

- Need for understanding the relationship between trauma and disability, how they are connected and how to accurately recognize signs of trauma in people with disabilities
- Need for increased understanding of how to build trust with disabled survivors
- Need for addressing the barriers to receiving mental health support

Cultural Competency and Disability

Justice (cultural, historical, gender issues)

- BIPOC and LGBTQ+ survivors with disabilities
- Openly name oppression in order to address it
- Prioritize accessibility as essential element of service delivery (Universal Design)
- Consider how grant restrictions could impact service delivery to multiply marginalized communities

Centering Autonomy and Addressing Hierarchies (empowerment, transparency, safety)

- Understanding importance of language and how individuals want to refer to themselves
- Address medical model and how it can dismiss or ignore strengths
- Sexual health equity
- Address and challenge the normalization of power and control and identify policies such as mandatory reporting that can reduce agency
- Recognize that interactions with authority figures (like doctors and police) can be inherently traumatizing
- Recognize importance of supporting survivor's choices and autonomy
- Provide transparency around what to expect and make sure that rules are clear



Peer Support and Leadership of Individuals with Lived Experience (peer support, collaboration and mutuality)

- Especially for survivors who are BIPOC and LGBTQ+ (cultural, historical, gender issues)
- Can help to address the challenges of navigating systems
- Peer wellness support and importance of general health
- Peer support opportunities for school aged-kids with disabilities

Staff Training and Workforce Wellness (collaboration, transparency)

- Training on 10 Principles of Disability Justice
- How to recognize trauma responses and recognize they are not personal attacks
- How to interact with survivors with disabilities in a respectful way, addressing power dynamics
- Clarifying role of provider and what trauma informed care looks like
- Staff need to experience trauma informed work environment to provide trauma informed care





Cross-Systems Change

- Schools, group homes, medical and psychiatric providers, domestic violence agencies
- Recognize difficulty of supporting survivor when system is causing additional harm
- Trauma informed care as an on-going process, more than one training
- Need for policy changes that can be measurable



Thank you!



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