

CHAPTER 4

Trauma Awareness and Trauma Informed Systems of Care Overview_FY17

Traumatic experiences are the rule not the exception for the individuals we serve. The systems of care we offer need to be trauma informed and trauma aware to create a safe and welcoming environment for those seeking help. Our most vulnerable individuals with intellectual and/or developmental disorders have experienced a variety of traumas including those perpetrated upon them by the systems that were to provide for and protect them. Those with serious mental illness and co-occurring substance disorders who have a significant trauma history may not initially respond to traditional treatments. The providers of care must have the training and supervision to respond with compassion and effective strategies to those they serve as well as have strategies to cope with their own compassion fatigue. Compassion fatigue occurs when a provider is repeatedly exposed to secondary traumatization.

The Substance Abuse and Mental Health Services Administration published Treatment Improvement Protocol 57 on 2014. It is a free resource and has consolidated the current understanding of trauma informed system of care technology with trauma specific treatments. It is highly recommended that the individual interested in understanding this area, study the TIP 57 available at <http://store.samhsa.gov>

There are two online sites that offer courses in Trauma Informed system of care and in specific trauma treatments. Continuing Education units are offered for free to clinicians. NorthCare recommends using these sites to obtain Children's CEUs and required NorthCare trainings on general trauma topics and specific treatments for adults. The two sites are:

www.improvingMIpractices.org and

The NCTSN Learning Center for Child and Adolescent Trauma at www.NCTSN.org

Supporting documents on the NorthCare website, www.northcare-up.org under the Practice Guidelines Manual

- ✦ The Adverse Childhood Experiences Study 1998
- ✦ What Happened to you? A toolkit for Providers addressing trauma with community mental health populations
- ✦ Trauma-informed Program Self-Assessment Tool developed by Community Connections
- ✦ Compassion Fatigue and Vicarious Retraumatization
- ✦ The Supervisors' role in addressing secondary trauma
- ✦ Trauma Websites & Resources