Additional Resources

Trauma-Informed Care 101



Preventing Secondary Traumatization in Helping Professionals

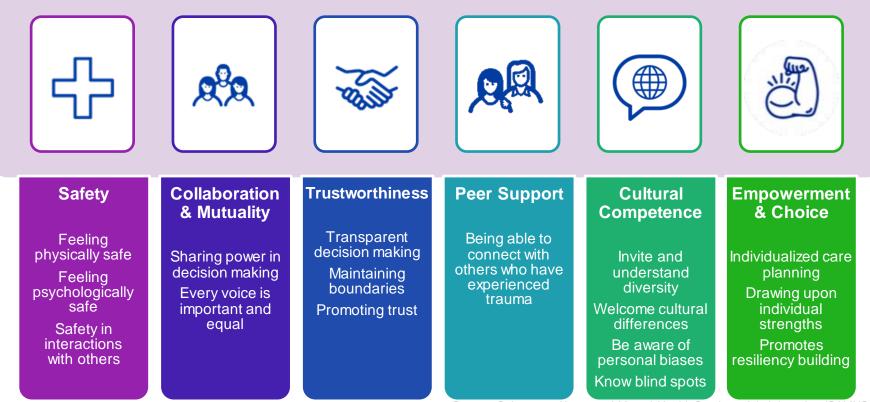
The key is to reduce risk and enhance protective factors.

- Provide regular trauma-informed supervision that is relationally based.
- Supervisors should raise questions on boundaries on a regular basis. Supervisors' openness is vital in assisting staff manage intense feelings.
- Trainings that raise awareness of secondary traumatic stress (i.e. Boundaries, Self-Care)
- Encourage staff to explore their own trauma histories
- Encourage physical activity and teach mindfulness strategies (i.e. Self-Care training)
- Regular scheduled team debrief sessions, offering a dedicated safe environment where staff can talk about their fears and worries

Source: SAMSHA

SAMHSA Principles of Trauma-Informed Care





Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

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Recognize: What Does the Impact of Trauma Look Like? 🕖 UnitedHea

Common Signs and Symptoms of Trauma

- Headache, backache, stomachache
- Flashbacks or frequent nightmares
- Sensitive to or easily startled by noise or being touched
- Difficulty trusting and / or feelings of betrayal
- Always expecting something bad to happen
- Not remembering periods of your life



- Finding yourself in situations where others abuse or take advantage of you
- Lack of concentration, irritability, sleep problems, feeling numb
- Excessive watchfulness, anxiety, anger, shame, or sadness
- Emotional swings and/or outbursts of anger
- Sudden sweating and / or heart palpitations

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Brief Resiliency Scale

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
 I tend to bounce back quickly after hard times. 	1	2	3	4	5	Download the pdf on <u>HubConnect</u> to see full instructions and scoring interpretation for this scale.
 I have a hard time making it through stressful events. 	5	4	3	2	1	
It does not take me long to recover from a stressful event.	1	2	3	4	5	
 It is hard for me to snap back when something bad happens. 	5	4	3	2	1	
5. I usually come through difficult times with little trouble.	1	2	3	4	5	
 I tend to take a long time to get over set-backs in my life. 	5	4	3	2	1	