

# 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



## Safety

Feeling physically safe  
Feeling psychologically safe  
Safety in interactions with others

## Collaboration & Mutuality

Sharing power in decision making  
Every voice is important and equal

## Trustworthiness

Transparent decision making  
Maintaining boundaries  
Promoting trust

## Peer Support

Being able to connect with others who have experienced trauma

## Cultural Competence

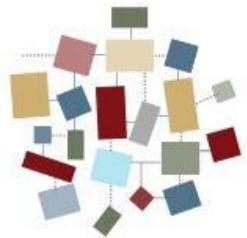
Invite and understand diversity  
Welcome cultural differences  
Be aware of personal biases  
Know blind spots

## Empowerment & Choice

Individualized care planning  
Drawing upon individual strengths  
Promotes resiliency building

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

# Deeper Awareness Shifts our Approach



## Trauma Affected

Organizations impacted by stress, operating in silos, avoidant of issues and isolated in their practices or service delivery. These organizations can be trauma inducing.

- Reactive
- Reliving/retelling
- Avoiding/numbing
- Fragmented
- Authoritarian leadership



## Trauma Informed

These are organizations that develop a shared understanding and language to define, normalize, and address the impact of trauma on clients and workforce.

- Understanding of trauma and healing
- Shared language
- Trauma-informed skills to use with patients and each other



## Trauma Responsive

Organizations where policies, procedures, services and treatment all include an understanding of and response to trauma.

- Reflective
- Collaborative
- Growth- and prevention-oriented
- Trauma-specific therapies
- Relational leadership

Trauma Inducing

TO

Trauma Reducing

### Sources:

*Recommended citation: Missouri Model: A Developmental Framework for Trauma-Informed Approaches, MO Dept. of Mental Health and Partners (2014), <https://dmh.mo.gov/trauma/MO%20Model%20Working%20Document%20february%202015.pdf>*

*Women, HIV, and Opiate Use Disorder, Bringing healing to the center of care: An Integrated Trauma Informed Behavioral Health Approach, [https://www.chcs.org/media/ATC-National-Webinar\\_060319.pdf](https://www.chcs.org/media/ATC-National-Webinar_060319.pdf), slide 24*



# Recognize: What Does the Impact of Trauma Look Like?



## 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
1. I tend to bounce back quickly after hard times.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
3. It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5. I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

**NOTE**  
 Download the pdf on [HubConnect](#) to see full instructions along with the scoring interpretation for this scale.

Source: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.