



Trauma-Informed Primary Care: Fostering Resilience and Recovery



For the trainer:

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National Council for Behavioral Health. *Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care.* 2019.

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Becoming Trauma-Informed

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Integration: A New Initiative?

“The body must be treated as a whole and
not just a series of parts.”

-Hippocrates, 300 BC

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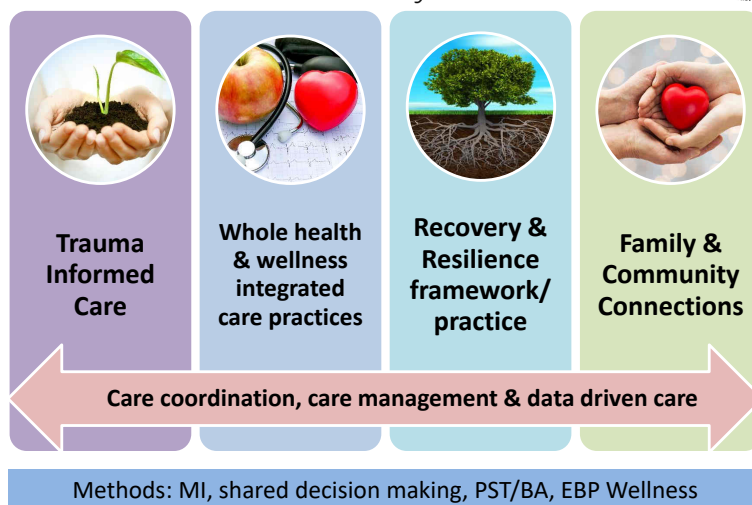
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How do we get
there from here?



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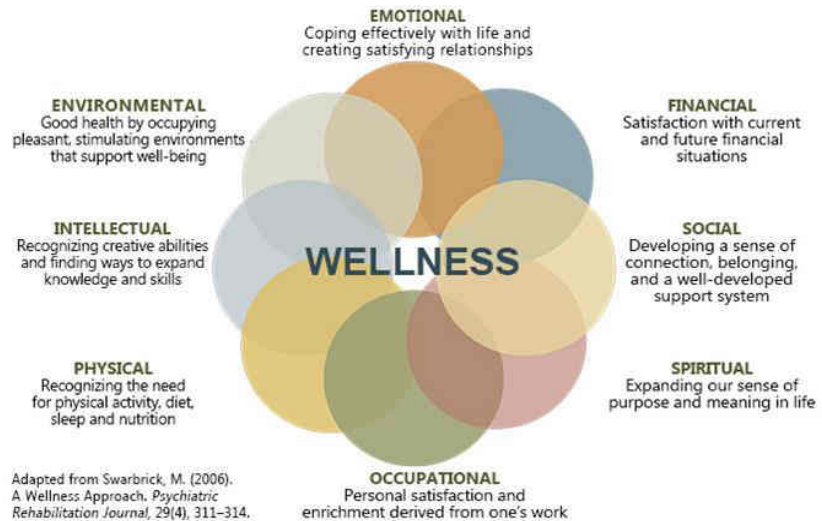
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SAMHSA's 8 Dimensions of Wellness



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Trauma-Informed vs. Trauma-Specific Interventions

Trauma-Informed Care

- Strengths-based service delivery

Trauma-Specific Intervention

- Evidence-based and promising prevention, intervention or treatment services that address traumatic stress as well as any co-occurring disorders

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The principles that guide our decision-making!

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What Does Safety Mean?

“A physically safe environment, although necessary, was not sufficient. So there had to be other kinds of safety, which I have termed psychological safety, social safety, and moral safety.”

-Sandra L. Bloom,
Creating Sanctuary, 2013

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Psychological Safety



“The ability to be safe within oneself, to rely on one’s ability to self-protect and keep oneself out of harm’s way.”

-Bloom, 2013

If you have never felt safe or remembered safety, how will you know it when it is present?

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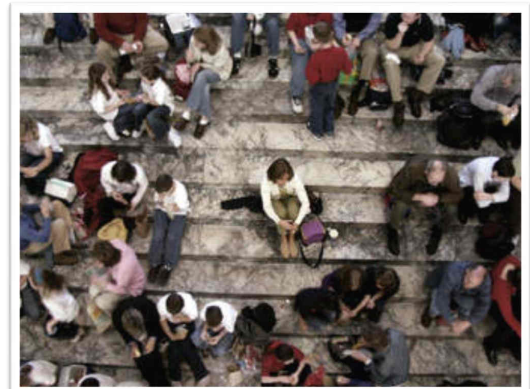
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Social Safety

“The sense of feeling safe with other people...There are so many traumatized people that there will never be enough individual therapists to treat them. We must begin to create naturally occurring, healing environments that provide some of the corrective experiences that are vital for recovery.”

-Bloom, 2013



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Moral Safety

- The never-ending quest for understanding how organizations function in the healing process
- An attempt to reduce the hypocrisy that is present, both explicitly and implicitly
- A morally safe environment struggles with the issues of honesty and integrity

-Bloom, 2013



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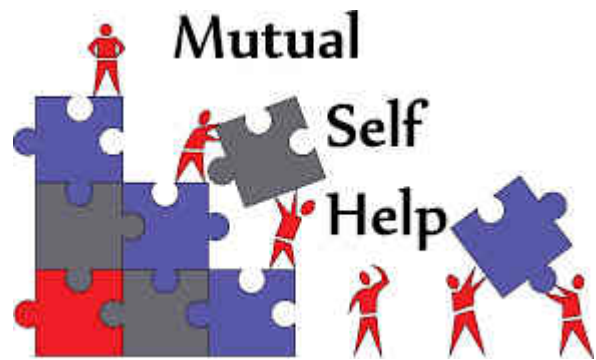
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Peer Support and Mutual Self-Help



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Collaboration and Mutuality



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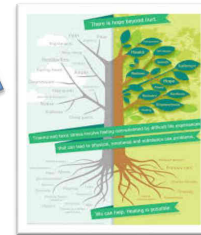
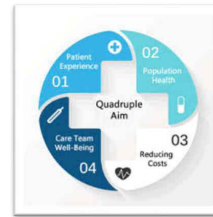
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Outcomes of Collaboration and Mutuality



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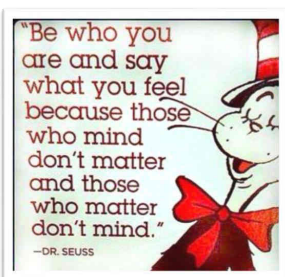
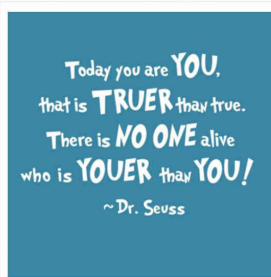
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Empowerment, Voice and Choice



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Cultural, Historical, and Gender Issues



coexist



islam

buddhism

science

judiasm

paganism

wiocan

christian

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What Does a Trauma-Informed Organization Include?

Safe, calm, and secure environment with supportive care

**System-wide understanding of trauma prevalence,
impact, and trauma-informed care**

Cultural competence and humility

Consumer voice, choice and advocacy

**Recovery-oriented, consumer-driven, trauma-specific
services**

Healing, hopeful, honest and trusting relationships

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SAMHSA's Four R's

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;
- **Resists** re-traumatization, and
- **Responds** by fully integrating knowledge about trauma into policies, procedures, practices, and settings.

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Trauma-Informed vs. Traditional

Trauma-Informed

- Problem symptoms are inter-related responses or coping mechanisms to deal with trauma
- Shares power/decreases hierarchy
- Patient behaviors are viewed as adaptations/ways to get needs met
- Individuals/families are active experts and partners with service providers
- Understands providing choice, autonomy and control is central to healing

Traditional

- Problem symptoms are discrete and separate
- Hierarchical
- Patient behavior is viewed as 'manipulative' or 'working the system'
- People providing services are the experts
- Patient is seen as broken, vulnerable and needing protection

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What are the Benefits of Adopting Trauma-Informed Approaches?

- Increases safety for all
- Improves the social environment
- Cares for the caregivers
- Improves the quality of services
- Reduces negative encounters and events
- Creates a community of hope, healing and recovery
- Increases success and satisfaction at work
- Promotes organizational wellness
- Improves the bottom line

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What Can We Do Next?

What do we need to....

- ✓ Keep Doing
- ✓ Stop Doing
- ✓ Start Doing
- ✓ Change Doing