Substance Use Disorders
Center of Excellence

Trauma Informed Care (TIC)

Transforming culture, policy, & practice of organizations

Trauma has emerged as an important topic because it has long-term adverse effects upon physical health and mental health. People in our communities experience trauma in complex ways. Many of us have experienced or witnessed assault, neglect, and other forms of abuse in our homes, neighborhoods, and schools — and in institutions, such as jails, prisons, and hospitals where restraint and isolation may be used.

Professionals who interact with the traumatized often have their own trauma histories. They also experience the effects of secondary trauma through the behaviors, stories, and struggles of others.

REMIND ME

Use the back of this card to build self-awareness about trauma-informed approaches to your work.

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Ohio Department of Behavioral Health

CASE WESTERN RESERVE UNIVERSITY
Jack, Joseph and Morton Mandel School of Applied Social Sciences
Center for Evidence-Based Practices

case.edu/socialwork/ohio-sud-coe

Pause and Reflect

1. How do I create an environment that promotes a sense of physical safety and calm for clients and staff?
2. How do I help clients and staff identify strategies that contribute to their empowerment and psychological safety?
3. How do I integrate peer support into the organization?
4. How do I incorporate culturally conscious and gender-specific policies and practices?
5. What am I doing to ensure continuity of care between organizations and across systems?
6. How am I promoting and supporting staff wellness, community care, and self-care in supervision and training?
7. Do I realize that behaviors of clients and staff may be adaptive responses or coping strategies for current or past traumas?
8. How do I help people recognize and manage the immediate and delayed signs of trauma (i.e., physical, emotional, cognitive, social/interpersonal, behavioral, existential)?
9. How do I screen and assess people for adverse experiences/trauma?
10. In what ways do I include the voice and choice of clients and staff in decision-making and treatment planning?
11. How do I provide a person-centered approach to treatment that considers the importance of engagement, pacing, and timing of trauma-specific services?
12. What is the impact of trauma on my own health and well-being?
13. How am I managing my own wellness?

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