



Trauma Informed Care

Trauma is a near universal experience of individuals with behavioral health problems. According to the U.S. Department of Health and Human Services Office on Women's Health, 55% – 99% of women in substance use treatment and 85% – 95% of women in the public mental health system report a history of trauma, with the abuse most commonly having occurred in childhood. An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, and spiritual. Trauma is often covered with secrecy and denial and is often ignored. But when we don't ask about trauma in behavioral healthcare, unintentional harm can be done.

What is Trauma Informed Care?

Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

Examples of Traumatic Events:

- | | |
|--|---|
| <input type="checkbox"/> Direct | <input type="checkbox"/> Physical abuse |
| <input type="checkbox"/> Sexual abuse | <input type="checkbox"/> Neglect |
| <input type="checkbox"/> Witnessed | <input type="checkbox"/> Domestic violence |
| <input type="checkbox"/> Community violence | <input type="checkbox"/> Separation from important people |
| <input type="checkbox"/> Traumatic grief | <input type="checkbox"/> Historical trauma |
| <input type="checkbox"/> Acute trauma (care accident, dog bite) | <input type="checkbox"/> Medical trauma |
| <input type="checkbox"/> Complex trauma – caused by adults, who should have been caring for and protecting the child | |

The good news is that trauma is treatable — there are many evidence-based models and promising practices designed for specific populations, types of trauma, and behavioral health challenges. Please see the links below for various organizations that can offer more information and support.

<http://www.myflfamilies.com/service-programs/mental-health/trauma-informed-care>

<http://brevardfp.org/finding-help/>

<http://www.samhsa.gov/nctic>