



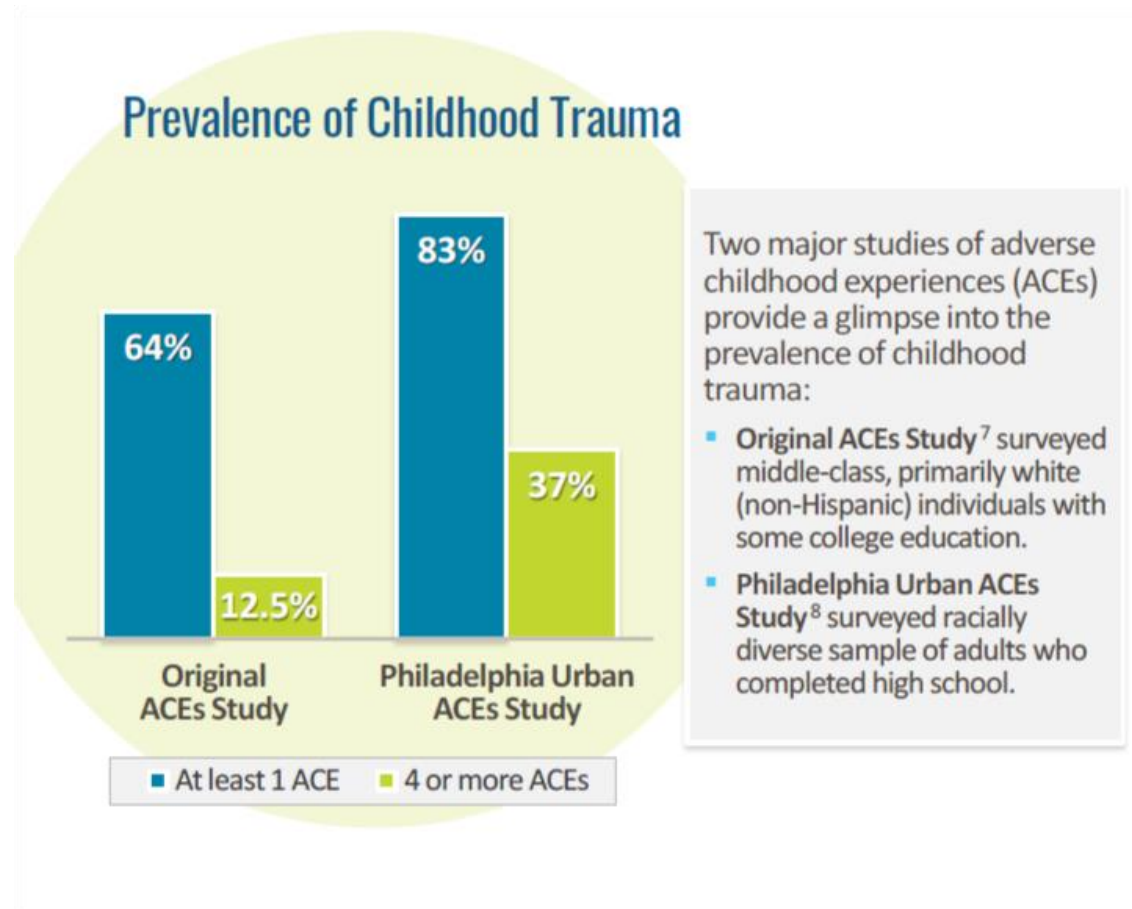
# Trauma Informed Care

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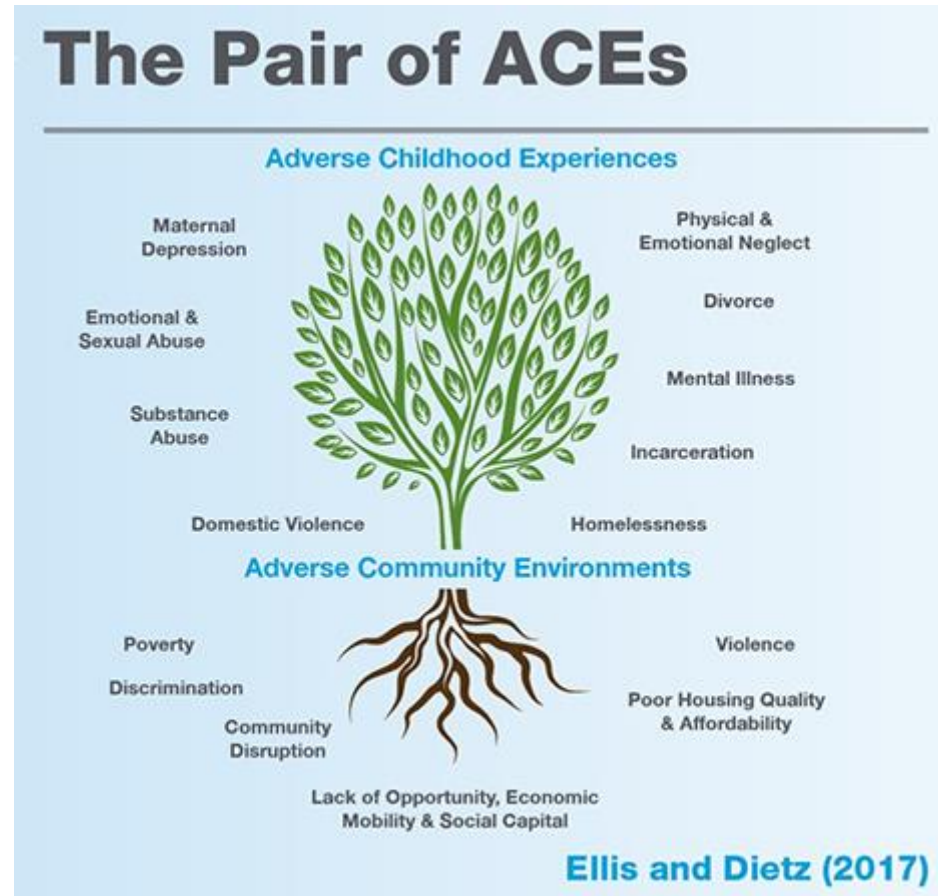
# Adverse Childhood Experiences (ACEs)

- [CDC-Kaiser Permanente Adverse Childhood Experiences Study.](#)
- This study measured 10 types of childhood trauma
- 5 personal forms of trauma
  - Physical, Verbal, and Sexual Abuse
  - Physical and Emotional Neglect
- 5 familial forms of trauma
  - Parent who is an alcoholic
  - Maternal victim of Domestic Violence
  - Family member in jail
  - Family member diagnosed with a mental illness
  - Parental divorce

# ACEs Scores



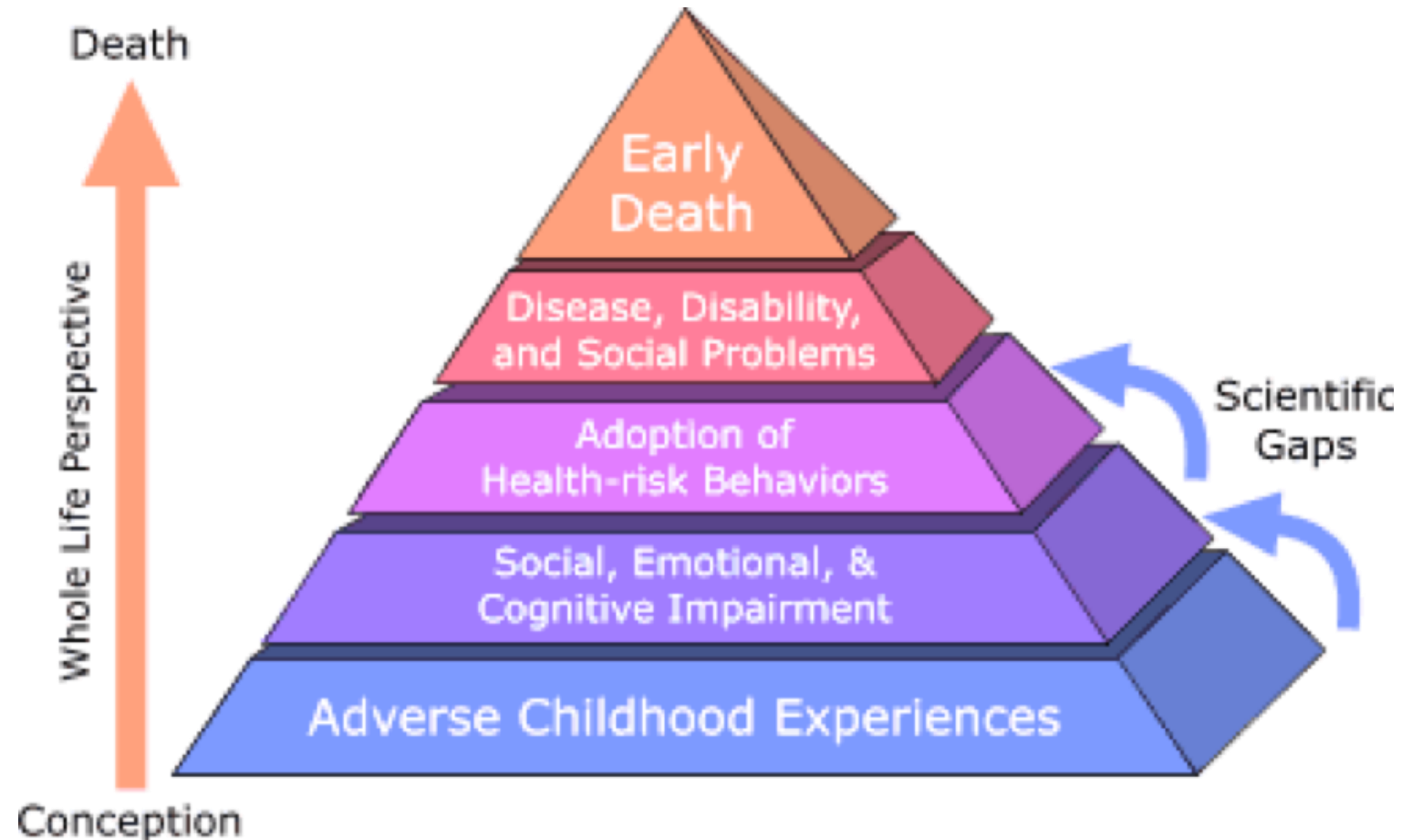
# Intersection of Community and Childhood Experiences



# Positive Childhood Experiences (PCEs)



# Longitudinal effects of ACE's



# How ACEs impact health

Increased risk for

- Chronic lung and heart diseases
- Liver disease, viral hepatitis, and liver cancer
- Autoimmune diseases
- STDs, teen sexual behaviors
- Depression and other mental health conditions, suicide
- Substance use/abuse

# Risks of not using Trauma Informed Care

- Patients has difficulty following care recommendations
- Patient may discontinue care
- Patient may have increased negative health experiences
  
- Vicarious trauma of caregivers
- Negative caregiver behaviors may retraumatize patients



# Breaking the Cycle

- [What is Trauma-Informed Care? - YouTube](#)

# Five Principles of a Trauma Informed Approach

## Safety



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Ensuring physical and emotional safety

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Common areas are welcoming and privacy is respected

## Choice



Individual has choice and control

Individuals are provided a clear and appropriate message about their rights and responsibilities

## Collaboration



### Definitions

Making decisions with the individual and sharing power

### Principles in Practice

Individuals are provided a significant role in planning and evaluating services

## Trustworthiness



Task clarity, consistency, and Interpersonal Boundaries

Respectful and professional boundaries are maintained

## Empowerment



Prioritizing empowerment and skill building

Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

# Benefits of Trauma Informed Care

- Increased safety and trust for patients
- Openness about symptoms and health behaviors
- Increased adherence to recommendations
  
- Staff engagement and understanding
- Self-care environment
- Staff retention

Questions?