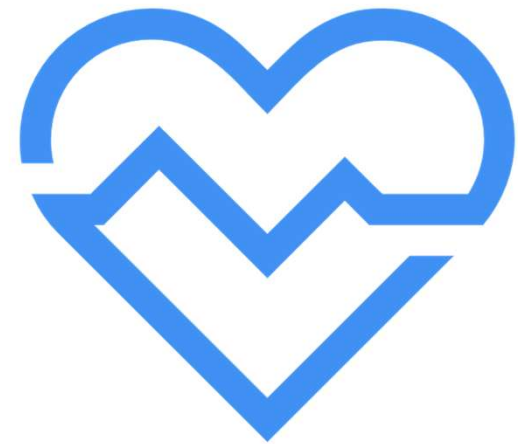


Trauma- Informed Care

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What Constitutes Trauma?

- Physical, sexual, emotional abuse
- Childhood neglect
- Living w/family member who has mental health or substance use disorders
- Sudden separation from a loved one
- Racism, discrimination and oppression
- Violence in the community, war or terrorism

Long-Term Effects of Trauma on Health



2 times

as likely to smoke



2.5 times

more likely to have sexually-transmitted infections



4 times

more likely to have chronic obstructive pulmonary disease



7 times

more likely to consider themselves an alcoholic



10 times

as likely to have injected street drugs



12 times

as likely to have attempted suicide

(Source: Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults)

Reactions To Trauma



What Does Trauma-Informed Care Mean?

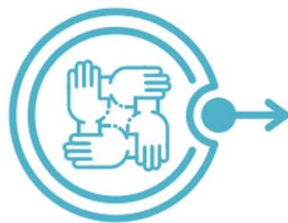
“Trauma-informed care is defined as practices that promote a culture of safety, empowerment and healing.”



1. SAFETY



2. TRUSTWORTHINESS
& TRANSPARENCY



3. PEER SUPPORT



4. COLLABORATION
& MUTUALITY



5. EMPOWERMENT
VOICE & CHOICE



6. CULTURAL, HISTORICAL,
& GENDER ISSUES

How Can An Environment Be Trauma-Informed?

- Goal: physical space makes patient feel comfortable
- Brochures re: local resources for IPV, etc.
- Poster re: consent
- Button on scrubs: “Ask me, I’m a safe human”
- Always keep in mind marginalized communities/people

How Can You Be More Trauma-Informed?

- Explain why you're asking sensitive questions
- Explain why you need to do a certain physical exam
- If patient is uncomfortable, allow them to bring a trusted person with them to the exam room
- Respond with compassion instead of force
- "Is there anything I can do to make your visit/exam easier?"



patrick doyle, phd (10 minute version) @pcxd13

cashier at target saw me buying hair bleach, looked me dead in the eyes, and said "baby is everything ok" and THAT'S trauma informed care

bleach, looked me dead in the eyes, and said "baby is everything ok" and THAT'S trauma informed care



A Note On Strangulation

- A survivor who has been strangled is 750% more likely to become a homicide victim than someone who has not been strangled.
- Get patient to a SANE and a forensic medical exam
- Get patient resources to file for a Protective Order



JUST ASK!



- Is there anything else you want to tell me?
- Do you feel safe to go home?
- Have you been a victim of intimate partner violence?
- Can I connect you to some food, housing, counseling, childcare, etc. resources while you're here?
- Would you like to speak to a social worker/advocate?

Thank You!

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