

Behavioral Health, Acute Rehabilitation  
& Addiction Solutions



# Trauma-Informed Care

1. What is trauma
2. Post trauma effects
3. Trauma informed care to prevent retraumatization

## Definition of Trauma

*“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”(SAMSHA)*

*Physical, Emotional or Life-threatening harm*



# Trauma includes

- **EVENT** – the actual or threat of physical harm. May occur once or many times over a period of time.
- **EXPERIENCE** – a person’s perception of the event or the circumstances surrounding the event determines the event being traumatic. (What one person considers traumatic may not be traumatic for another person).
- **EFFECTS** – the duration of the effects can be short-term or may last for a long period of time. Examples include how a person can cope with normal stresses of daily living: to trust others: to regulate one’s own behaviors or emotions. Traumatic effects can range from hyper-vigilant to numbness and avoidance.

## Examples of trauma may include:

- Experience of Abuse (sexual, neglect, physical, or emotional) as a child or an adult
- Experience or witness a violent event

# MAY is Mental Health Month

Let's Talk About It!!

**Mental health issues in youth are sky rocketing!!**

## *Ages 15-24*

- Half experience some type of persistent sadness and hopelessness

## *Ages 10-24*

- 37% increase in feelings of depression and hopelessness from 2021 to 2022
- 22% experienced thoughts of suicide
- 18% had a plan
- 10% had a suicide attempt one or more times
- 3% had an injury result

## On National News Last Week:

- Top Mental Health Issues Today
- Stress, Isolation, Anxiety
- American Heart Association : A clear link between risk factors for heart disease and struggling with mental health issues
- Remedies to help:
  - Exercise
  - Meditation
  - Social Interaction
  - PETS!!!!

## Who Experiences Trauma

More than **two thirds of children** reported at least 1 traumatic event by age 16

70% of U.S. adults have experienced some type of traumatic event at least once in their lives.

90% of clients receiving behavioral health services have experienced trauma (relias.com)



# What happens after experience a trauma?

Can lead to long-lasting effects and often based on:

- Person's characteristic
- The event itself
- Where a person is at in the developmental process
- Sociocultural factors
- Time and ability to process

## Example effects trauma

2014 - 269 mass shootings in U.S.

2019 - 417 mass shootings in U.S.

2020 - 611 mass shootings in U.S.

### Research shows:

- 28% those involved will develop PTSD
- 33% develop Acute Stress Disorder
- School performance declines
- Increase in Depression, Anxiety, and suicides

## After a Traumatic Event

- It is priority to have a mental health team involved with all individuals exposed to traumatic event
  - Note media exposure can affect those from a distance
- Processing of the event has been found to decrease long-term effects

# There is a high incidence of trauma in BH patients:

- Between 34% and 53% of people diagnosed with a severe mental disability report childhood physical or sexual abuse (with some studies reporting figures as high as 51% to 98%);
- As many as 80% of adults (both men and women) in psychiatric hospitals have experienced physical or sexual abuse;
- Up to 66% of adults (both men and women) in substance abuse treatment report childhood abuse or neglect;
- 82% of young people in inpatient and residential treatment programs have histories of trauma;
- 93% of psychiatrically hospitalized adolescents had histories of physical, sexual, and/or psychological trauma, and 32% met criteria for PTSD.

## As a healthcare provider we need to:

Understand the high incidence of trauma in the behavioral health population

Develop an environment that is not –  
retraumatizing  
and supports the  
Trauma-Informed  
Care Model

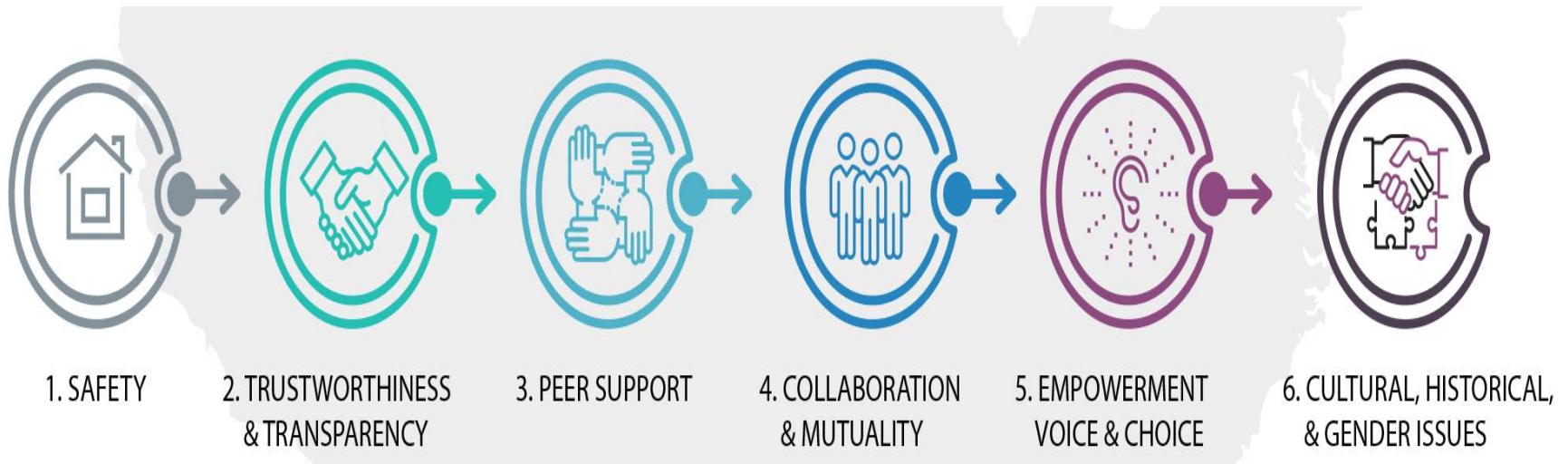
## On Inpatient Psych Units:

Goal is to preventing resurfacing of those past traumatic events.

Every aspect of patient care is addressed:

- The admission process
- The treatment process
- The therapeutics groups offered
- The interaction with staff
- Creating a safe environment

## BH uses Principles of a Trauma-Informed Approach



## BH Treatment Goals

1. Maintain Safety
2. Prevent Retraumatization – observe triggers
3. Provide Psychoeducation - empower
4. Normalize Symptoms creates sense of relief
5. Identify and Manage Triggers
6. Build Resilience
7. Address any Sleep Issues
8. Build Trust
9. Support Empowerment – builds strength



# Opening Doors: Trauma Informed Practice for the Workforce



## Texas has recognized the importance of TIC

**Statewide Collaborative on Trauma-Informed Care (SCTIC)** aims to provide information and resources so Texas can accelerate the many efforts across our state to bring a trauma-informed and equity lens to each child and family that interacts with the child welfare system.

**Texas Children's Commission** published a “blueprint” as a roadmap for children in the Texas welfare system.

## Texas has recognized the importance of TIC

**Institute for TIC in San Antonio** provides training of TIC and drive culture change

**Texas Department of Family and Protective Services** provides training to assist families, caregivers, and other social services to foster greater understanding of TIC.

## Texas System of CARE

Provided a statewide learning collaborative focused on TIC. This year long collaborative was facilitated by the National Council for Behavior Health

## Texas Legislature 2023

- **Texas Senate approves \$15 million bill to expand local mental health treatment options for children and families**
- The proposal would offer hospitals and nonprofits grant funding to expand child and family mental health services.

[TEXAS LEGISLATURE 2023](#)

BY [STEPHEN SIMPSON](#) APRIL 13, 2023 5 PM CENTRAL

Thank you!

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