



COVID-19

Trauma Informed Care

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Trauma Informed care

TIC is a strengths-based service delivery approach that is rooted in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and clients.

Hopper, Bassuk, & Olivet, 2010

PRINCIPLES OF TRAUMA INFORMED CARE

- TRAUMA
- LANGUAGE ACCESS & CULTURAL SENSITIVITY
- SAFETY
- TRUSTWORTHINESS
- CHOICE
- COLLABORATION
- EMPOWERMENT

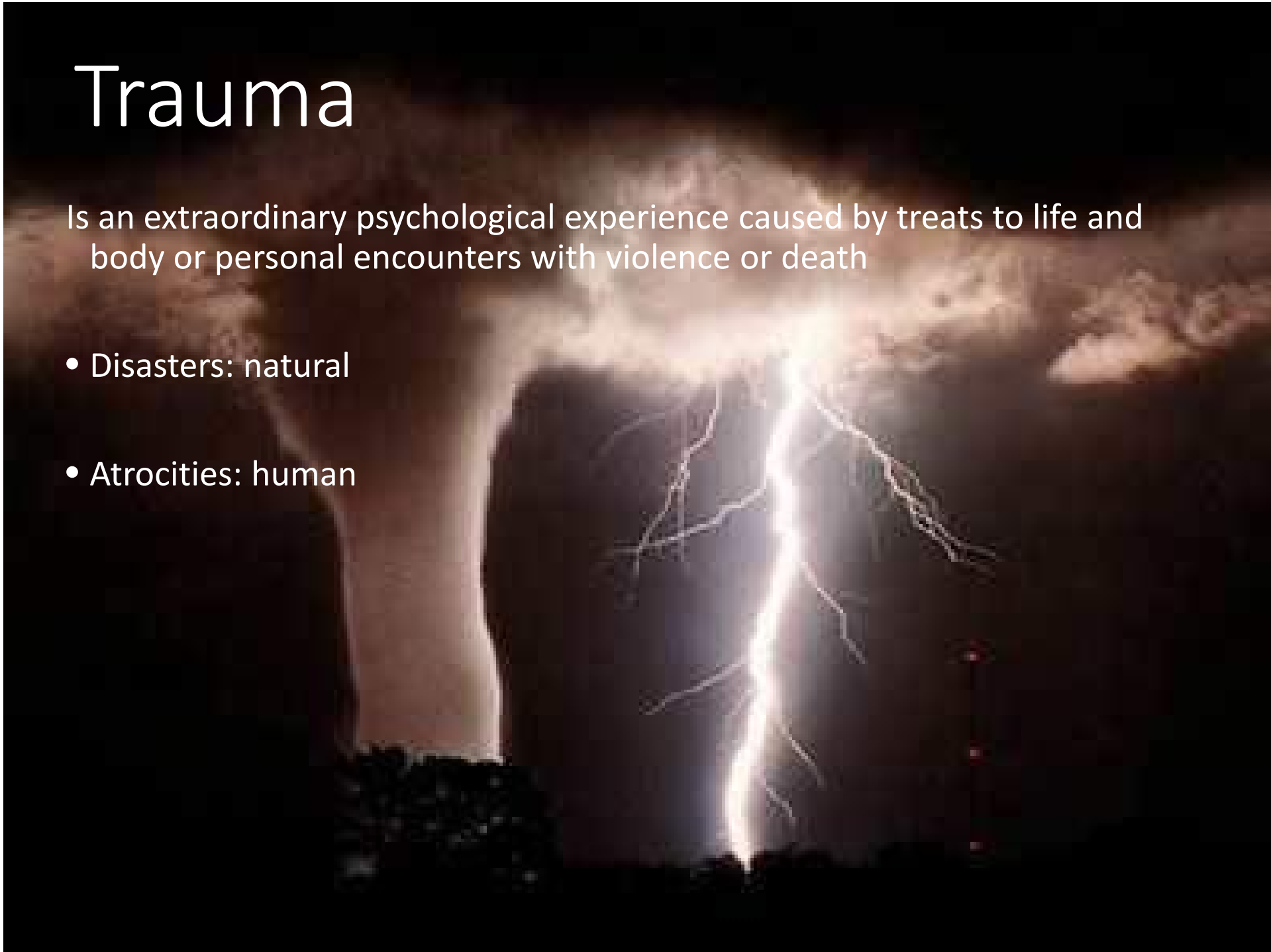


Chief Noise & Family of the Salish Tribe, 1908

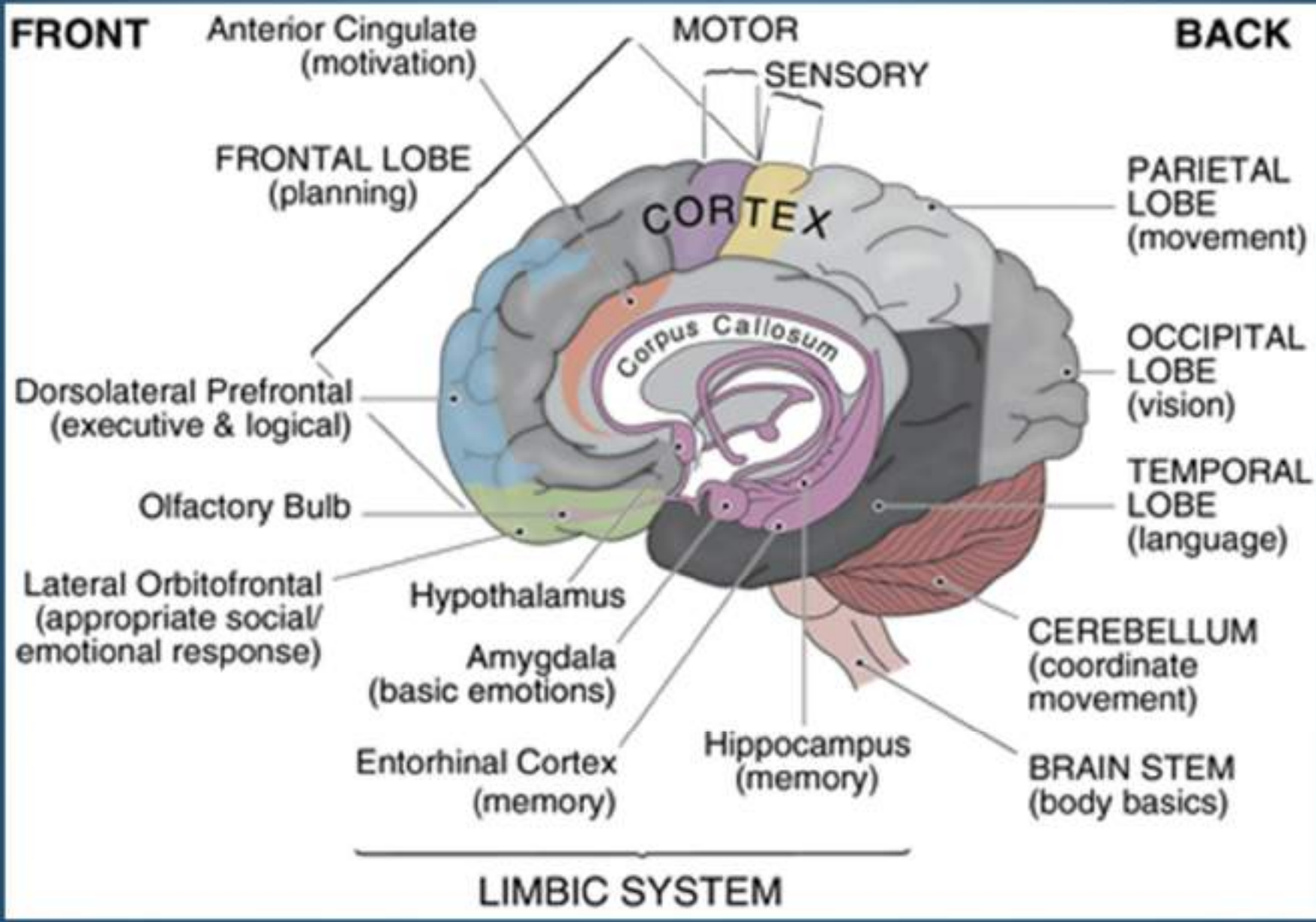
Trauma

Is an extraordinary psychological experience caused by threats to life and body or personal encounters with violence or death

- Disasters: natural
- Atrocities: human

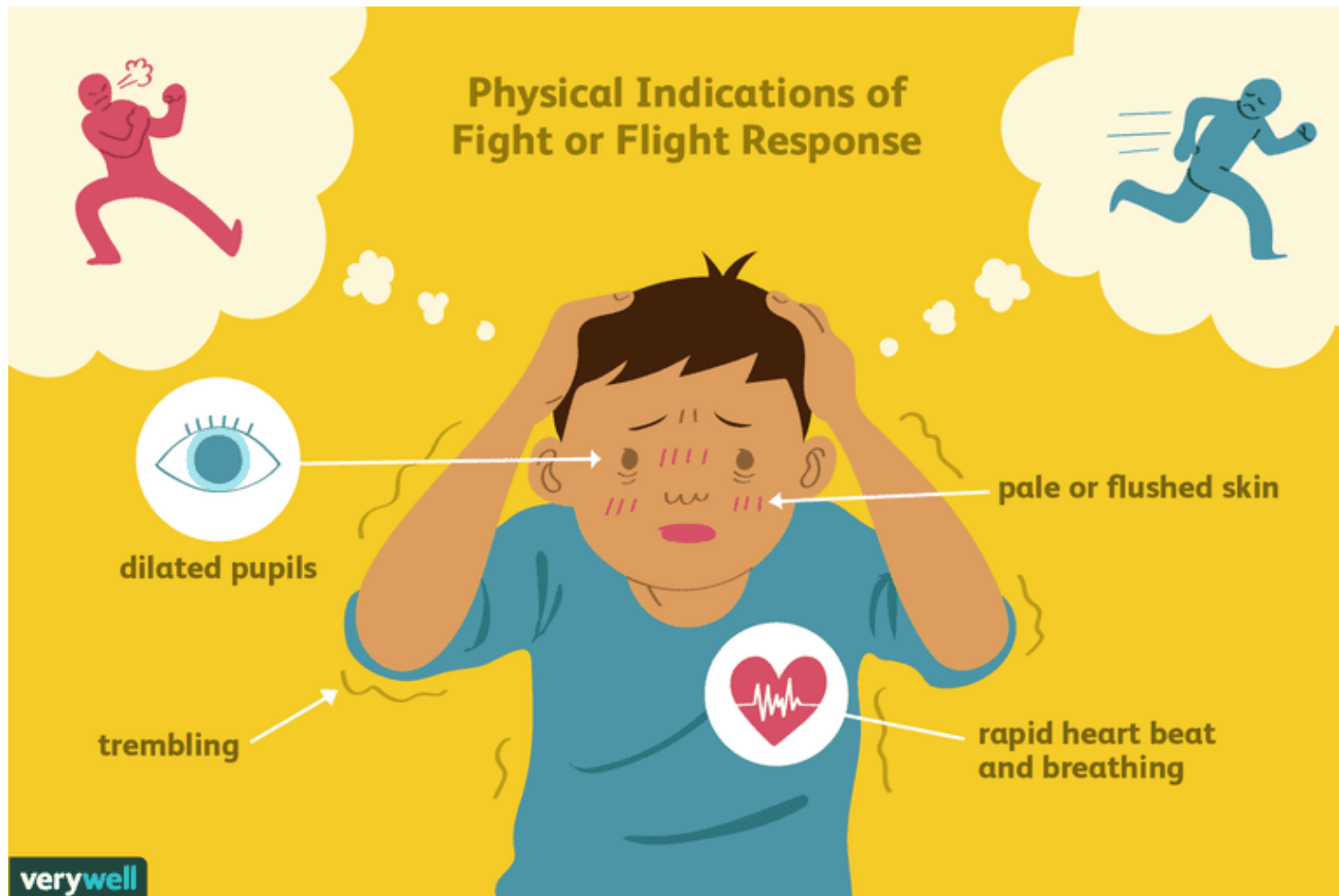






ANCIENT SURVIVAL RESPONSES TO LIFE THREATENING CIRCUMSTANCES

- Bracha, H. (2004). Freeze, flight, fight, fright, faint: Adaptationist perspectives on the acute stress response system. *CNS Spectrums*, 9(9), 679-685.
- Stanton, S. (2016), "Intuition: A Silver Lining for Clinicians with Complex Trauma". Dissertations. <https://surface.syr.edu/etd/615>



Historical Trauma



Historical trauma - Cumulative emotional and psychological wounding from massive group trauma across generations, including lifespan. (Brave Heart, 2004)

Ways to cope during Covid 19

U.S. Department of Veterans Affairs, PTSD: National Center for PTSD
https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

- **Increase Sense of Safety**
 - Reduce anxiety with healthy actions that make you feel safer.
- **Stay Connected**
 - Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
 - Be flexible and creative in accessing support via phone, email, text messaging, and video calls
- **Improve Your Sense of Control and Ability to Endure**
- **Accept circumstances that cannot be changed and focus on what you can alter.**
 - Modify your definition of a "good day" to meet the current reality of the situation.
- **Cultivate Ways to be More Calm**
 - Mindfulness can be really helpful to reset your nervous system
- **Remain Hopeful**

MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE



BREATHING EXERCISE
FOR RELAXATION #1



INHALE
THROUGH NOSE

Perform for
2 to 5 Minutes

Instagram: @elevatevibe

Relax, everything is out of control



Summary

- Trauma-informed care begins with understanding the trauma-informed brain.
- Prevalence of traumatic histories is very high among individuals involved with mental health, social service, substance-use, & criminal justice systems.
- Trauma-anchored responses are learned adaptations for survival.
- Re-experiencing & re-enactment is frequent in service settings and is out of the individual's awareness.
- Key to successful interventions is reduction of possible reminders/threat cues.