

# DISCLOSURES

This activity is jointly provided by Northwest Portland Area Indian Health Board and Cardea Services

Cardea Services is approved as a provider of continuing nursing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and Northwest Portland Area Indian Health Board. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim credit commensurate with the extent of their participation in the activity.



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## COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- Completing the online evaluation;
- Submitting an online CE request.

Your certificate will be sent via email

If you have any questions about this CE activity, contact Michelle Daugherty at [mdaugherty@cardeaservices.org](mailto:mdaugherty@cardeaservices.org) or (206) 447-9538



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# Disclosures

No planners or presenters of this CE activity have any relevant financial relationships with any commercial entities pertaining to this activity.

# Mental Health for Trans & Non-binary Patients



*Dandy Johns*

# Principles of Trauma Informed Care\*

1. Safety
2. Trustworthiness and transparency
3. Peer support and mutual self-help
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, historical, and gender issues

**\*As defined by the Substance Abuse and Mental Health Services Administration (SAMHSA)**

# Create a safe environment

Principles: Safety, Trustworthiness

- Forms inform medical records and letters
- Forms need to include pronouns and names
- Mistakes happen

**Taking these steps will reduce chances of retraumatizing someone before the appt. even starts**

# Transparency around mental health care

Principles: Trustworthiness and transparency

- Be direct
- Be honest and humble
- Be thoughtful

**This will help to humanize the provider, adjusting the provider/patient power dynamic.**

# Empowerment, Voice and Choice & Peer Support

- Reinforce person-centered care.
- Opportunity for feedback
- Peer support

**Honor the expertise each person has to offer about themselves along with their support needs.**



# Cultural, historical, and gender issues

- Awareness of historical trauma
- Intersectionality
- Healing

**There is no one set of directions- treat everyone as a unique bundle.**

# THANK YOU

## Questions?

More resources -

SAMHSA: <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

Shilo George: <https://www.linkedin.com/in/shilo-george-ms-88096350/>