When an event is traumatic to children and adults, they may be negatively impacted emotionally, physically, and spiritually by these adverse life events.

- ITTIC, 2014

The Institute on Trauma and Trauma-Informed Care ITTIC ©

Trauma-Informed Care is about ensuring ALL individuals feel physically and emotionally safe, are noticed and listened to, and are given a voice.

- ITTIC, 2014

Rising from the Ashes...

The Effects of Trauma

- Trauma impairs: memory, concentration, new learning and focus.
- Trauma has been correlated to: heart disease, obesity, addiction, pulmonary illness, diabetes, autoimmune disorders, cancer.
- Trauma impacts an individual's ability to: trust, cope, form healthy relationships.
- Trauma disrupts: emotion identification; ability to self-sooth or control expression of emotions; one's ability to distinguish between what's safe and unsafe.
- Trauma shapes: a person's belief about self and others; one's ability to hope; one's outlook on life.

RETRAUMATIZATION

WHAT HURTS?

SYSTEM (POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")	RELATIONSHIP (POWER, CONTROL, SUBVERSIVENESS)
HAVING TO CONTINUALLY RETELL THEIR STORY	NOT BEING SEEN / HEARD
BEING TREATED AS A NUMBER	VIOLATING TRUST
PROCEDURES THAT REQUIRE DISROBING	FAILURE TO ENSURE EMOTIONAL SAFETY
BEING SEEN AS THEIR LABEL (I.E ADDICT, SCHIZOPHRENIC)	NON COLLABORATIVE
NO CHOICE IN SERVICE OR TREATMENT	DOES THINGS FOR RATHER THAN WITH
NO OPPORTUNITY TO GIVE FEEDBACK ABOUT THEIR EXPERIENCE WITH THE SERVICE DELIVERY	USE OF PUNITIVE TREATMENT, COERCIVE PRACTICES AND OPPRESSIVE LANGUAGE

WHAT HELPS?

Creating a Trauma-Informed environment using the following five principles:

SAFETY	CHOICE	EMPOWERMENT	COLLABORATION	TRUSTWORTHINESS
CREATING AREAS THAT ARE CALM AND COMFORTABLE	PROVIDING AN INDIVIDUAL OPTIONS IN THEIR TREATMENT	NOTICIING CAPABILITIES IN AN INDIVIDUAL	MAKING DECISIONS TOGETHER	PROVIDING CLEAR AND CONSISTENT INFORMATION

Simpson, R. & Green, S.A. (2014). Adapted from: Fallot, R.D & Harris, M. (2001). Using trauma theory to design service systems: New directions for mental health services. Jossey-Bass: San Francisco, CA, Jennings, A. The Anna Institute, National Council for Community Behavioral Healthcare. Is your organization trauma-informed?

Please feel free to contact authors at sw-ittic@buffalo.edu.
To learn more about us visit our website at http://www.socialwork.buffalo.edu/research/ittic/

School of Social Work
University at Buffalo The State University of New York