

## Now More than Ever Trauma-Informed Care in the Wake of a Pandemic

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# 70%

...of adults have experience some kind of traumatic event.

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### Best practice

During admissions when discussing life history, ask if they experienced an event that would impact their care needs.

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## A few examples of traumatic events

Domestic violence	Natural and human-caused disasters
Child abuse	War
Sexual assault	Serious illness
Death of a long-time partner/spouse	Car accident

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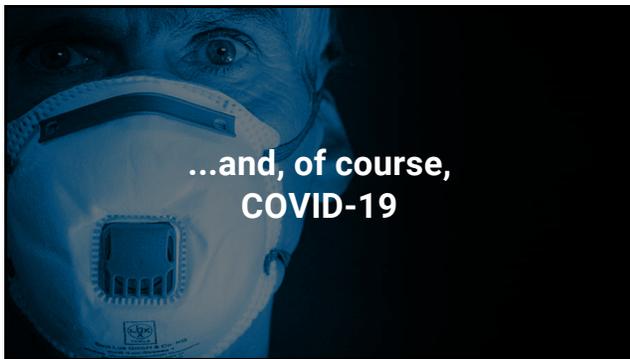
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## Reflections

Individual and collective trauma  
No one has been untouched

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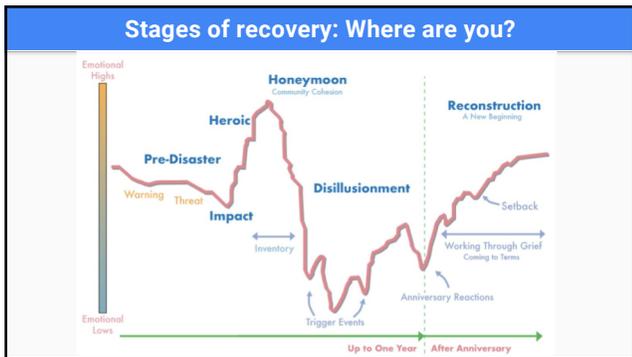
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### What is trauma-informed care?

- Involves understanding, recognizing and responding to the effects of all types of trauma
- Emphasizes physical, psychological and emotional safety for all
- Helps survivors rebuild a sense of control and empowerment

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<p><b>Care is trauma-informed when it does the following:</b></p>	<ul style="list-style-type: none"> <li><b>Realizes</b> the widespread impact of trauma and understands potential paths for recovery</li> <li><b>Recognizes</b> the signs and symptoms of trauma in clients, families, staff and others involved with the system</li> <li><b>Responds</b> by fully integrating knowledge about trauma into policies, procedures and practices</li> <li><b>Resists</b> re-traumatization</li> </ul>
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**Principles, not just procedures**

- Safety
- Choice
- Empowerment
- Understanding
- Trustworthiness
- Collaboration

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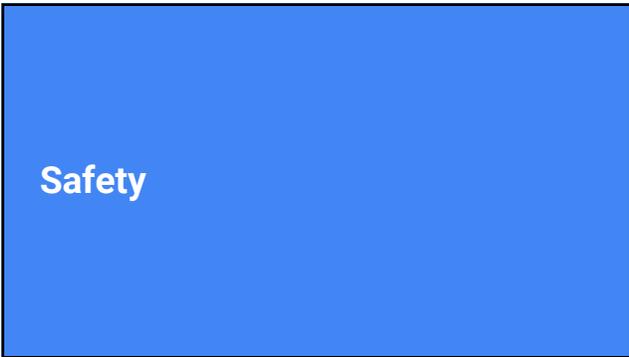
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**Safety**

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**Ensure physical and emotional safety**

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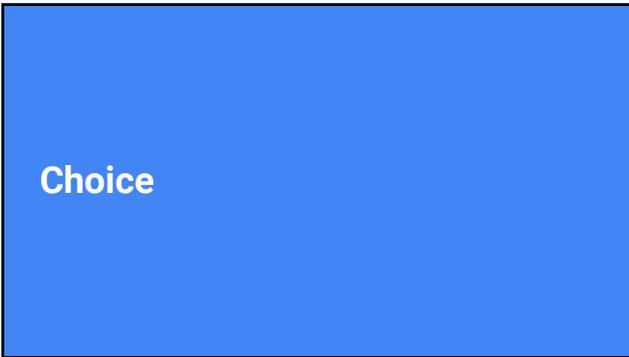
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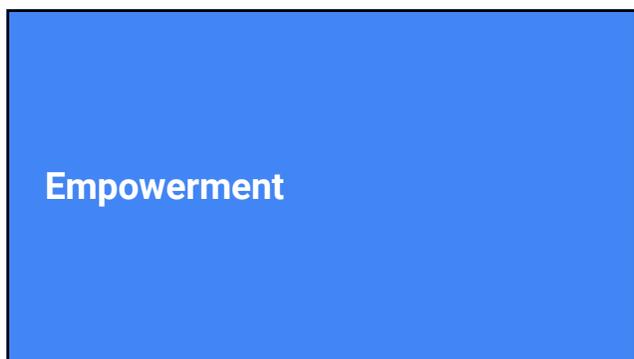
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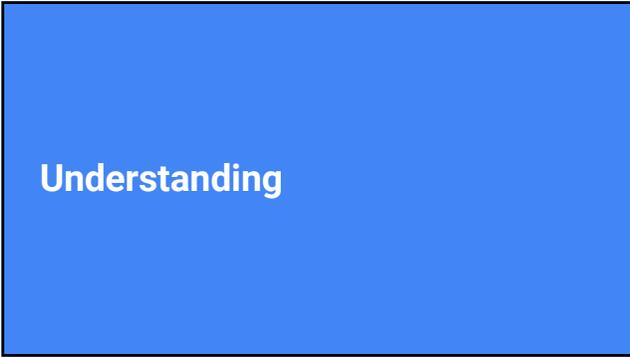
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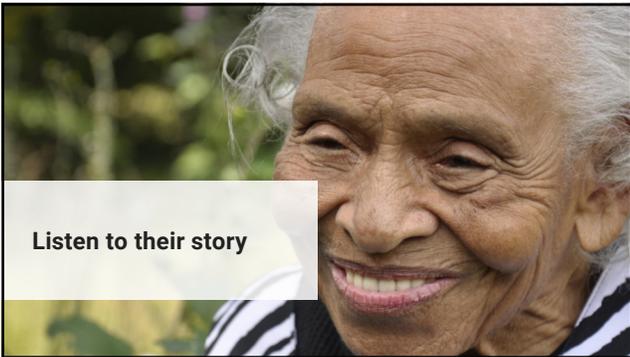
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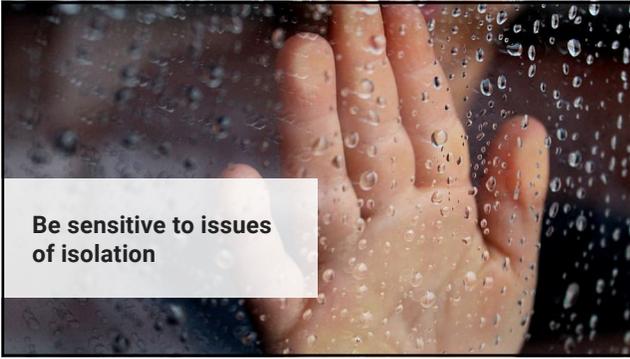
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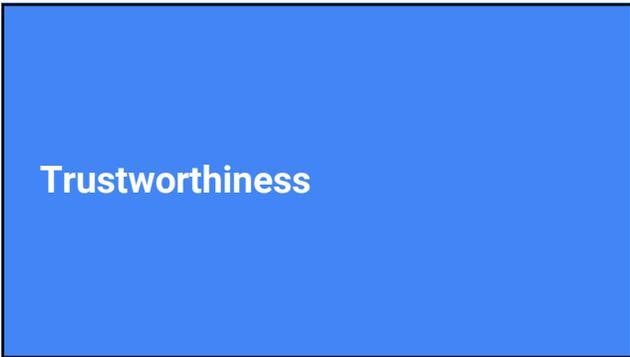
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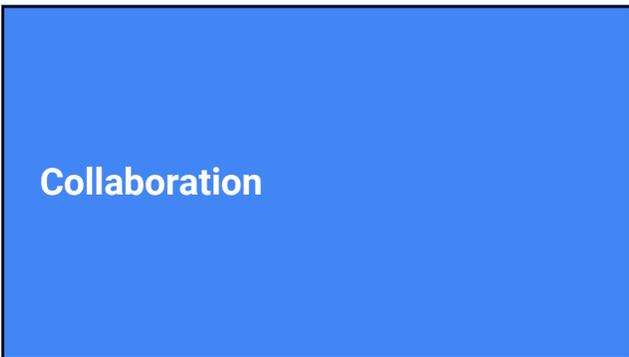
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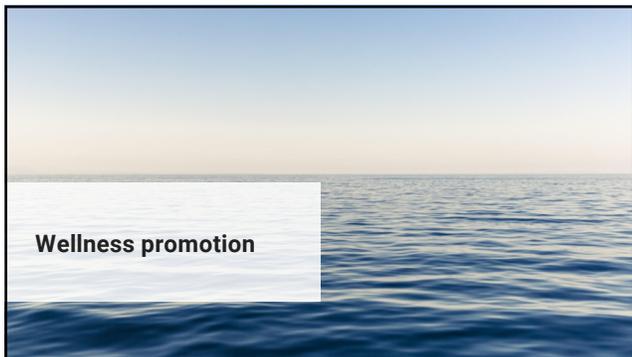
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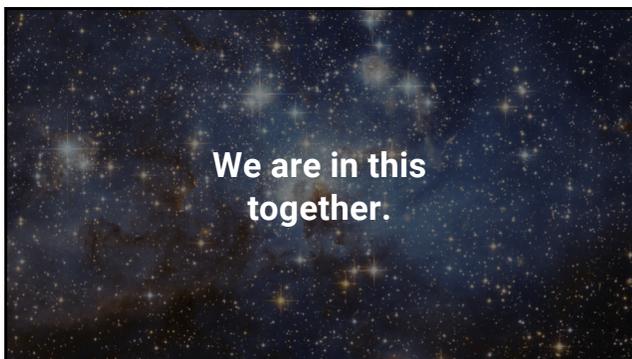
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