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WHAT IS TRAUMA?

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 **EFFECTS** ON THE PERSON'S FUNCTIONING AND MENTAL, PHYSICAL, SOCIAL, EMOTIONAL, OR SPIRITUAL WELL-BEING.

SAMHSA, 2014

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WHAT IS TRAUMA-INFORMED PRACTICE?

-  Different than trauma-specific treatment.
-  Focus on the impact of trauma and how service systems improve or worsen trauma-related issues.
-  Awareness of disparities related to racial/ethnic identification, LGBTQ+ identification, homelessness, SES, etc.
-  Universal Precautions

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SAMHSA'S SIX KEY PRINCIPLES

Safety	Trustworthiness and Transparency	Peer Support
Collaboration and Mutuality	Empowerment, Voice, and Choice	Cultural, Historical, and Gender Issues

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WHAT IS IT?

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Missouri State Trauma Roundtable

Missouri Department of Mental Health and Partners

The Missouri Model: A Developmental Framework for Trauma-Informed

The implementation of a trauma-informed approach is an ongoing organizational change process. A "trauma-informed approach" is not a program model that can be implemented and then simply monitored by a facility checklist. Rather, it is a profound paradigm shift in knowledge, perspective, attitudes and skills that continues to deepen and unfold over time. Some leaders in the field are beginning to talk about a "continuum" of implementation, where organizations move through stages. The continuum begins with becoming trauma aware and moves to trauma sensitive to responsive to being fully trauma informed.

Purpose: To ensure that agencies do no harm; to assess the implementation of basic principle of trauma-informed approaches in various organizational settings; to develop a common language and framework for discussion; and to help increase the effectiveness of services, wherever and whatever they are, by increasing awareness of trauma.

Application: To a very wide range of settings, including but not limited to behavioral health services.

Use:

- Not for formal evaluation or certification, but for informational purposes
- To help anyone who is interested (clients, advocates, other agencies, etc.) determine whether a particular agency or setting is meeting basic criteria for integration of trauma principles
- To help agencies identify where they are on the continuum and where they want to be. Organizations can choose the appropriate place on the continuum based on their needs and setting.

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MISSOURI MODEL OF TRAUMA INFORMED

- Definition: Brief summary of the stage and key task
- Processes: Organizational processes that develop during the stage
- Indicators: Evidence that the organization is functioning at least partially in the stage
- Resources: Resources to facilitate growth during the stage

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TRAUMA INFORMED

KEY TASK: Leadership

SUMMARY: **Trauma informed** organizations:

- have made trauma-responsive practices the organizational norm.
- have accepted and embedded trauma-informed practice so it no longer depends on a few leaders.
- work with other partners to strengthen collaboration around being trauma informed.

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SMALL GROUP EXERCISE

- ▶ Break into your assigned groups
- ▶ Look through the Missouri Model of Trauma Informed
- ▶ Each person answer the discussion questions for your organization
- ▶ Identify a spokesperson for your group
- ▶ When we reconvene, the spokesperson will describe your group experience

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LARGE GROUP DISCUSSION

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REMEMBER:
WE DO NOT EXIST FOR THE ASSESSMENT.
THE ASSESSMENT EXISTS FOR US.

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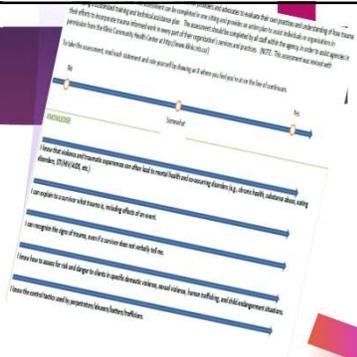
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OTHER ASSESSMENTS

IS YOUR WORK TRAUMA-INFORMED? A SELF-ASSESSMENT TOOL

<https://mha.ohio.gov/Portals/0/assets/HealthProfessionals/About%20MH%20and%20Addiction%20Treatment/TIC/ResourceLibrary/A%20Self%20Assessment%20Tool%20Is%20Your%20Work%20Trauma%20Informed.pdf>

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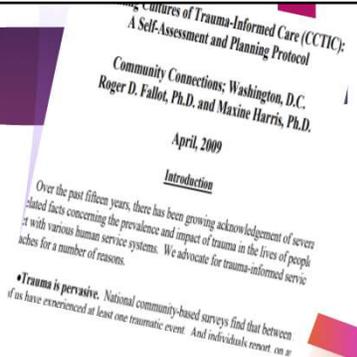
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OTHER ASSESSMENTS

CREATING CULTURES OF TRAUMA-INFORMED CARE

<https://www.theannainstitute.org/CTTICSELFASSPP.pdf>

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OTHER ASSESSMENTS

CREATING TRAUMA-INFORMED CARE ENVIRONMENTS

http://traumatransformed.org/wp-content/uploads/tia_usf.pdf

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OTHER ASSESSMENTS

TRAUMA-INFORMED ORGANIZATIONAL TOOLKIT

<https://communityactionpartnership.com/external-resources/trauma-informed-organizational-toolkit-for-homeless-services/>

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OTHER ASSESSMENTS

STSI-OA

<https://www.uky.edu/CTAC/node/234>

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NEXT STEPS

Decision makers	Consultant	Readiness	Practices
Talk to organizational decision makers	Utilize a consultant	Assess organization readiness	Assess status with trauma-informed practices

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NEXT STEPS

Champions	Small Steps	Long term	Staff support
Develop a central team of "trauma champions"	Take small, defined steps that fit the organization's development	Commit to a long-term process	Provide staff support

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