

Trauma Informed Care: For the Health Care Professional

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1

"imagine if..."



2

What did you want to be when you were 6 years old




3




4

Levels of Stress

Positive Stress Brief increase in heart rate, mild elevations in stress hormones levels	Tolerable Stress Serious, temporary stress response, buffered by supportive relationships	Toxic Stress Prolonged activation of stress response systems in the absence of protective relationships
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Source: adapted Harvard Center on the Developing Child
Powerful Experiences 2019



5

What's Your ACE Score?

START THE QUIZ



6



“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today”

Past President of the American Academy of Pediatrics, Dr. Robert Black

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7

Childhood Trauma Causes...

- Serious mental illness such as Depression, Bipolar Disorder
- Addictions and substance abuse
- Increased risk for repeated exposure to trauma
- Long-term health problems:
 - Cancer
 - Arthritis
 - Obesity
 - Heart problems
 - Lung problems – emphysema, bronchitis
 - Strokes
 - Suicides
 - Diabetes

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8

ACE Score & Risk for Chronic Disease

Increased risk with 4 or more ACEs:

- 12.2 times as likely to attempt suicide
- 10.3 times as likely to use injection drugs
- 7.4 times as likely to be an alcoholic
- 2.4 times as likely to have a stroke
- 1.9 times as likely to have cancer
- 1.6 times as likely to have diabetes
- 2.2 times as likely to have ischemic heart disease



Source: Data Report. A Hidden Crisis

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9

What do we do to patients in health care settings

- Become a Room Number
- Take off your clothes
- Tests – Needles
- Lack of communication
- What patients overhear from staff

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10



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11

Trauma Informed Care

Change how we approach patients...

What happened to you?

Versus

What is wrong with you?

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12

Trauma-Informed

Trauma-Informed Care

- Focus is on helping people understand and address the long-term effects of trauma.
- Follows trauma-informed care principles, practices and protocols.
- Focuses on *the manner* in which health/behavioral care services are delivered to clients.

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13

The Four R's of Traditional TIC

Realize the widespread impact of trauma and understand the potential paths for recovery.	Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system.
Respond by fully integrating the knowledge about trauma into policies, procedures and practices.	Resist utilizing any practices that can re-traumatize clients.

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14

Mission of Trauma-Informed Care:

TO HUMANIZE THE CAREGIVING EXPERIENCE FOR CLIENTS

1. To help people express their emotions in a healthy manner that supports their healing.
2. To help caregivers have more understanding and greater ability to be compassionate with their clients and patients.

BEING PART OF THE SOLUTION RATHER THAN PART OF THE PROBLEM

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15

<p style="text-align: center;">Developmental Trauma: The Game Changer in the Mental Health Profession SECOND EDITION</p> <p style="text-align: center;">Barry K. Weinhold PhD Janae B. Weinhold PhD</p>	<p style="text-align: center;">THE BODY KEEPS THE SCORE BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA</p> <p style="text-align: center;">BESSEL VAN DER KOLK, MD</p>
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16

16



17