TRAUMA INFORMED CARE

As health care providers become aware of the harmful effects of trauma on physical and mental health, they are increasingly recognizing the value of trauma-informed approaches to care.

WHAT IS TRAUMA?

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes trauma as events or circumstances experienced by an individual as physically or emotionally harmful or life-threatening, which result in adverse effects on the individual's functioning and well-being.

WHAT IS THE IMPACT OF TRAUMA ON HEALTH?

The Adverse Childhood Experiences (ACE) Study, conducted by the CDC and Kaiser Permanente, revealed that the more an individual is exposed to a variety of stressful and potentially traumatic experiences, the greater the risk for chronic health conditions and health-risk behaviors later in life.

HOW CAN PROVIDERS BECOME TRAUMA-INFORMED?

Trauma-informed care acknowledges that understanding a patient's life experiences is key to potentially improving engagement and outcomes while lowering unnecessary utilization.

In order to be successful, trauma-informed care must be adopted at the organizational and clinical levels.

IS YOUR ORGANIZATION READY TO BECOME TRAUMA INFORMED?

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Lung, heart, and liver disease

Depression

Childhood

neglect

Poverty

and discrimination

Sexually transmitted infections

HAMILTON

CENTER, INC.





Physical, sexúal, and emotional abuse

Sudden separation

from a

loved one

Family

membérs with a mental health

disorder

Substance use

disorder

Autoimmune

diseases

