

Trauma

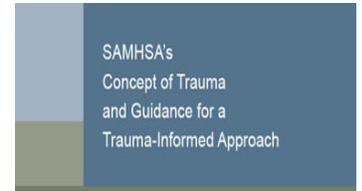
National Resources

Substance Abuse and Mental Health Services Administration

Trauma is a widespread, harmful, and costly public health problem. It occurs as a result of violence, abuse, neglect, loss, disaster, war, and other emotionally harmful experiences. It is an almost universal experience of people receiving treatment for mental and substance use disorders. The need to address trauma is increasingly viewed as an important component of effective behavioral health service delivery.

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach introduces a concept of trauma and offers a framework for how an organization, system, service sector can become trauma informed by integrating the perspectives of researchers, practitioners, and people with lived experience of trauma. The paper includes a definition of trauma ("The Three Es"), a definition of a trauma-informed approach ("The Four Rs"), 6 key principles, and 10 implementation domains.

The paper also includes a matrix of sample questions, across domains and key principles, to help agencies begin to think about using a trauma-informed approach. SAMHSA encourages individuals and organizations to examine how an understanding of trauma and the use of a trauma-informed approach will benefit all stakeholders.



SAMHSA: Prevention & Intervention

Strategic Initiative: Trauma and Justice

www.samhsa.gov/traumajustice/

Trauma must be addressed to promote recovery and resilience for people with behavioral and/or other chronic physical health conditions. The initiative addresses the behavioral health needs of people involved in, or at risk of involvement in, the criminal and juvenile justice systems.

National Center for Trauma-Informed Care (NCTIC) Principles of Trauma-Informed Care (TIC): www.samhsa.gov/nctic

NCTIC is a technical assistance center dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services. Steps that programs, agencies, or institutions can take to become trauma-informed:

- Adopt a TIC organizational mission and commit resources to support it
- Update policies and procedures to reflect TIC
- Conduct universal trauma screening for all consumers
- Incorporate values and approaches focused on safety and prevention for consumers and staff
- Create strengths-based environments and practices that promote empowerment
- Provide ongoing staff training and education in TIC
- Improve and target staff hiring practices

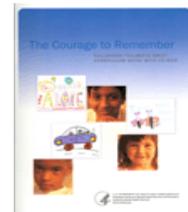
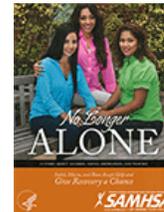
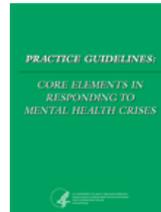
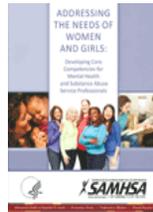
The National Child Traumatic Stress Network (NCTSN)

www.nctsn.org

The National Child Traumatic Stress Network brings a singular and comprehensive focus to childhood trauma by:

- Raising public awareness of the scope and serious impact of child traumatic stress on the safety and healthy development of America's children and youth
- Advancing a broad range of effective services and interventions by creating trauma-informed developmentally and culturally appropriate programs that improve the standard of care
- Working with established systems of care including the health, mental health, education, law enforcement, child welfare, juvenile justice, and military family service systems to ensure that there is a comprehensive trauma-informed continuum of accessible care
- Fostering a community dedicated to collaboration within and beyond the NCTSN to ensure that widely shared knowledge and skills become a sustainable national resource

SAMHSA: Publications



- “Pharmacologic Guidelines for Treating Individuals with PTSD and Co-Occurring Opioid Use Disorders”
- “Addressing the Needs of Women & Girls: Core Competencies for Mental Health & Substance Abuse Service Professionals”
- “Mental Health Screenings and Trauma-related Counseling in Substance Abuse Treatment Facilities”
- “Practice Guidelines: Core elements in Responding to Mental Health Crises”
- “No Longer Alone: Addressing the Specific Needs of Women”
- “Childhood Traumatic Grief Curriculum Guide with CD-ROM: “The Courage to Remember”

National Resources

- Trauma-informed Behavioral Health Care from the National Council for Behavioral Health www.thenationalcouncil.org
- Department of Veterans Affairs, National Center for PTSD www.ptsd.va.gov
- National Institute of Mental Illness (NIMH): Post-Traumatic Stress Disorder (PTSD) www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml
- CDC: Coping with Stress After a Traumatic Event: www.cdc.gov/violenceprevention/pdf/coping-with-stress-2013-508.pdf
- Report of the Federal Partners Committee on Women and Trauma www.static.nicic.gov/Library/025082.pdf
- “Creating a Trauma-Informed Criminal Justice Center for Women” www.gainscenter.samhsa.gov/cms-assets/documents/62753-983160.ticjforwmn.pdf
- Department of Labor, “Trauma-informed care for women veterans experiencing homelessness” www.dol.gov/wb/
- International Society for Traumatic Stress Studies www.istss.org
- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: PTSD Treatment Options www.dcoe.mil/PsychologicalHealth/PTSD_Treatment_Options.aspx

SAMHSA Regional Contacts

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