

Trauma Informed Care for Adult Care Home Providers

Multnomah County Adult Care Home Conference
September 2023

ANXIETY HOTSPOTS

Scan your body for tension in these common holding areas, then let go and release.



text by @journey_to_wellness
drawing by holland andrews

Grounding Exercise



Hello!

I'm Kelli Downey (she| her)

***Trauma Informed Care Trainer and
Consultant***

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Group Practices

Today we will be talking about trauma, how it impacts our bodies and how we interact with the world around us. Our focus is on how to use this information to do our work.

- Please take care of yourself
- We won't be processing specific traumas that have happened to us our people we are in service of

Please take care to:

- work to create a safe space
- breathe into discomfort as we learn and grow
- challenge with care
- recognize we all come in with many identities, no one will be asked to represent any of their identities
- remember there will be more learning to do!

TODAY'S ROADMAP

01

What is TIC?

What is trauma informed care is and why it is a helpful addition to our practices?

02

NEAR Science

An overview of the science behind the philosophy of trauma informed care.

03

Applications of TIC

The principles of trauma informed care put into action.

04

Closing

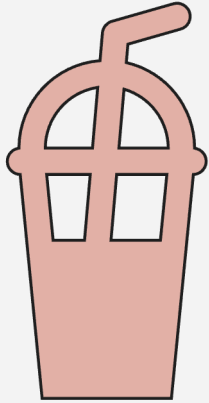
An interactive opportunity to strengthen our trauma informed approaches.

Today's presentation
was adapted from
Trauma Informed
Oregon's Foundations
of Trauma Informed
Care training.

For more resources and training modules visit
<https://traumainformedoregon.org/>



Self Reflection Activity



What is something that others do that is difficult for you to be with, especially **when your “cup is half empty”**?

The background features several overlapping, semi-transparent circles and a thin, wavy line in muted colors like light green, pink, and beige. The text is centered in a bold, black, sans-serif font.

WHAT IS TRAUMA INFORMED CARE?

What is Trauma?

- Overwhelms our ability to cope.
- Can be single event.
- More often multiple events, over time (complex, prolonged trauma).
- Includes collective, historical, generational experiences
- Event, Experience, Effect (SAMHSA)

*Trauma Informed Care requires us to **broaden our lens** on what we mean by trauma.*

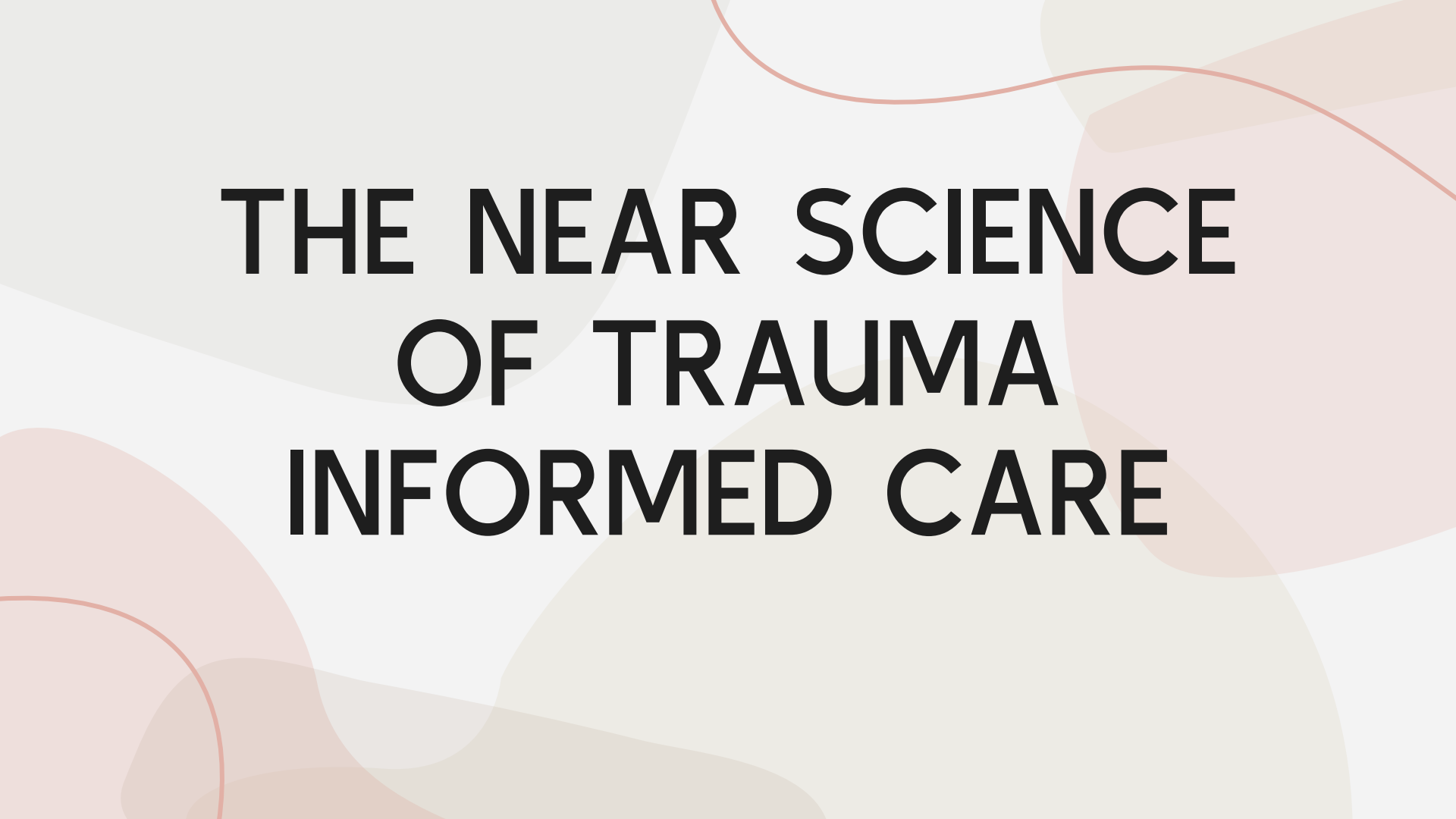


Trauma Informed Care (TIC)

“A program, organization, or system that is trauma-informed: **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively **resist re-traumatization**”

(SAMHSA's Concept of Trauma and guidance for a Trauma-Informed Approach, 2014
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>)

TIC IS NOT ABOUT	TIC IS ABOUT
excusing or justifying unacceptable behavior	supporting accountability & responsibility
just being “nicer”	practicing compassion
focusing on the negative	focusing on skill-building, strengths based, & healing centered care
the ‘end all, be all’	committing to a process
Attending just another training	transforming spaces, practices, procedures & policies; a culture shift
moving away from work related to diversity, equity, inclusion or resilience	inclusion of and partnership with other frameworks
something “new”	learning from many culturally specific programs



**THE NEAR SCIENCE
OF TRAUMA
INFORMED CARE**

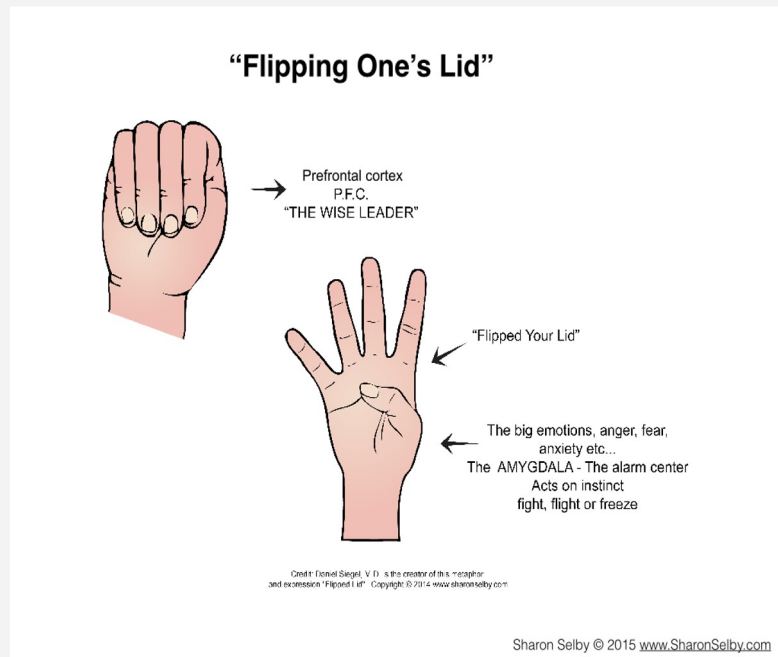
Neurobiology

Helps us understand how our brain development and functions are impacted by toxic stress/trauma.

Challenges with:

- Memory
- Communication
- Sensory regulation
- Executive functioning
- Regulation

In Survival Mode – our brains assess threat constantly



Survivors may...

- **Feel unsafe**
- **Engage in harmful behaviors**
- **Tend toward anger and aggression**
- **Feel hopeless or helpless**
- **Continue unhelpful patterns of behavior**
- **Feel hyper aroused with memory and communication problems**
- **Have trouble managing emotions**
- **Be overwhelmed, confused, depressed**
- **Not be able to imagine any other future**
- **Disengage & isolate**

Epigenetics

Helps us understand the impact of toxic stress across generations – transmission through our genetic code.

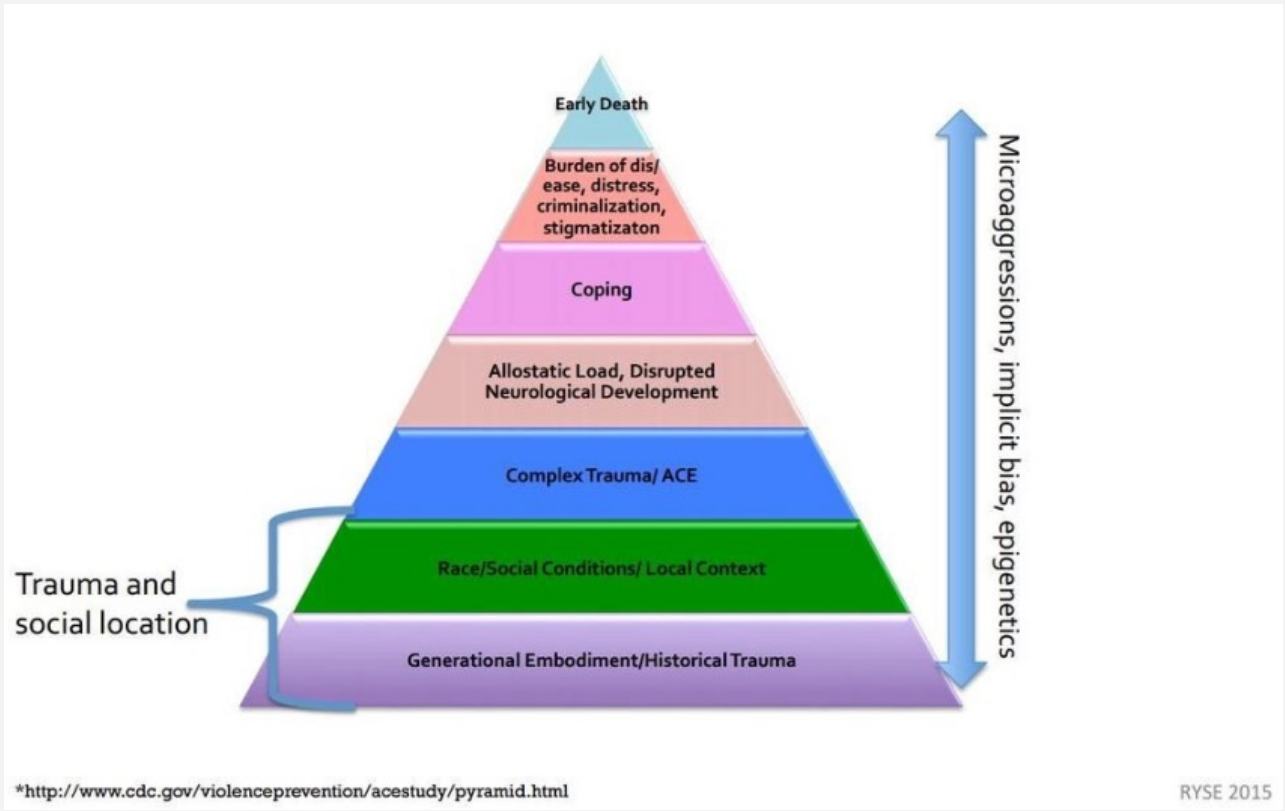
THE THEORY

What our parents and grandparents ate, how much exercise they did, and what chemicals they were exposed to, are all factors that could affect how our bodies look and work.



Adverse Childhood Experiences

Links adversities in childhood to adult health.



Resiliency

Helps us identify buffering variables that reverse, prevent, or heal this process.





APPLICATIONS OF TRAUMA INFORMED CARE

Recognizing Non-Trauma Informed Services

- **Little or no feedback from people receiving and providing services**
- **Focus on compliance**
- **Long, extensive meetings where multiple questions are asked**
- **People are labeled as manipulative, needy, behavioral, attention seeking, etc.**
- **Little or no support for staff from management**
- **Reactive in nature (opposed to proactive or responsive)**

Applications of Trauma Informed Care



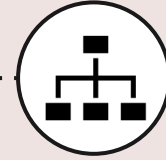
With Ourselves

How we support recovery and resilience within ourselves



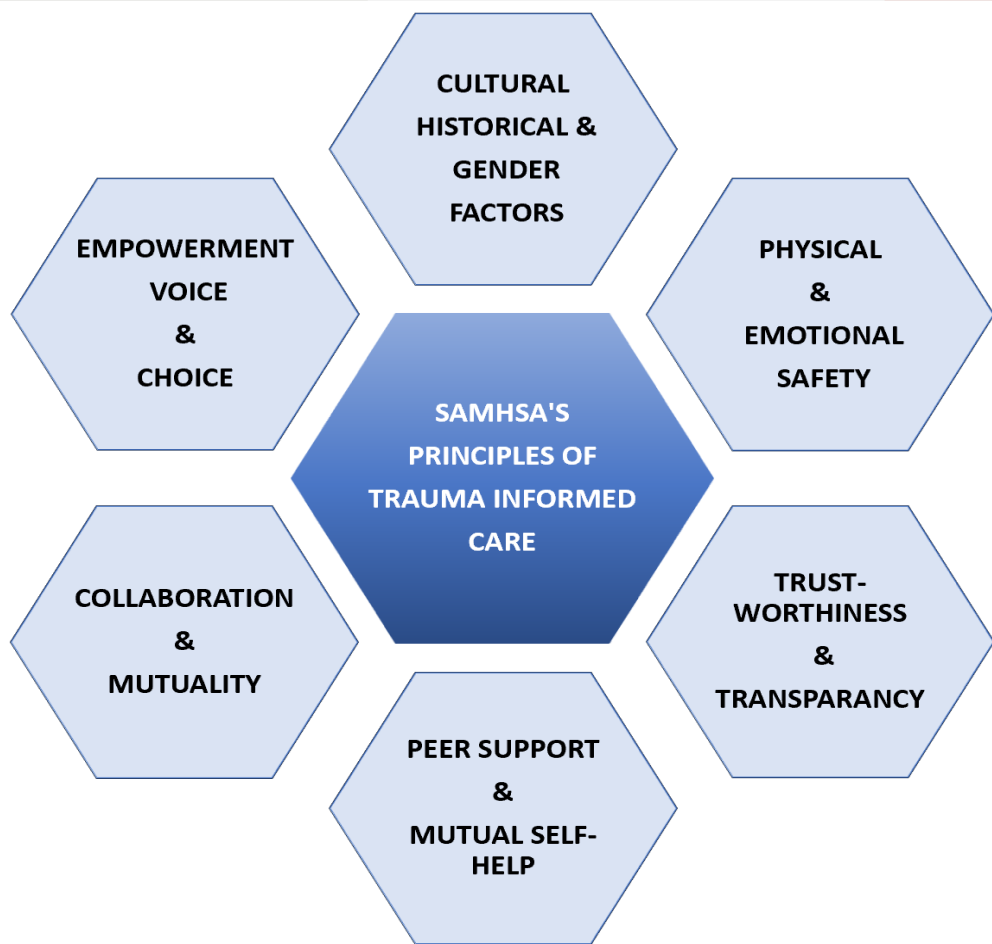
With Others

How we support recovery and resilience trauma with others



Organizationally

How we support recovery and resilience within our workplace & community



Applications of Trauma Informed Care

Personal Practices



- **Self-awareness is key**
- **Identify and utilize strategies to regulate your nervous system in the moment**
- **Identify and practice strategies to regulate your nervous system throughout the day, week, month, and year**

Applications of Trauma Informed Care

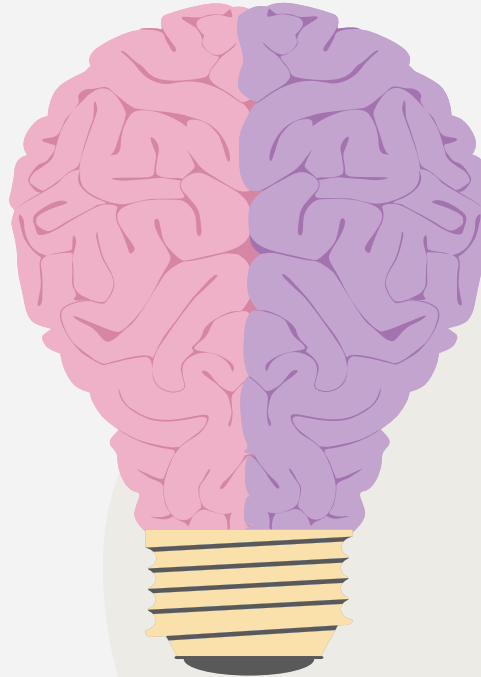
Direct Work with People

When “Lid is Flipped”

When “Lid is **NOT** Flipped”

- Prioritize De-Escalation
- Build Trust
- Create Safety

- Prioritize Empowerment
- Promote Collaboration
- Create Self-Worth



Applications of Trauma Informed Care

Organizational

- **Trauma informed leadership creates the structure for trauma informed work**
- **Equity is a foundation to all work**
- **Feedback from people receiving and providing services guides the direction of the work**
- **Organizational policies and practices do not create unnecessary barriers for people receiving or providing services**



The background features several overlapping, semi-transparent circles in muted colors like sage green, dusty rose, and beige. A thin, wavy line in a light red or terracotta hue is also present, curving across the upper right portion of the image.

CLOSING

A Culture of Trauma Informed Care

- Involves all aspects of program activities, setting, relationships, and atmosphere (more than implementing new services).
- Involves all groups: administrators, supervisors, direct service staff, support staff, and consumers.
- Involves making trauma-informed change into a new routine, a new way of thinking and acting.
- Commitment to an ongoing process of self-assessment, review, hearing from consumers and staff, openness to changing policies and practices.

QUESTIONS?



THANKS!

Please reach out if you want to explore more
or have questions!

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