

Trauma Informed Care Series



Trauma Informed Foundations

A Collaboration Between:



Presenters



Aimee Rachel, LMSW
TIC Clinical Coordinator
Texas Association of Community Health Centers



Aniela Brown, MSW
TIC Clinical Coordinator
Texas Association of Community Health Centers

Objectives



- 1. Define trauma and its impact on the brain and body.**
- 2. Discuss the relationship between traumatic experiences and the potential behavioral and physical health outcomes.**
- 3. Explore the utilization of Trauma Informed Care (TIC) as a prevention framework and strategy for healing.**

Self-Care



At times, the materials presented in this session can be difficult to **view** or **hear**.

Please take a **break** at any time and seek decompression support if needed
(breathing exercise, turning camera off, taking a pause, etc.).

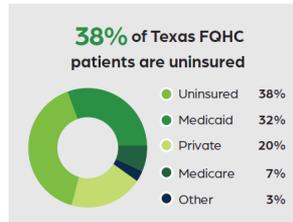
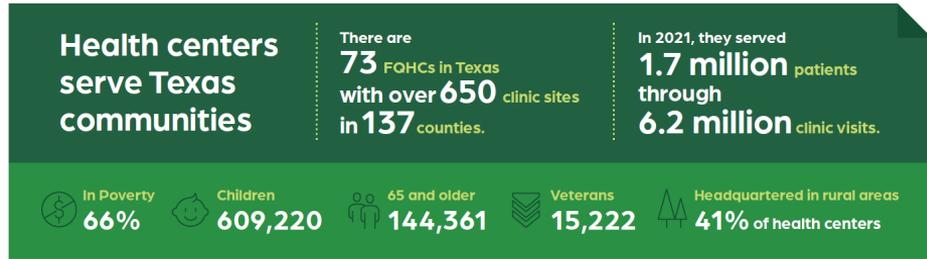
TACHC TIC Program

Texas Association of Community Health Centers (TACHC)



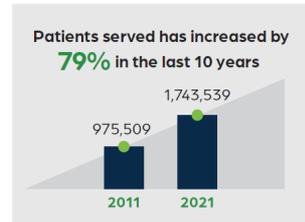
Formed in 1983, the Texas Association of Community Health Centers (TACHC) is the federally designated primary care association for Texas. Members operate in Texas's urban, rural, and frontier areas, all with the mission of advancing access to healthcare for all Texans.

Our mission is to strengthen and support community health centers to speak with a unified voice and drive healthcare transformation by exemplifying innovation, access and equity.



Health Centers Provide High-Quality Care for Low Costs—Average Annual Cost per Patient:

MEDICAL	\$682
DENTAL	\$618
MENTAL HEALTH	\$798



TACHC'S Journey to TIC



TIC Model



EDUCATION

Inquiry-based model fosters empowerment and deep knowledge gain by learners.



IMPLEMENTATION

Coaching Calls, peer support, and ongoing assessment propel tailored plans.



TRANSFORMATION

Ongoing support and leveled-trainings empower health centers to grow.

Built to Sustain & Spread



Trainers



Champions



Departments

TIC Program Goals & Outcomes



Disseminate
Knowledge

Increase
Workforce
Retention

Improve Health
Outcomes

What is Trauma?

Trauma Defined

- Event(s)
- Experienced directly or witnessed
- Harmful or life threatening
- Lasting adverse effect(s)
- Impactful to overall wellbeing

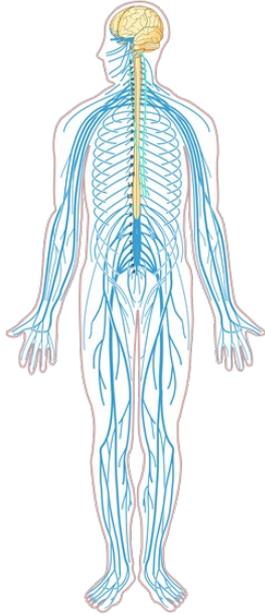


Source: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, 2014



- Acute
- Chronic
- Complex
- Historical
- Systemic

The Body's Response



- **Alert system**
- **Survival Response**
- **Stress Hormones**

Survival Responses

- **Fight**
- **Flight**
- **Freeze**
- **Fawn**



Degrees of Stress



- **Positive**
- **Tolerable**
- **Toxic**

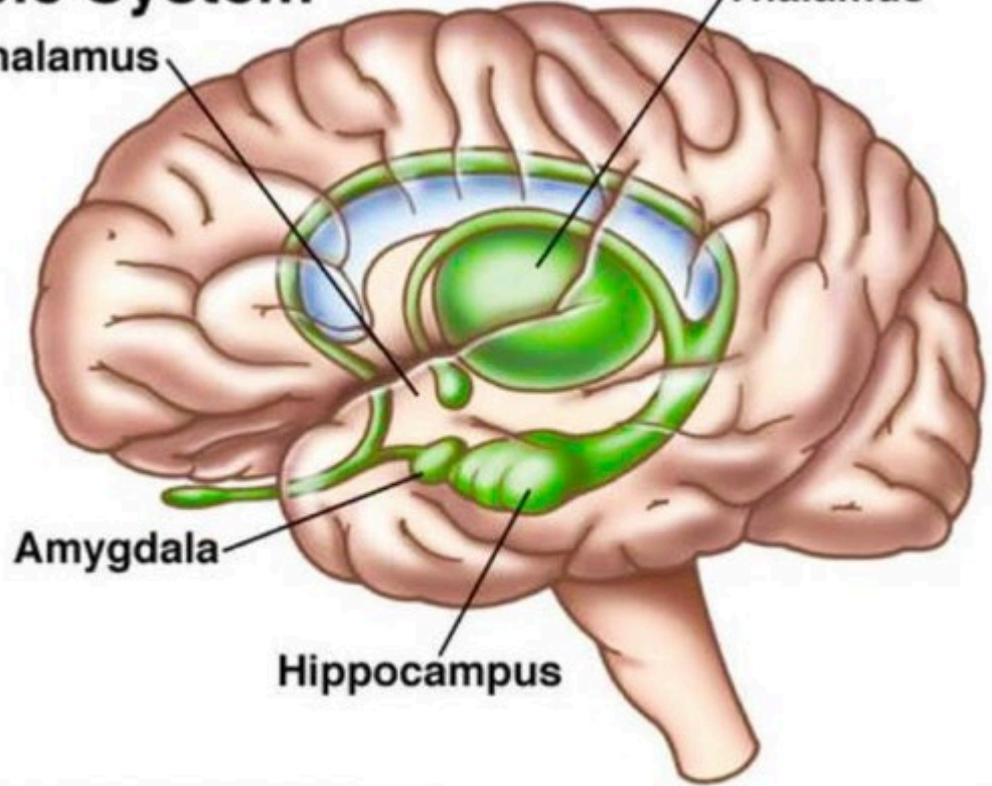
Limbic System

Hypothalamus

Thalamus

Amygdala

Hippocampus

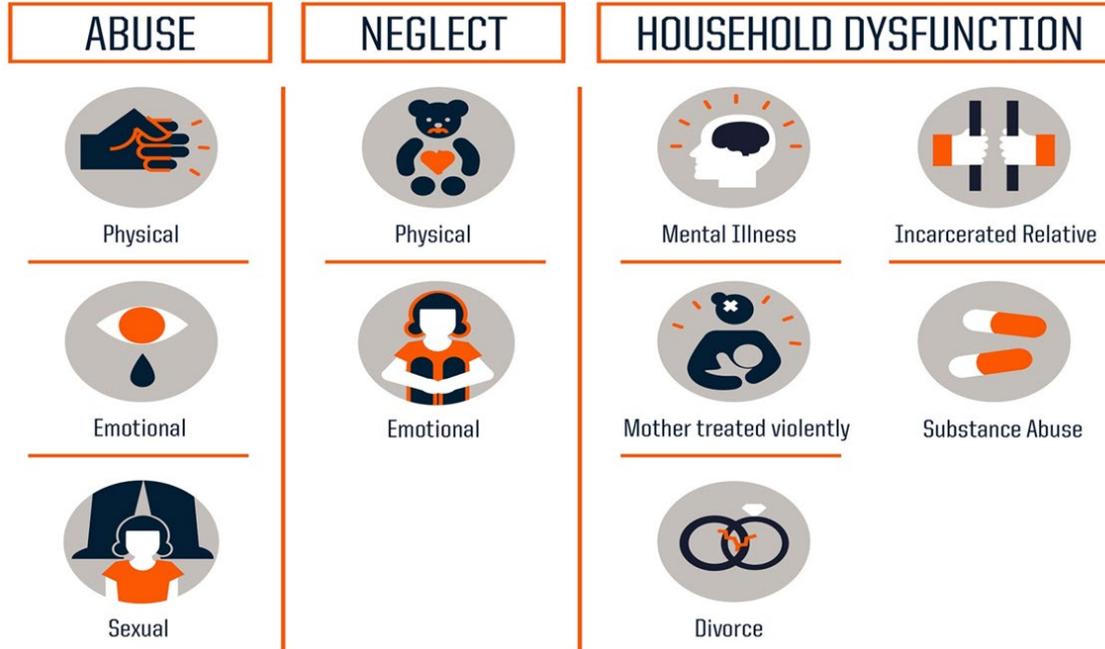


Toxic Stress

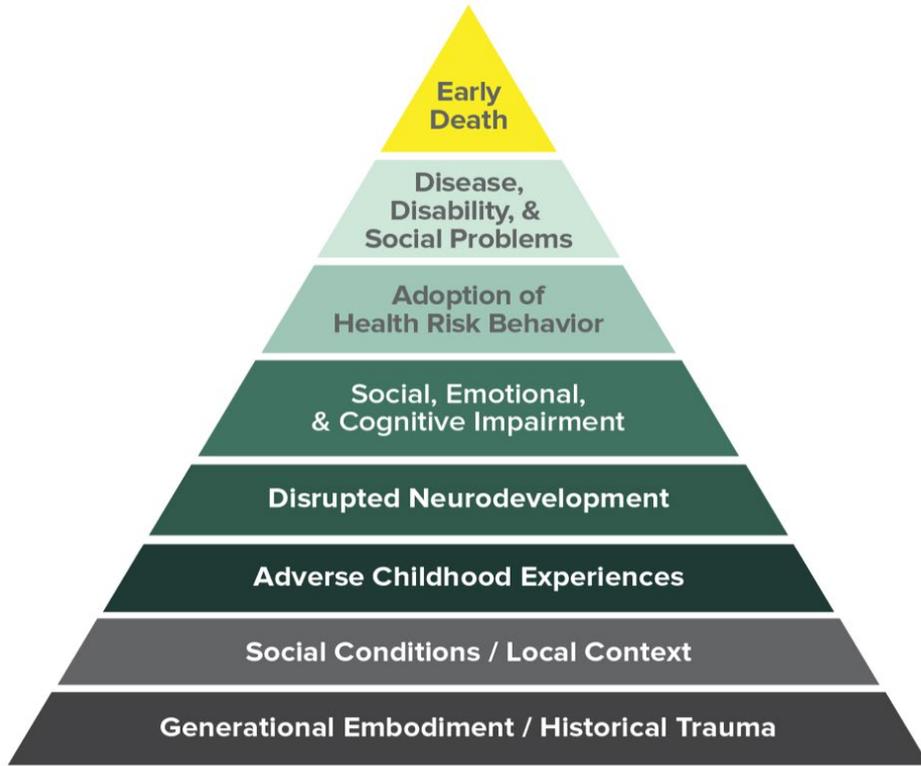


The Relationship

Adverse Childhood Experiences (ACEs)



© 2021, CDC [National Center for Injury Prevention and Control](#), [Division of Violence Prevention](#)



- ACEs are **highly prevalent**.
- ACEs affect **all communities**.
- ACEs are strongly associated, in a **dose-response fashion**, with common and serious health conditions.

Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

© 2021, CDC National Center for Injury Prevention and Control, [Division of Violence Prevention](#)



**Early adversity has
lasting impacts.**

© 2021, CDC [National Center for Injury Prevention and Control, Division of Violence Prevention](#)



- Adversity is interrelated.
- Adversity is progressive.
- Adversity is often predictable.
- Adversity affects relational health.
- Adversity is not destiny.

Adapted from (c) 2013, ACE Interface, The Progressive Nature of Adversity in the Life-Course

TIC Strategies for Healing

Trauma Informed Care (TIC)

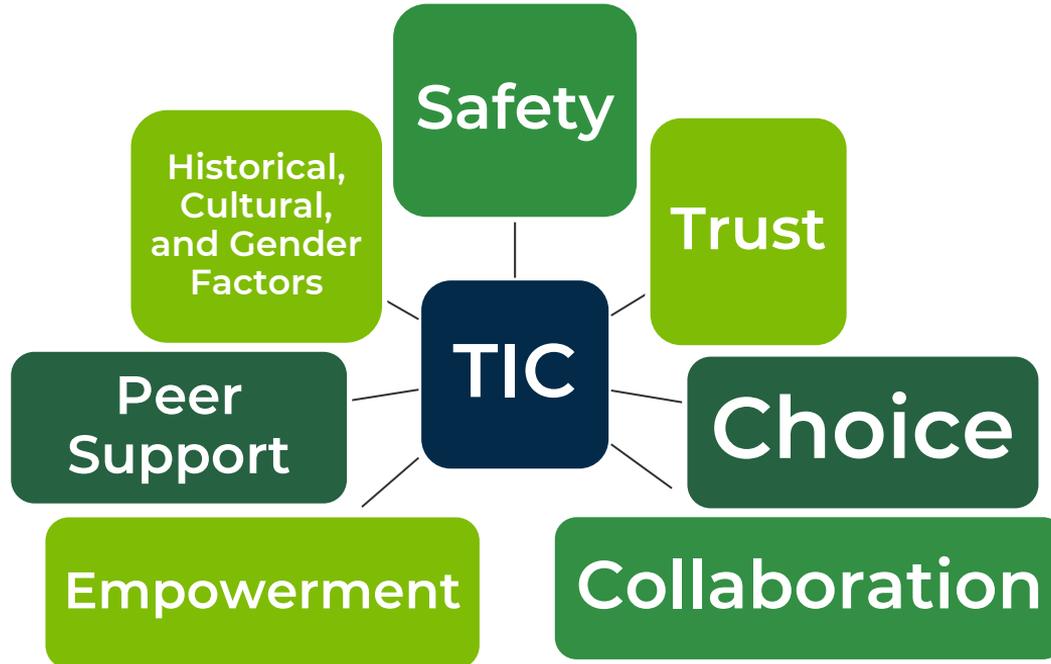


- Framework
- Strength-Based
- Recognition of Impacts
- Safety for all
- Opportunity to Rebuild



Source: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, 2014

TIC Pillars



Source: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, 2014

The Why





Universal Trauma Precautions



Strength-Based Approach



Cultural Humility



Trauma Informed Supports



Minimize re-traumatization



Workforce Wellbeing



Questions

Session Evaluation Poll

Next Up:



TIC Open Office Hours:

- Session 1: Foundations & Application of TIC
- Tuesday, July 25th, from 12:00-1:00pm CST

TIC Didactic Session:

- Session 2: Real-world Applications of Trauma Informed Care Principles: Non-Medical Drivers of Health (SDoH) and Diversity, Equity, and Inclusion (DEI)
- Tuesday, August 8th, from 12:00-1:00pm CST

Thank you!



Aimee Rachel, LMSW
TIC Clinical Coordinator
arachel@tachc.org

Aniela Brown, MSW
TIC Clinical Coordinator
abrown@tachc.org