

After ACEs: *How do I do Trauma-Informed Care?*

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RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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So you heard about ACEs science....



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

- Dr. Robert Block, the former President of the American Academy of Pediatrics

What we've learned from ACE science

More **ACEs** lead to an increased risk for poor mental and physical health outcomes

Resilience is built and helps people heal and thrive despite past experiences

What we've learned from ACE science

Trauma-Informed Care is a
perspective shift that promotes
recovery and acknowledges the role
of trauma in someone's life

**Trauma-informed care is not something
you do to someone.**

**Trauma-informed care is a process of
thinking and behaving different.**

It is a shift in understanding.

ACEs/TIC: A Shift in Perspective

Dr. Christine Waller, Surgery
and Trauma Surgery shares
her perspective shift story.

Watch the video [▶](#)



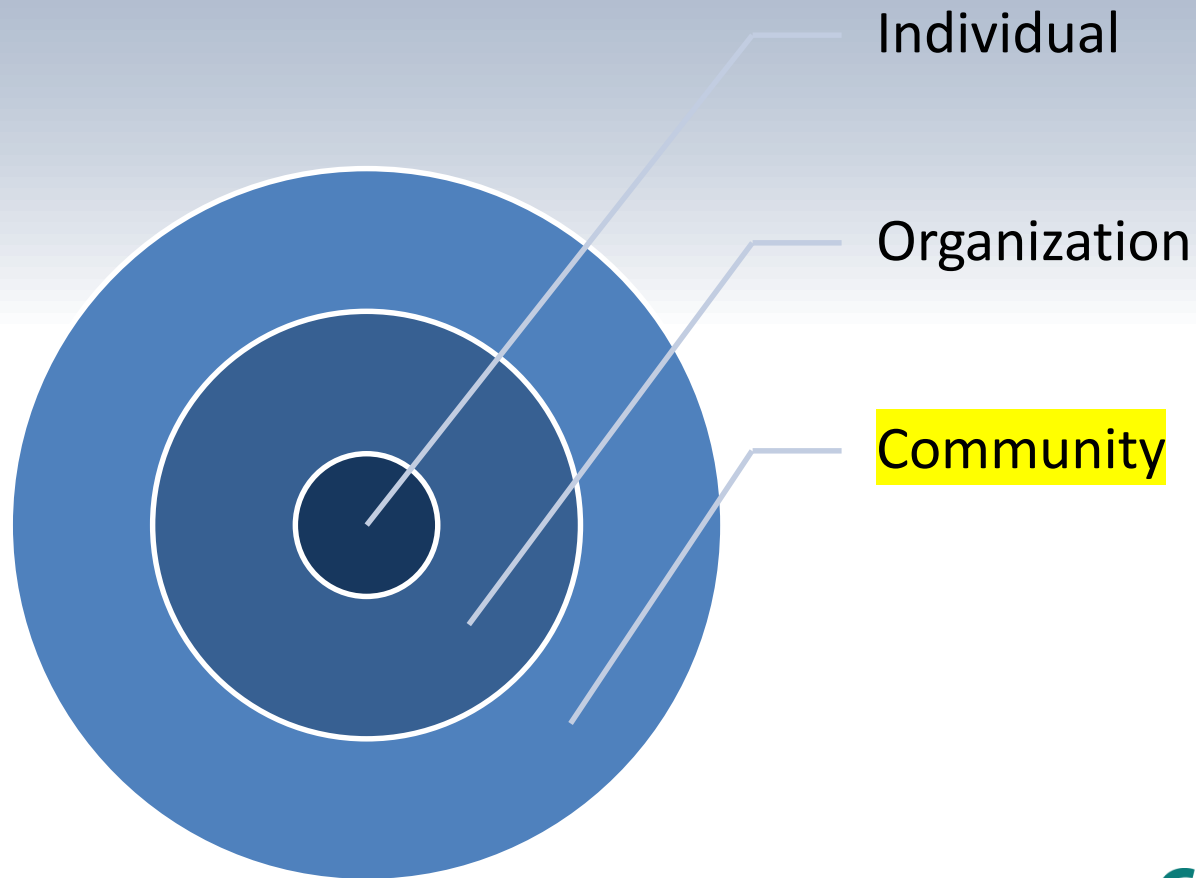
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What it is:
a philosophical shift; a mindset

What it is not:
checklist or specific intervention

Moving from, 'What's wrong with you?'
to
considering 'What's happened to you?'

Levels of Trauma-Informed Perspective Shifts



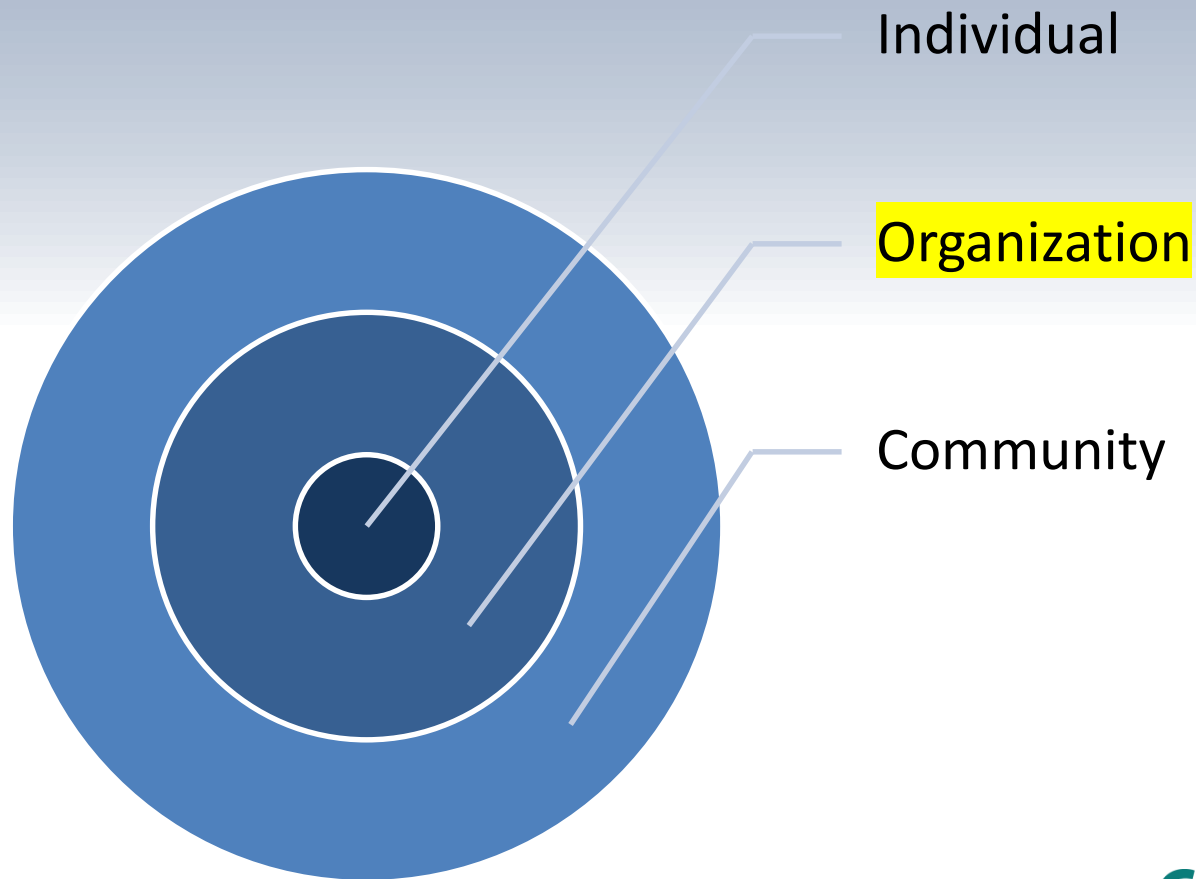
Resilient and Trauma-Informed Community



www.resilientcommunitieswi.com

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Levels of Trauma-Informed Perspective Shifts



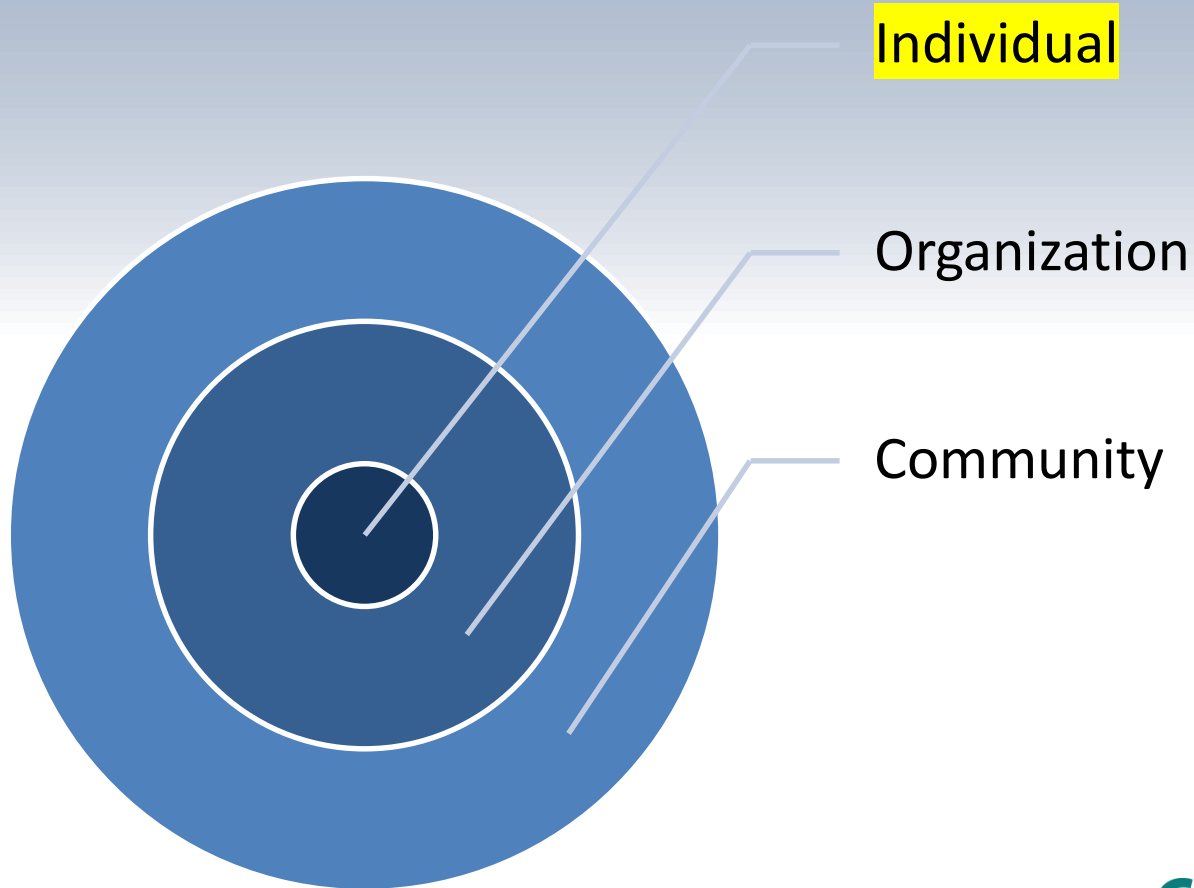
Key Ingredients to Trauma-Informed Organizations

1. Education
2. Physical Environment
3. Self-care of staff
4. Population-served practices
5. Leadership
6. Policy Review



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Levels of Trauma-Informed Perspective Shifts



Trauma-informed care is a strengths-based treatment framework that requires professionals to recognize, understand and respond to the pervasive impact of trauma.

TIC embraces a perspective that highlights adaptation over symptoms and resilience over pathology.

A trauma-informed approach focuses on principles rather than a prescribed set of behaviors

Trauma-Informed Principles	
Safety	Trustworthiness
Collaboration	Empowerment
Peer Support	Culture

	Definition	Examples in Practice
Safety	Ensuring physical and emotional safety among patients and staff.	<ul style="list-style-type: none">• Allow patients/clients to define safety• Create calm waiting and service areas that are welcoming• Respect privacy

	Definition	Examples in Practice
Trustworthiness	Decisions and treatment planning are transparent with goal of building and maintaining trust.	<ul style="list-style-type: none">• Provide clear information on services• Ensure informed consent• Establish realistic expectations and boundaries

	Definition	Examples in Practice
Empowerment	Build on individual strengths to develop new skills	<ul style="list-style-type: none">• Create an atmosphere that allows patients/clients to feel validated and affirmed with each contact• Provide opportunity for patient/client to voice feedback

	Definition	Examples in Practice
Collaboration	Engage in shared decision-making and seek to minimize power differences	<ul style="list-style-type: none">• Allow patients/clients to have significant role in planning and evaluating services

	Definition	Examples in Practice
Choice	Patients retain choice and control during decision-making	<ul style="list-style-type: none">• Provide clear and appropriate messages about patients' rights, responsibilities and service options

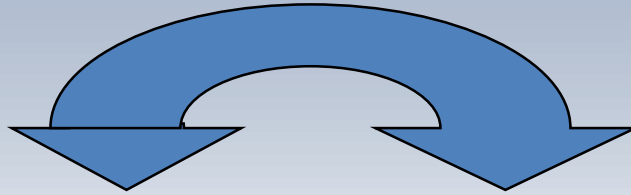
	Definition	Examples in Practice
Culture	Embed principles of diversity, equity and inclusion	<ul style="list-style-type: none">• Ensure access to services that address needs of individuals from diverse backgrounds• Messaging is culturally responsive



Are we aware of our influence on others?

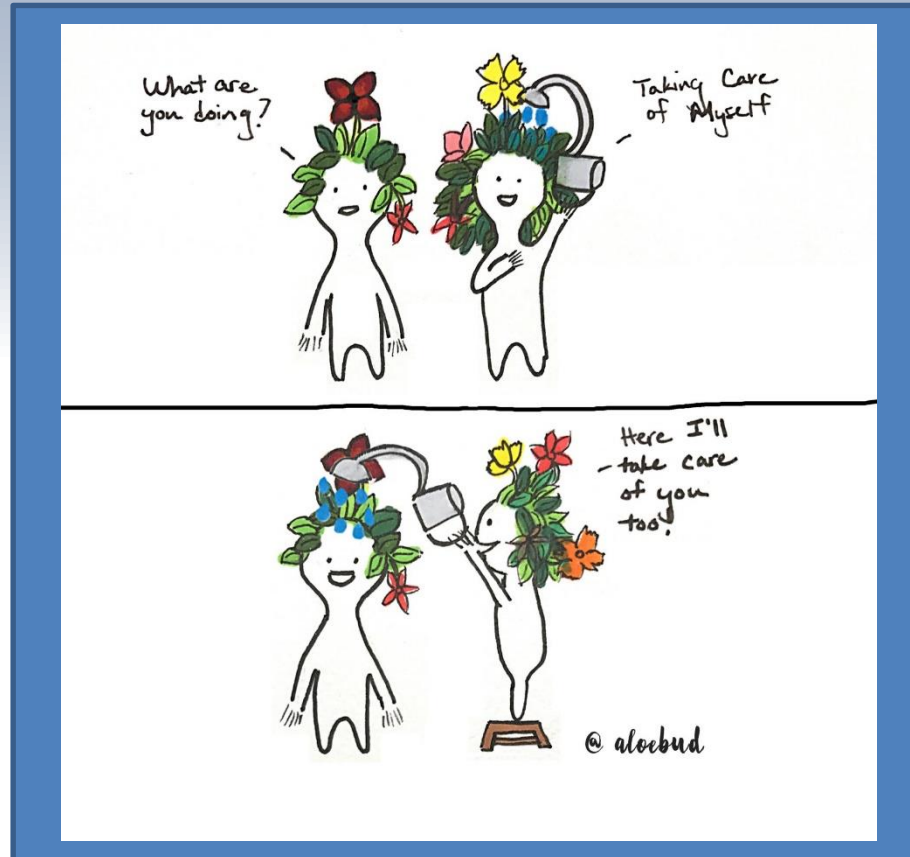


Purposeful Interactions



Through an effort to intentionally be present

Self-care is important for reducing stress, avoiding burn-out, and maintaining a healthy mind and body.



Self-Care through WATER

Well-being

Awareness

Toolkit of Strategies

Embrace Help

Reflection



Well-Being: *How strong are your roots?*



Roots indicate health of the plant.

Awareness:

Can I recognize signs & symptoms?



Physical or mental features indicating a problem.

Signs and Symptoms of Burn-Out

- Physiological symptoms
- Sleep disturbances
- Fatigue
- Feeling overwhelmed
- Despair
- Numbing of feelings
- Feeling angry much of the time
- Denying own needs
- Generalized anxiety
- Intrusive thoughts
- Nightmares
- Irrational fears
- Distrusting others
- Feeling isolated
- Incapacity for intimacy
- Addictions
- Talking all the time about your cases/job

Toolkit of Strategies:

What tools are available to me?



Self-care needs vary by individual.
Need to know what strategies work for you.

Examples of Strategies

- Feeling happy, relaxed or content
- Having a healthy body that is able to do the things I want it to
- Focused mind
- Smiling
- Getting things done
- Optimistic outlook
- Clean and organized home
- Investing in community
- Spending time in nature
- Achieving goals
- Making time for hobbies or things I enjoy
- Having fun with family and friends

Embrace Help:

Do I know where to get help when needed?



Be smart enough to know when you need help
and brave enough to ask for it.

Reflection:

Did the strategies work? How am I doing?



Looking back so that the view looking forward
is even clearer.

**Trauma-Informed Care is about the seemingly
“small stuff” that adds up for a big impact.**



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