

Trauma-Informed Care (TIC)

Guide learners to identify developmentally appropriate strategies for assessing & diagnosing trauma & related disorders

ESTABLISH PHYSICAL & EMOTIONAL SAFETY OF PATIENTS & STAFF

Collaborate with patient to set goals & treatment plan

Promote culturally sensitive care

Build trust between provider & patient

Promote patient-centered, evidence-based care



RECOGNIZE SIGNS AND SYMPTOMS OF TRAUMA

Functional difficulties

sleep, tantrums, toileting & eating behaviors

Hyperarousal, avoidance & re-experiencing

nightmares & flashbacks

Self-destructive behavior

negative self-concept, shame, guilt

Violent or dissociative behavior

difficulty with relationships



TRAUMA-RELATED DISORDERS

Acute Stress Disorder

Exposure to a traumatic event with re-experiencing & interference in functioning, within the first 30 days following the event

Post-Traumatic PTSD

Exposure to traumatic event with re-experiencing & interference in functioning, **beyond** 30 days following the event

Adjustment Disorders

Development of emotional or behavioral symptoms in response to an identifiable stressor within the first 3 months of the stressor

Reactive Attachment Disorder

Inhibited or emotionally withdrawn behavior a child exhibits towards adults following social neglect or deprivation

TOOLS TO ASSESS TRAUMA

Universal screens (ACES/PEARLS & BCES-parent & youth) to assess risk & protective factors

"Anything bad or scary happened since I last saw you or your child?"

PTSD rating scales (CATS & CPSS) to assess symptoms severity & stratify treatment



GUIDE LEARNERS TO ASSESS DISTRESS & IMPAIRMENT

- Impact on sleep and mood (secondary insomnia/depression)
- School functioning (academics, peer relationships, teacher relationships)
- Impact on health (eating, pain, exhaustion, exercise, sports)
- Negative impact on interpersonal relationships
- Ability to cooperate with treatment



This JiTT is Evidence-based!

[Follow this link for more information](#)