



# Trauma-Informed Care (TIC) Approaches: Addressing “Benevolent” Stigma *Training*

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# Training Objectives

- Define trauma and TIC
- Discuss the principles of Trauma-Informed Care (TIC)
- Understand the barriers to practicing TIC
- Learn the tools to practice TIC in your own work



# Discussion:

- ▶ *Who knows what TIC is?*
- ▶ *How do you practice TIC in your own work setting?*
- ▶ *Why do you use TIC approaches?*



# Trauma-Informed Care (TIC)

What is individual trauma?

*Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.*



# Trauma-Informed Care (TIC)

How do you treat trauma?

- ▶ TIC is one evidenced-based approach addressing trauma in multiple settings, contexts, or target populations.

Incorporates three essential key elements:

1. *Realizing* the prevalence of trauma;
2. *Recognizing* how trauma affects all individuals involved with the program, organization, or system, including its own workforce; and
3. *Responding* by putting this knowledge into practice.



# Trauma-Informed Care (TIC)

*A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for healing; recognizes the signs and symptoms of trauma in staff, clients, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, practices, and settings.*



# TIC Principles

*Please refer to handout...*

Safety	Peer Support & Mutual Self-Help
Trustworthiness & Transparency	Resilience & Strengths Based
Collaboration & Mutuality	Inclusiveness & Shared Purpose
Empowerment	Cultural, Historical, & Gender Issues
Voice & Choice	Change Process

# Discussion:

- ▶ What is a TIC principle you already practice in your work?
- ▶ What is a TIC principle that is challenging to practice? Why?



# Stigma & Trauma-Informed Care (TIC)

What is stigma?

- ▶ A social process which can reinforce control or power imbalances.
- ▶ Leads to status loss and discrimination of the stigmatized.

Different forms of stigma:

Public Stigma	Self-stigma
Negative belief about a group; agreement with belief and/or negative emotional reaction; behavior response to prejudice	Negative belief about the self; agreement with the belief, negative emotional reaction; behavior response to prejudice



# Stigma & Trauma-Informed Care (TIC)



## Sources of stigma:

- Self
- Family/ Friends
- Coworkers
- Media
- Health Providers
- Policies/ Laws/ Regulations
- Other Institutions
- Environment
- Culture



# Stigma & Trauma-Informed Care (TIC)

What is “benevolent” stigma?

- ▶ *People with mental illness are perceived to benefit from “parental” figures who take care of them.*

What is the impact of “benevolent” stigma for providers?

- ▶ Assumptions about a client prevents trust
- ▶ Decreases client’s willingness to access services
- ▶ Client may not disclose risk behaviors
- ▶ Influences client’s sense of self-worth
- ▶ Inhibits recovery process when a client’s potential is seen as limited (see *Recovery* handout)



# Self-Assessment:

- ▶ Partner with the person next to you and tell a story about a time when you have reinforced “benevolent” stigma.
  - What were you trying to accomplish with the person?
  - How did the person respond?
  - What would you do differently?



# Stigma & Trauma-Informed Care (TIC)

How is “benevolent” stigma related to TIC?

- ▶ The experience of being stigmatized is traumatic in of itself. Stigma, as a form of trauma, can be prevented through the application of TIC principles both on ourselves and our clients.

## Ways to promote TIC Approaches:

- ▶ Interact with everyone as if they had a history of trauma
- ▶ Involve, support, and partner with consumers in their recovery process every step of the way
- ▶ Support staff development in TIC approaches
- ▶ Create a safe and supportive work environment
- ▶ Assess, plan, and reassess services continuously
- ▶ Adapt policies and procedures to align with TIC



# TIC Toolkits

- ▶ SAMHSA's Trauma Definition:  
<http://www.samhsa.gov/traumajustice/traumadefinition/>
- ▶ Klinik Community Health Centre, *Trauma-Informed Toolkit*.  
[http://www.trauma-informed.ca/traumafiles/Trauma-informed\\_Toolkit.pdf](http://www.trauma-informed.ca/traumafiles/Trauma-informed_Toolkit.pdf)
- ▶ Health & Human Services Agency, *Trauma-Informed Organizational Toolkit for Homeless Services*:  
<http://www.familyhomelessness.org/media/90.pdf>



# Commitments

- ▶ Get back with your partner and discuss:

*What are you willing to do to support Trauma-Informed Care (TIC) and reduce “benevolent” stigma?*



# Questions?



# Sources

Substance Abuse Mental Health Services Administration (SAMHSA), *Trauma Definition*, December 10, 2012:

<http://www.samhsa.gov/traumajustice/traumadefinition/>.

Harm Reduction Coalition, *Understanding Drug-Related Stigma and Discrimination: Tools for Better Practice and Social Change*, 2010:

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Corrigan, Patrick W., and Amy C. Watson, "Understanding the impact of stigma on people with mental illness," *World Psychiatry*, no. 1 vol. 1, February 2002: 16 – 20,

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1489832/pdf/wpa010016.pdf>.

Guarino, K., Soares, P., Konnath, K., Clervil, R., and Bassuk, E. (2009). *Trauma-Informed Organizational Toolkit*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and the Daniels Fund, the National Child Traumatic Stress Network, and the W.K. Kellogg Foundation:

<http://www.familyhomelessness.org/media/90.pdf>.



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