Trauma-Informed Care: Mental Health Coalition

Information Exchange
Understanding Trauma-Informed Care

Move away from a services that physical, pathology- practice methods incorporate best- relational, and emotional based for working with symptoms that approach people who have may be a result of toward trauma survived traumatic trauma exposure, but are often survivors events overlooked.
Paradigm shift: moving from asking “What is wrong with you?” to
“What happened to you?”
Understanding Types of Trauma
A single traumatic event that is limited in time

The experience of multiple traumatic events

Acute Trauma

Chronic Trauma

Complex Trauma

System Induced Trauma

Result of traumatic experiences that are interpersonal, intentional, prolonged, and repeated

Traumatic events that occur in "trusted" institutions (schools, church, hospitals)

(Davis-Salyer, 2011; Hudson, 2012)
Understanding Neurobiology and the Impact of Trauma

1. Function of the stress-response in the brain
2. Impact of Chronic Stress
3. Fear Extinction
4. Emotion Regulation

Resilience and Trauma
Recovery

Safety
Processing of
Post-traumatic Growth
Reconnection and
Reintegration

National Center for Trauma-Informed Care
http://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-
Behavioral-Health-Services/SMA14-4816
Sources


Panel Guests Include:

Joel Rooney - Psy. D. Integrated Support and Recovery Services
La Crosse County Human Services

Regina Siegel - Director of Pupil Services & Learning Supports,
School District of La Crosse

Lacie Ketelhut - Program Coordinator, Center for Effective Discipline,
Gundersen Nation Child Protection Training Center