Trauma and Substance Use Disorder
Implementing Trauma-Informed Care

Knowledge Domain________________________

Approximately 60 to 90 percent of SUD patients have experienced one or more traumatic event in their life. Trauma can include a wide variety of experiences such as abuse or family dysfunction. In fact, health care settings can be a trigger and can potentially drive patients away from treatment. Trying to find ways to make health centers and clinics more welcoming of trauma patients is a big task but one that could bring in so many more people who need help.

Recommended Group Activity______________

Implementing a trauma-informed care (TIC) approach in a clinic may help the staff engage their patients more effectively by shifting the focus from “what’s wrong with you?” to “what happened to you?” TIC promotes a culture of safety, empowerment, and healing. It is used for assistance in managing symptoms and reducing the likelihood of re-traumatization of the patient when they come in for care. Examples:

- Trauma training for clinical and non-clinical staff
- Creating a safe physical and social-emotional environment (e.g., making sure secluded areas are well lit or maintaining consistent and open communication between staff and patients)
- Involving patients in the treatment process
- Trauma screening for every new patient

To Learn More___________________________

Trauma-Informed Care Walkthrough Project Report
http://bit.ly/2WQxuUF

Key Ingredients for Successful Trauma-Informed Care Implementation
http://bit.ly/2WQbQ2V