Did You Know
Working with patients who have experienced trauma puts health center staff at risk of secondary traumatic stress. It is defined as the emotional duress that results when an individual hears about the firsthand trauma experiences of another person.

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

To Learn More
Trauma-Informed Care Walkthrough Project
http://bit.ly/2WQxuUF
Key Ingredients for Successful Trauma-Informed Care
http://bit.ly/2WQbQ2V