

**MEETING NEEDS OF TRAUMA SURVIVORS**

*“Trauma is increasingly seen as an almost universal experience of public mental health and human service recipients. . . . without integrating a focus on trauma, improvement in trauma-related symptoms such as depression and substance-use disorders will not occur...and a recovery-oriented system is impossible. Addressing trauma is increasingly recognized as essential for recovery!”*

*Kathryn Power, M.Ed., Director, Center for Mental Health Services*

**TRAUMA—what is it?**

- ✘ Trauma is a real or perceived threat to survival.
- ✘ Trauma can change the brain and nervous system.
- ✘ Trauma may be physical, mental or emotional.
- ✘ Trauma can affect development, relationships and productivity.
- ✘ Trauma may lead to Post Traumatic Stress Disorder (PTSD), an anxiety disorder whose symptoms impact the individual’s ability to function



**Facts and Figures About Trauma**

- ✘ 60% of adults reported at least 1 traumatic event in their lifetime (Kessler, et al, 1995).
- ✘ 50% of all Children in the US experience trauma (Boney-McCoy, Finkelor, 1995) .
- ✘ 99% of people with serious mental illness have experienced trauma and 43% have PTSD (Muser, et al, 1998).
- ✘ 90% of people with addictive disorders have experienced trauma and 33% have PTSD (Najavits et al, 1998).
- ✘ 1 in 4 trauma survivors develop PTSD.
- ✘ 3 of 4 survivors of extreme trauma develop PTSD and self-regulatory problems.

**DMHAS Trauma Initiative**

The **DMHAS Trauma Initiative** helps to ensure behavioral health care that is sensitive and responsive to the needs of men and women who have experienced trauma by integrating trauma informed care within the DMHAS service system statewide. A partnership among national and local experts and care providers, the Trauma Initiative helps care providers to utilize practices that support trauma survivors.

*“Things were worse before the Trauma Initiative...people didn’t understand trauma and what [we] have been through.”*

*Anonymous trauma survivor*



**Trauma Initiative Highlights**

- ▶ **3-stage Trauma Initiative Plan** includes:
  1. *Assessment* of agencies’ past trauma work to analyze strengths and weaknesses
  2. *Collaborative planning sessions* to develop community “buy-in”
  3. *Growth strategies and sustainability plan* implemented
- ▶ **Clinical staff and supervisor training** in “Understanding Trauma and Staff [self] Care.”
- ▶ **Training and consultation** given to over 1,000 clinicians within 40 organizations.
- ▶ **Research evaluation for effectiveness** and to generate improvements for future initiatives.
- ▶ 2008 DMHAS contract language to address **trauma-informed care policies and practices.**
- ▶ **DMHAS technical assistance** for providers in meeting established standards.

**Three Evidence-Based Trauma Models**

**Trauma Adaptive Recovery Group Education Therapy**

**Seeking Safety**

**Trauma Recovery Empowerment**