

# What is trauma?

Trauma is a response to a perceived threat to survival or emotional well-being of an individual or large group, such as a community or a culture.

Trauma leads to adverse brain, bodily and psychological changes that damage self, relational and spiritual development and impair living, learning and working.

Definition from Monroe County ACCESS Research to Practice Subcommittee, 2011

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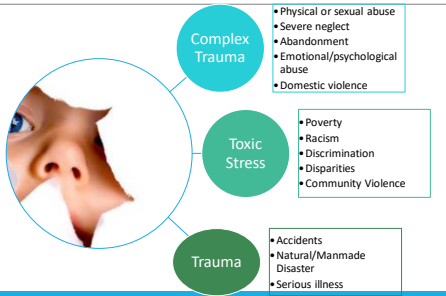
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# Complex Trauma & Toxic Stress



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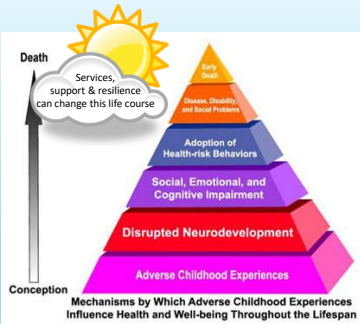
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# Adverse Childhood Experiences



## What is an ACE?

- Recurrent physical abuse
- Emotional abuse
- Sexual abuse
- Alcohol/drug abuser in household
- Incarcerated household member
- Household member who with chronic mental illness
- Violence between adults in the home
- Parental separation or divorce

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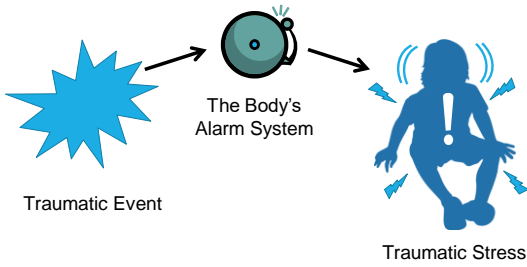
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## Traumatic Stress Response Cycle



Source: Georgetown University Center for Child & Human Development. (n.d.). Stress and the developing brain: The stress response. Retrieved from Center for Early Childhood Mental Health Consultation website: [http://www.ecmhc.org/tutorial/trauma/trauma/trauma2\\_1.html](http://www.ecmhc.org/tutorial/trauma/trauma/trauma2_1.html)

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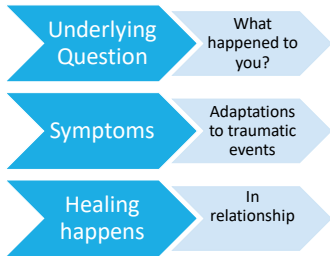
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## Things to remember



SAMHSA, 2015

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## Why Trauma-Informed Services?

- Trauma is pervasive
- Trauma's impact is broad and diverse
- Trauma's impact is deep and life-shaping
- Trauma, especially interpersonal violence, is often self-perpetuating
- Trauma differentially affects the more vulnerable
- Trauma affects how people approach services
- The service system has often been retraumatizing
- Staff members are deeply affected by systemic stressors

Source: Community Connections

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## Principles of TIC

What do we know already?



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## Principles of TIC

- Safety
- Trustworthiness & Transparency
- Collaboration
- Choice
- Power Restoration



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## Building Our Hope

PLANNING FOR WHAT WILL WORK FOR US



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## Trauma Informed Resources

The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success

[www.k12.wa.us/CompassionateSchool/Resources.aspx](http://www.k12.wa.us/CompassionateSchool/Resources.aspx)

Helping Traumatized Children Learn

<http://traumasensitiveschools.org/>

Reaching and Teaching Children Who Hurt by Susan Craig

The National Child Traumatic Stress Toolkit for Educators

[http://www.nctsn.org/sites/default/files/assets/pdfs/Child\\_Trauma\\_Toolkit\\_Final.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf)



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