

The Role of Trauma-Informed Care

RESOURCE GUIDE

What is Trauma and Trauma-Informed Care?

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes trauma as events or circumstances experienced by an individual that are physically or emotionally harmful, which result in adverse effects on the individual.

Trauma-informed care (TIC) is an approach with six key principles based on knowledge of the impact of trauma, aimed at promoting an environment of healing and recovery. The trauma-informed approach realizes the impact of trauma, recognizes the signs and symptoms of trauma, responds by integrating knowledge about trauma into policies and practices, and seeks to resist re-traumatization.



Safety



Trust and
Transparency



Peer
Support



Collaboration
and Mutuality



Empowerment,
Voice, and Choice



Cultural, Historical,
and Gender Issues

(SAMHSA, 2014)

Signs and Symptoms of Trauma

“FRAVED”

- Fits, fret and fear
- Regulation disorders
- Attachment disorders
- Yelling and yawning
- Educational delays
- Defeated/dissociation



(AAP, 2023)

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are traumatic events that happen during childhood.

- Physical, sexual, or emotional abuse
- Witnessing violence in the home
- Loss of a loved one
- Bullying
- Community or school violence

ACEs are linked to chronic health conditions, mental illness, and substance use disorders in adolescence and adulthood.

(CDC, 2023)

Special Considerations: Children and Youth with Special Health Care Needs (CYSHCN)

- 37% of CYSHCN have 2+ ACEs compared with 18% of children and youth without SHCN.
- CYSHCN with 2+ ACEs can experience an exacerbation of their medical conditions and poor academic performance.
- CYSHCN with physical and developmental delays are at an increased risk of mental health and behavioral conditions.
- CYSHCN may not respond to trauma in the same ways as the general public and can have difficulty with recovery from trauma.

(Mattson and Kuo, 2019)
(McNally et al., 2021)

Goal

Fostering safe, stable, and nurturing relationships to build resiliency.



Provide a safe
environment.



Build
trust.



Empower patients
and families.



Encourage a
positive mindset.



Provide screening for
trauma-related symptoms.



Avoid re-traumatizing
while providing care.

Resources

Readings

- [Crisis Prevention- Trauma Informed Care.pdf](#)
- [Families and Caregivers | The National Child Traumatic Stress Network \(nctsn.org\)](#)
 - [Trauma and your Family.pdf \(nctsn.org\)](#)
 - [Understanding Trauma Responses in Children w IDD.pdf](#)
 - [Choosing Trauma-Informed Care for Children with Intellectual and Developmental Disability: A Fact Sheet for Caregivers \(nctsn.org\)](#)
 - [Fact Sheet Children with IDD and Traumatic Stress.pdf](#)
 - [Resilience and Child Traumatic Stress.pdf](#)
 - [NCTSN Trauma-Informed Schools.pdf](#)
- [Positive Adverse Childhood Experiences \(PACE\) Data Report: California Health Information Survey \(CHIS\), 2021](#)
- [Recognizing and Treating Child Traumatic Stress | SAMHSA](#)
 - [Understanding Child Trauma SAMHSA.pdf](#)
 - [Tips for Talking to Children after a Disaster \(samhsa.gov\)](#)
- ["The Body Keeps the Score" by Bessel van der Kolk](#)
- [The Foster Care Parent Resource Guide: A Trauma-Informed Caregiving Approach](#)

Screenings

- [Assessing your own ACEs score: NumberStory.org](#)
- [Pediatric ACEs and Related Life Events Screener \(PEARLS\)](#)
- [Pediatric PTSD Screening tool: CPM – Utah PIPS](#)
- [FAQs on direct payments for ACEs screenings \(Pediatrics/Family Medicine/Behavioral Health\): FAQs on Proposition 56 Payment - Adverse Childhood Experience Screening \(ACES\) Services \(PDF\).pdf \(iehp.org\)](#)

Tools and Training

- [ACES Aware Training for Healthcare Professionals in California: https://training.acesaware.org/aa/](#)
- [Adverse Childhood Experiences – Children's Network \(sbcounty.gov\)](#)
- [AAP Trauma Informed Care and Resilience Promotion Training: Training and Educational Opportunities: Trauma and Resilience \(aap.org\)](#)
- [CDPH MCAH Dashboard on Adverse Childhood Experiences](#)
 - [State Level Data: www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/Pages/Adverse-Childhood-Experiences.aspx](#)
- [Limited San Bernardino Co-Level Data: www.acesaware.org/data-reports/](#)
- [First 5 California Stronger Starts \(Toxic Screen education for parents\)](#)
- [Fit 5 Cards & Videos for Physical Activity for Individuals with Disabilities: Fit 5 \(specialolympics.org\)](#)
- [Helping Children and Adolescents Cope With Traumatic Events \(nih.gov\)](#)
- [Neighborhood Navigator by findhelp - Search and Connect to Social Care \(aafp.org\)](#)
- [Patient Advocate Foundation \(case management for patients/CYSHCN\):](#)
 - [PAF Case Management - Patient Advocate Foundation](#)
 - [About Greater National Advocates | Get Help Now — Greater National Advocates \(gnow.org\)](#)
- [Resilience Booster Parent Tip Tool.pdf](#)
- [Trauma-Sensitive Schools: A Whole-School Approach - Trauma Sensitive Schools](#)

ACES Resources - San Bernardino County

To access resources by region, scan the corresponding QR code with mobile device or visit the link.



East

Highland - Mentone
Muscoy - Redlands
Yucaipa

East Regions



Central

Bloomington
Colton - Fontana
Grand Terrace
Loma Linda - Rialto
San Bernardino

Central Regions



West

Chino - Chino Hills
Montclair - Ontario
Rancho Cucamonga
Upland

West Regions



High Desert

Apple Valley
Adelanto - Barstow
Hesperia - Lenwood
Lucerne Valley
Phelan - Piñon Hills
Victorville

High Desert



Morongo Basin

Fort Worth - Needles
Joshua Tree
Morongo Valley
Twentynine Palms
Yucca Valley

Morongo Basin



Mountain

Big Bear Lake
Big Bear City
Crestline - Skyforest
Lake Arrowhead
Running Springs
Wrightwood

Mountain