What is it?

Trauma-informed care (TIC) is an approach that asks: “What happened to you?” as opposed to “What is wrong with you?” (Rosenberg, 2011). TIC ensures people receive the care they need based on the impact of previous experiences. It is a holistic approach to care, and can both prevent the individual from experiencing further trauma as well as help them recover from previous experiences. Trauma-informed care can be used in hospitals, psychiatrist offices, rehabilitation centres, and community centres.

WHAT CAN CAUSE TRAUMA?

• sexual and physical abuse;
• exposure to war, suicide, murder, and accidents (Klinic, 2013).

HOW IS TRAUMA-INFORMED CARE IMPLEMENTED?

Health Care Providers are:
• well-informed about trauma;
• empathetic;
• compassionate;
• self-aware;
• flexible; and
• able to emotionally connect to patient’s trauma experience (Harris & Fallot, 2001 and Klinic, 2013).

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4
WAYS TO RECOGNIZE TRAUMA

RE-EXPERIENCING THE EVENT
AVOIDANCE AND EMOTIONAL NUMBING
CHANGES IN SLEEPING PATTERNS
HYPERAROUSAL

(Huckshorn & Lebel, 2013)
How can we prevent trauma-based suicide?

EDUCATION AND AWARENESS
Developing an awareness campaign can inform and educate the general public and everyone who is in contact with potential trauma victims (Olson, 2013).

AN ASSUMPTION OF TRAUMA
The assumption that people who are suicidal have experienced personal trauma should become part of formal screening and assessment processes.

SCREENING FOR TRAUMA
Routine trauma screening ensures that everyone is assessed for past traumatic experiences, and not only for their obvious symptoms (Olson, 2013).

RESILIENCY CAN OFFSET THE NEGATIVE OUTCOMES OF TRAUMA
Anyone who has experienced trauma maintains one essential, positive quality: resilience.

Being resilient involves engaging with friends and family for support, and using healthy coping strategies and problem-solving skills effectively to work through difficulties (Australian Government, Department of Health and Ageing, 2008).

READ MORE AT bit.ly/2twq65k

SOME CANADIAN ORGANIZATIONS THAT HAVE IMPLEMENTED TIC
Sunshine Coast Health Centre in Powell River
Centre for Addiction and Mental Health (CAMH) in Toronto
Klinic Community Health Centre in Winnipeg

VIEW THE REFERENCE LIST ONLINE www.suicideinfo.ca/resource/trauma-suicide-fact-sheet/
References


