

Provider Notice

To: All Providers
From: Daniel Eisenhauer, Director of Operations
Date: July 10, 2024
Subject: AD 24 108: Differentiating Between Trauma Informed Care and Trauma Treatment

PerformCare would like to thank our provider network for completing the Trauma Informed Care Educational Needs in January. We hope that the information on training opportunities and educational resources sent out thus far have been helpful to your practice. We received feedback and information on provider educational needs, and we are working to address these strategically. Look forward to an upcoming free training opportunity to be offered in October through PerformCare.

From the information we received, we identified that provider educational needs are highly variable and dependent to some degree upon the provider's level of care and existing training/knowledge in Trauma Informed Care. One component of this information gathering process that was clear from the survey responses was the need to clearly define the difference between Trauma Informed Care and evidenced based trauma treatments. While our plan is to address provider needs in both areas, we want to first clarify this distinction.

Trauma Informed Care is a way of approaching interactions with people (who we support or provide care) where we are mindful of the impact of trauma in coordinating treatment and take actions to prevent potential re- traumatization. Trauma Informed Care recognizes that any event, even one that seems small or non-invasive, can trigger a traumatic response from a person. Trauma-informed care (theoretically) should be applied in ALL settings, not only in high-risk environments (Boles, 2017).

Trauma treatment is the actual treatment of the individual's behavioral and mental health concern stemming from the trauma. Whether this is PTSD or another diagnosis, treatment should be trauma informed as to not risk re-traumatization. Trauma treatment is not one size fits all and should be individualized based on the individual's needs. Evidence based trauma treatment is a component of Trauma Informed Care.

References

Boles, Jessika. Trauma-Informed Care: An Intentional Approach. *Pediatric Nursing*, vol. 43, no. 5, Sept.-Oct. 2017.