

## Provider Notice

To: **All PerformCare Providers**  
From: **PerformCare**  
Date: **June 23, 2023**  
Subject: **AD 23 112: Trauma-Informed Care**

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Exposure to a traumatic event, or experiencing trauma on an ongoing basis, can have a deleterious effect on many aspects of our daily lives. The experience of trauma can lead to, or exacerbate, symptoms of mental health and substance use, as well as negatively impact physical health. Because of the effect trauma can have on the whole person, it is important for providers to include trauma-informed care with current treatment approaches.

To assist providers in these efforts, PerformCare has compiled the following resources that can be helpful when incorporating trauma-informed care into existing practices. To access or share these resources, simply open the hyperlink.

### Understanding Trauma-Informed Care:

[The BHARP System of Care Trauma Resources \(http://bharpssystemofcare.org/trauma-resources/\)](http://bharpssystemofcare.org/trauma-resources/)

This tab includes various resources and references on understanding trauma and ways to address its impact.

[The National Child Traumatic Stress Network \(https://www.nctsn.org/\)](https://www.nctsn.org/)

The primary website of the National Child Traumatic Stress Network (NCTSN), NCTSN.org offers information on various aspects of child traumatic stress, including trauma types, treatments and practices, and trauma-informed care; the site also provides access to over 875 free resources (including training curricula, fact sheets, resource guides, and videos) to help child-serving professionals as well as parents and caregivers better support children who have experienced trauma.

[SAMHSA Serious Mental Illness and Trauma: A Literature Review and Issue Brief \(https://www.samhsa.gov/sites/default/files/programs\\_campaigns/childrens\\_mental\\_health/samhsa-smi-and-trauma-lit-review-and-issue-brief.docx\)](https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/samhsa-smi-and-trauma-lit-review-and-issue-brief.docx)

This paper summarizes the current science on the relationship between trauma and serious mental illnesses.

[Understanding Trauma and Promoting Resilience in Vulnerable Children \(1 hour, 7 minutes\)](https://www.youtube.com/watch?v=Cyrf0qKFiOo)  
(<https://www.youtube.com/watch?v=Cyrf0qKFiOo>)

This webinar discusses how resilience can be developed and nurtured, and what parents can do to build resilient children.

[YMN Understanding Trauma Guide](https://youthmovenational.org/resources/) (<https://youthmovenational.org/resources/>)

This guide, produced by Youth M.O.V.E. National, provides a youth-focused overview on trauma, its symptoms, resources, and what an individual can do to help.

[Taking Care of Yourself and Others Following a Tragic or Traumatic Event](https://jedfoundation.org/resource/how-to-cope-with-traumatic-events/)  
(<https://jedfoundation.org/resource/how-to-cope-with-traumatic-events/>)

This Jed Foundation resource provides guidance on how to address and cope with trauma as an individual and community.

### **Implementing Trauma-Informed Care for Clinicians and Organizations:**

[Advancing Trauma-Informed Care Issue Brief: Key Ingredients for Successful Trauma-Informed Care Implementation](https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf)  
([https://www.samhsa.gov/sites/default/files/programs\\_campaigns/childrens\\_mental\\_health/atc-whitepaper-040616.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf))

Advancing Trauma-Informed Care Issue Brief provides a framework for organizational and clinical changes that can be practically implemented across the health care sector to address trauma.

[ARTIC \(Attitudes Related to Trauma-Informed Care\)](https://www.traumaticstressinstitute.org/the-artic-scale/)  
(<https://www.traumaticstressinstitute.org/the-artic-scale/>)

The ARTIC is one of the first psychometrically valid measures of trauma-informed care (TIC) to be published in peer-reviewed literature. The ARTIC is a measure of professional and paraprofessional attitudes favorable or unfavorable toward TIC.

[Creating Trauma-Informed Care Environments: Organizational Self-Assessment for Trauma-Informed Care Practices in Youth Residential Settings](http://www.trauma-informed-california.org/wp-content/uploads/2012/02/Organizational-Self-Assessment-for-Trauma-Informed-Care-Practices.pdf) (<http://www.trauma-informed-california.org/wp-content/uploads/2012/02/Organizational-Self-Assessment-for-Trauma-Informed-Care-Practices.pdf>)

This organizational assessment form can be used for organizations just beginning or already practicing principles of trauma-informed care. The assessment tracks the potential use of one or more sources of data and the extent to which it is occurring in the organization for the purpose of determining existing components of trauma-informed care that need further assessment, planning, data collection, and implementation while highlighting those components where progress has been made.

[Effective Strategies in Addressing Trauma in Children of Incarcerated Parents \(1 hour, 27 minutes\)](https://www.youtube.com/watch?v=Ydhl-AoHkuw) (<https://www.youtube.com/watch?v=Ydhl-AoHkuw>)

This webinar addresses trauma in children of incarcerated parents across systems; behavioral health, primary care, law enforcement, and community based.

[Family Trauma Assessment: Tip Sheet for Clinicians, NCTSN](#)

[\(https://www.nctsn.org/resources/family-trauma-assessment-tips-clinicians\)](https://www.nctsn.org/resources/family-trauma-assessment-tips-clinicians)

This fact sheet provides information on how to get families to embrace the need for trauma assessment, the best practices in and appropriate domains for family trauma assessment, how to choose instruments and decide what to measure, and how to present results to the family.

[Georgetown University Center for Trauma and the Community Resources](#)

[\(https://ctc.georgetown.edu/toolkit/\)](https://ctc.georgetown.edu/toolkit/)

This resource is a comprehensive collection of resources on trauma-informed care perspectives and resources; trauma and depression resources; and assessment instruments developed by the Center for Trauma and the Community (CTC) and others.

[NCTSN What is a Trauma-Informed Child and Family Service System?](#)

[\(https://www.nctsn.org/resources/what-trauma-informed-child-and-family-service-system\)](https://www.nctsn.org/resources/what-trauma-informed-child-and-family-service-system)

This fact sheet details the components of a trauma-informed child and family service system.

[Pathways Issue on Trauma-Informed Care for the Older Youth/Young Adult Population](#)

[\(https://www.pathwaysrtc.pdx.edu/focal-point-S15\)](https://www.pathwaysrtc.pdx.edu/focal-point-S15)

This issue of Focal Point focuses on trauma-informed care and its growing relevance in research, official policy, practice methods, and organizational structure.

[The Center for Health Care Strategies \(CHCS\) \(https://www.chcs.org/project/advancing-trauma-informed-care/\)](#)

Advancing Trauma-Informed Care is a national initiative aimed at understanding how trauma-informed approaches can be practically implemented across the health care sector.

[Trauma Screening \(https://www.nctsn.org/treatments-and-practices/screening-and-assessment\)](#)

This resource provides trauma-informed screening and assessment practices that help providers identify children's and families' needs early in the process and to tailor services to meet those needs.

**Resources for Caregivers:**

[Age-Related Reactions to a Traumatic Event](#)

[\(https://www.nctsn.org/sites/default/files/resources/age\\_related\\_reactions\\_to\\_traumatic\\_events.pdf\)](https://www.nctsn.org/sites/default/files/resources/age_related_reactions_to_traumatic_events.pdf)

This fact sheet, produced by the National Child Traumatic Stress Network, describes how young children, school-age children, and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help support them.

[NCTSN Learning Center for Child and Adolescent Trauma \(https://learn.nctsn.org/\)](#)

This source for online training offers free courses and resources on various aspects of child traumatic stress, including hundreds of webinars, eLearning modules, and videos (many offered for continuing education credit) on special populations, clinical training, service systems, and

Psychological First Aid.

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