

# Trauma Informed Approach:

Responding to Trauma in a Virtual Setting

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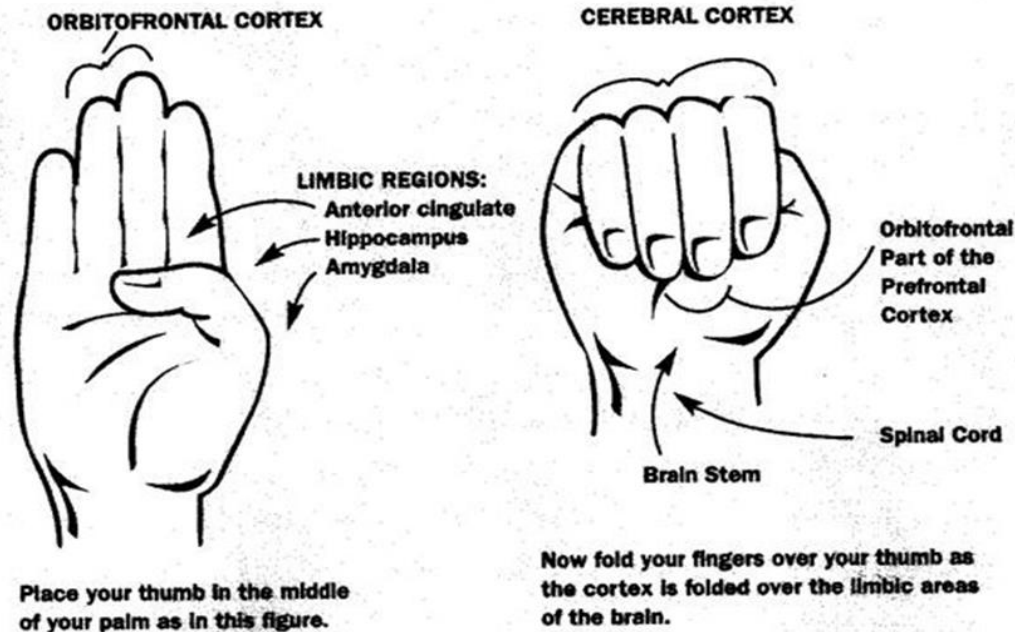
Diana Cockrell

Division of Behavioral Health and Recovery

Feb 22, March 8, and March 22, 2021

<http://www.youtube.com/watch?v=DD-lfP1FBFk>

## “FLIPPING YOUR LID”



**FIGURE 5**

Dan Siegel's Brain Hand Puppet from Siegel & Hartzell (2003), *Parenting from the inside out*. P.173

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The Pair of ACEs

Adverse Childhood Experiences



The Pair of ACEs



@ALYSERURIANI

Dig Deeper

# “Concept of Trauma and Guidance for a Trauma Informed Approach”

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## ▶ SAMHSA’s 6 Core Principles of Trauma

### ▶ Informed Approach

- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment & Choice
- Cultural, Historical & Choice

## SAMHSA’s 4 Key Assumptions in a Trauma Informed Approach

- Realization,
- Recognize,
- Respond,
- Resist Re-traumatization.

[https://ncsacw.samhsa.gov/userfiles/files/SAMHSA\\_Trauma.pdf](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)

# Physical Safety

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## **A trauma informed approach includes:**

- Ensuring safety is a priority.
- Communicating clearly about efforts eliminating shaming or stigmatizing language.
- Soliciting input or feedback.
- Attending to unease.

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# Psychological and Emotional Safety

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## **A trauma informed response includes:**

- Helping people understand what to expect.
- Demonstrating flexible consistency.
- Paying attention to nonverbal communication.
- Building in time to check in about feelings.

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# Cultural Responsivity

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## **A trauma informed response includes:**

- Recognizing and building upon the cultural strengths.
- Ensuring intended and unintended consequences of policy and practice decisions do not create harm.
- Being mindful of historical contexts.
- Using strategies that encourage engagement and minimize mistrust.

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# Peer Support and Relationship

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## **A trauma informed response includes:**

- Supporting multiple ways for communicating.
- Encouraging opportunities for connection.
- Setting up and supporting regular peer check-ins to connect.

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# Trust / Transparency

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## **A trauma informed response includes:**

- Communicating regularly.
- Explaining “the why” behind decisions, policies, or practices.
- Being transparent with policy and practice.
- Conveying strength and sensitivity.

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# Voice, Choice, and Empowerment

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## **A trauma informed response includes:**

- Sharing power.
- Providing choice whenever possible.
- Providing staff with the scripts needed to explain the situation and policies to individuals seeking or receiving services.
- Listening to ideas and input about being trauma informed during this crisis.
- Creating forums for participant feedback and input.

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# Collaboration

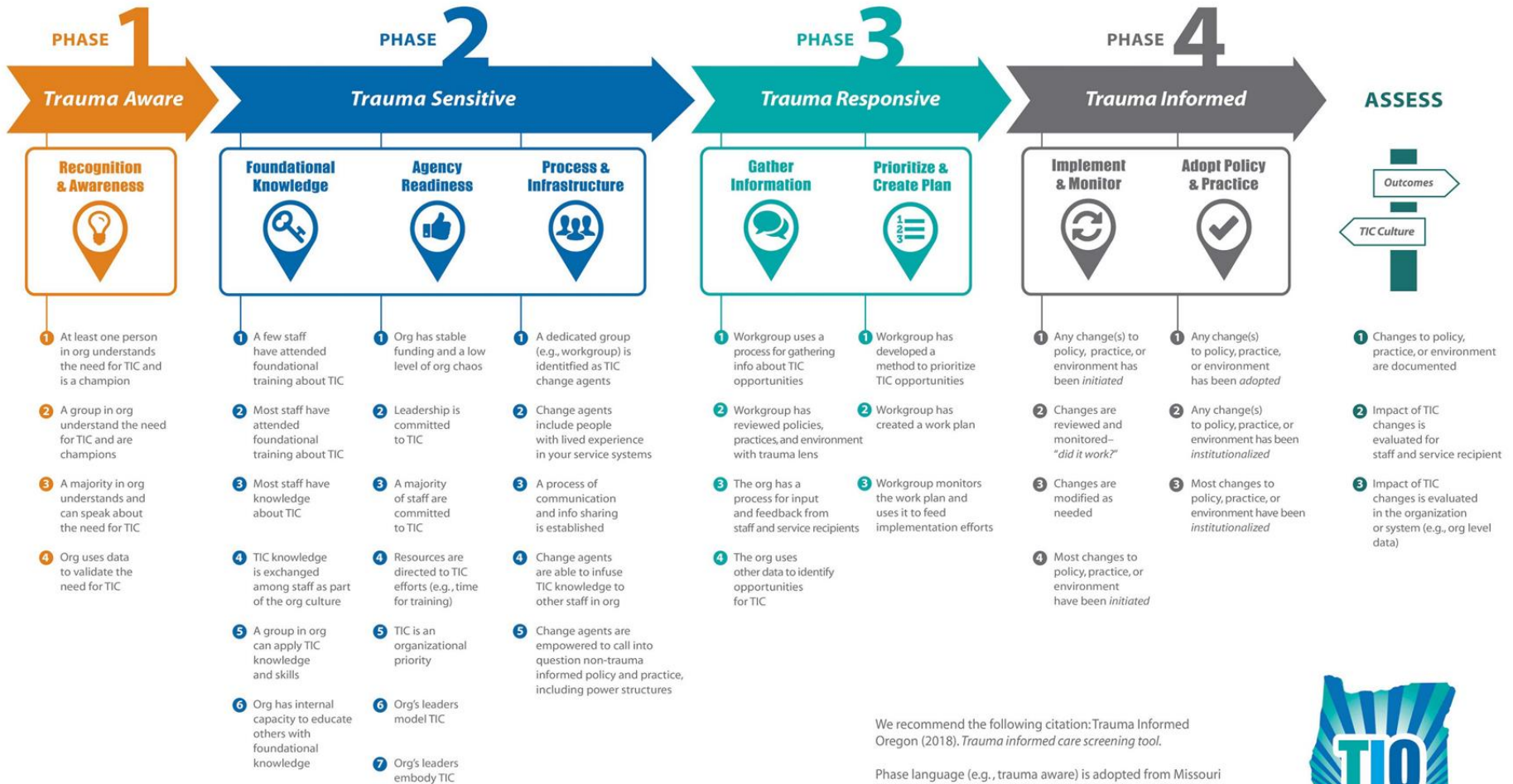
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## **A trauma informed response includes:**

- Making policy decisions with other systems in mind.
- Working together to create policies that promote shared delivery of services and working to eliminate policies where shared delivery is hindered.
- Initiating new partnerships and nontraditional collaborations.
- Collaborating within the organization, across departments, teams, funding and/or sites to ensure greater effectiveness and efficiency.

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# Trauma Informed Care Screening Tool



We recommend the following citation: Trauma Informed Oregon (2018). *Trauma informed care screening tool*.

Phase language (e.g., trauma aware) is adopted from Missouri Department of Health and Parnters (2014). *Missouri Model: A developmental framework for trauma-informed*.



Promoting Prevention.  
Committed to Wellness.

# Contact

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- HCA TIA Website

<https://www.hca.wa.gov/about-hca/trauma-informed-approach-tia>

# Resources

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- 3 Keys to Workplace Wellness Based on Psychological Science:

<https://www.psychologytoday.com/us/blog/revolutionary-thoughts/202003/3-keys-workplace-wellness-based-psychological-science>

- Creating Trauma-Informed Care Environments: An Organizational Self-Assessment:

<https://www.hca.wa.gov/assets/program/trauma-informed-care-organization-self-assessment-university-south-florida.pdf>

- Daniel Siegel's Hand as a Brain Model video:

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

# Resources

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- HCA Trauma-Informed Approach: Resources

<https://www.hca.wa.gov/about-hca/resources>

- Links to ACEs and Resiliency Information and Brain Based Science:

<https://criresilient.org/>

- Make Workplace Wellness Your Corporate Superpower:

<https://youtu.be/1KilHxfqInw>



# Resources

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- The National Center of Family Homelessness: Trauma-Informed Organizational Toolkit for Homeless Services:

<https://www.hca.wa.gov/assets/program/trauma-informed-self-assessment-national-center-family-homelessness.pdf>

- Trauma-Informed Approach Washington Trainings:

<https://tiawashington.com/training-center/>

- Trauma Informed Care Screening Tool:

<https://traumainformedoregon.org/roadmap-trauma-informed-care/screening-tool/>

# Resources

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- Trauma-Informed Online Trainings: modules for direct line staff, supervisors, and execs. Available in English and Spanish:

<https://tiawashington.com/>

- Trauma-Informed Oregon COVID-19 through TIA principles document:

<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>

- Trauma-Informed Oregon's TIA COVID 2-page document:

<https://traumainformedoregon.org/wp-content/uploads/2016/01/What-is-Trauma-Informed-Care.pdf>

Thank you