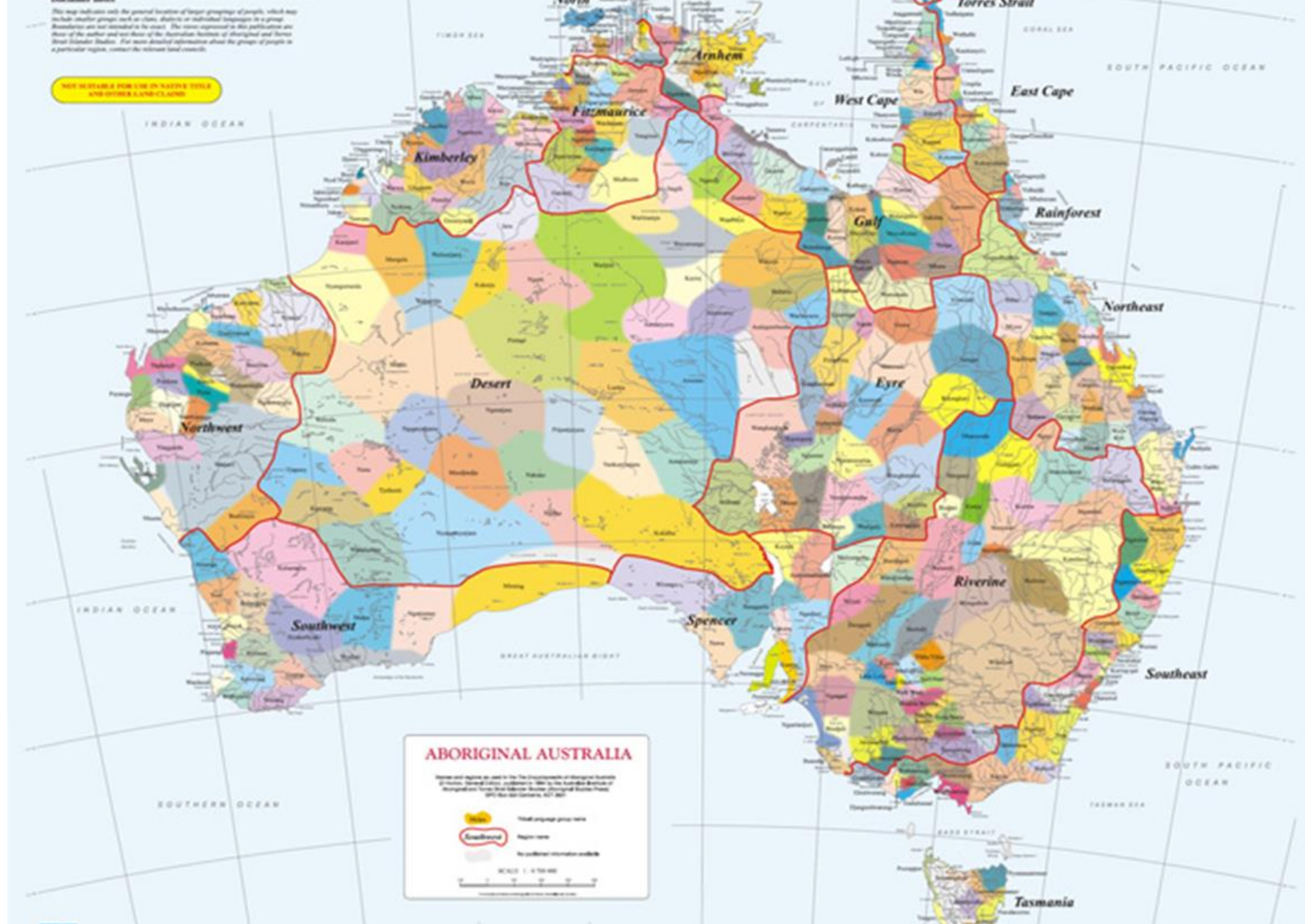


Primary health care services supporting health and healing through trauma informed care

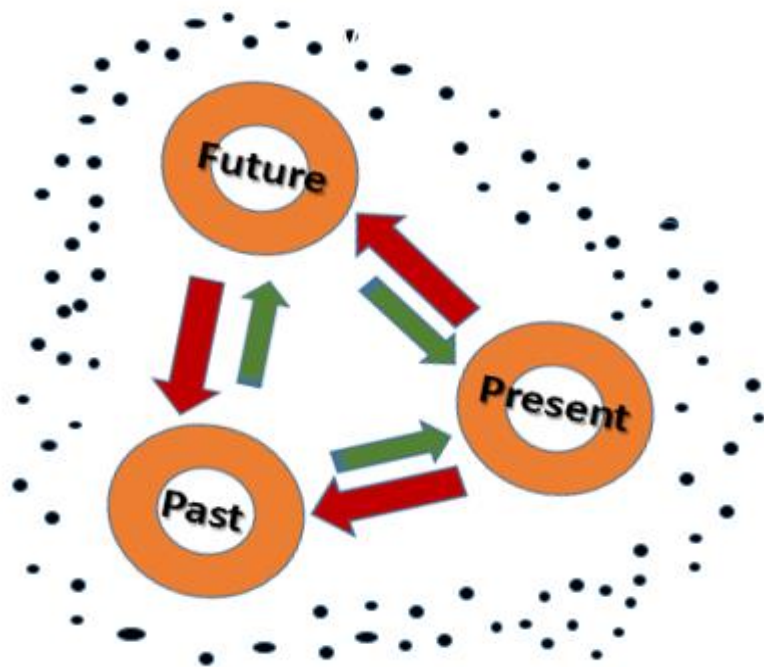
Danielle Dyall, Anthony Ah Kit & Sarah Haythornthwaite



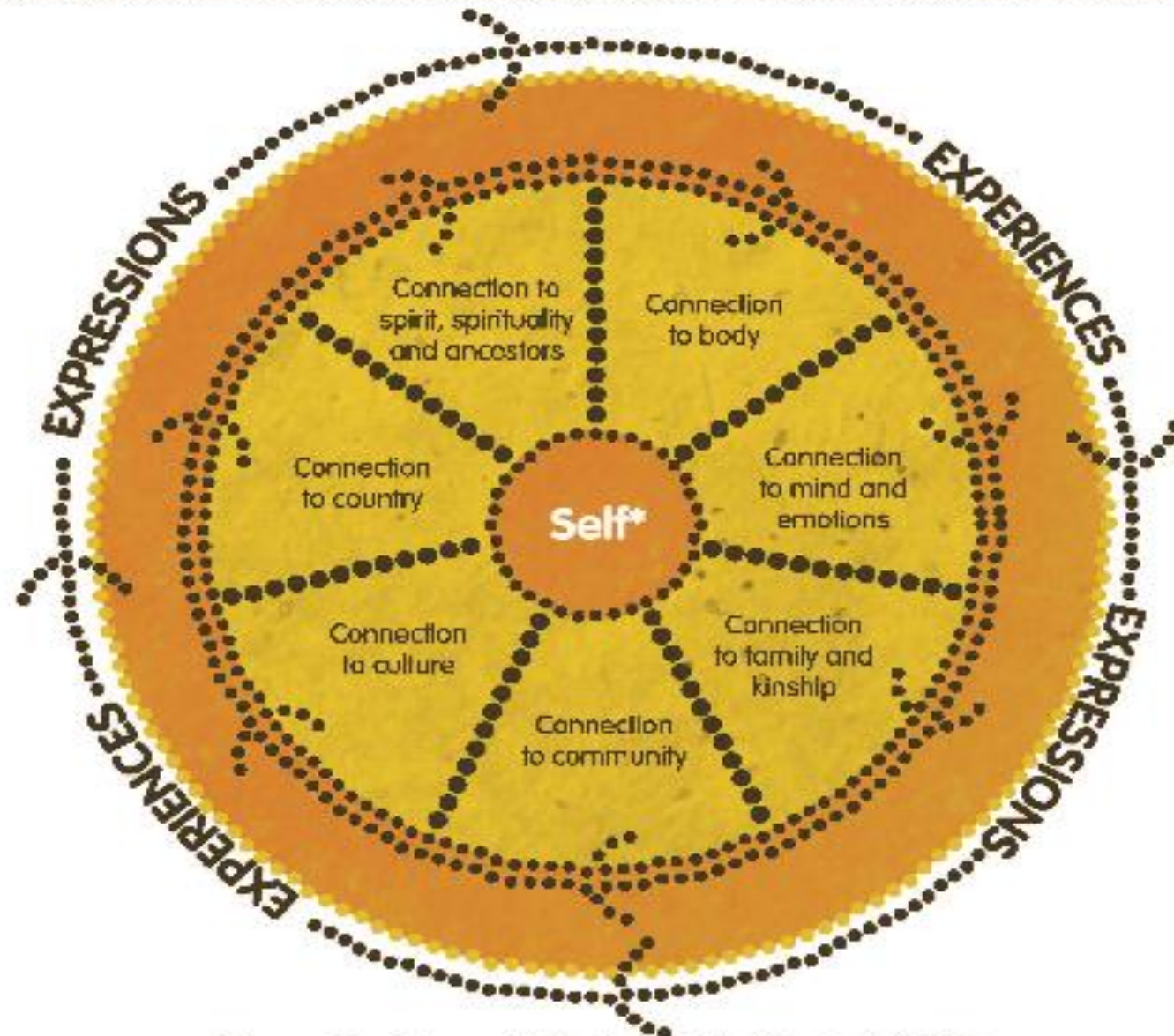


“We know that we cannot live in the past, but the past lives in us”

- Dr Charles Nelson Perrurle Perkins AO



Social and Emotional Wellbeing from an Aboriginal & Torres Strait Islander Perspective



Reference: Gee, Dudgeon, Schultz, Hart and Kelly 2013 on behalf of APA.
Artist: Tristan Schultz

What is trauma

- 'Trauma' is derived from the Greek term 'wound',
- Trauma stems from a normal response to significant stressors within life
- But may result in psychological distress if the traumatic event remains unresolved.

The impact of Trauma

Response to events that are psychologically overwhelming and create a sense of fear, helplessness, or horror

- Acute
- Complex
- Intergenerational
- Vicarious

What are the effects of trauma

It affects how our brains work, our emotions, how we cope in the world

Changes to the brain system responsible for the fight or flight response are associated with

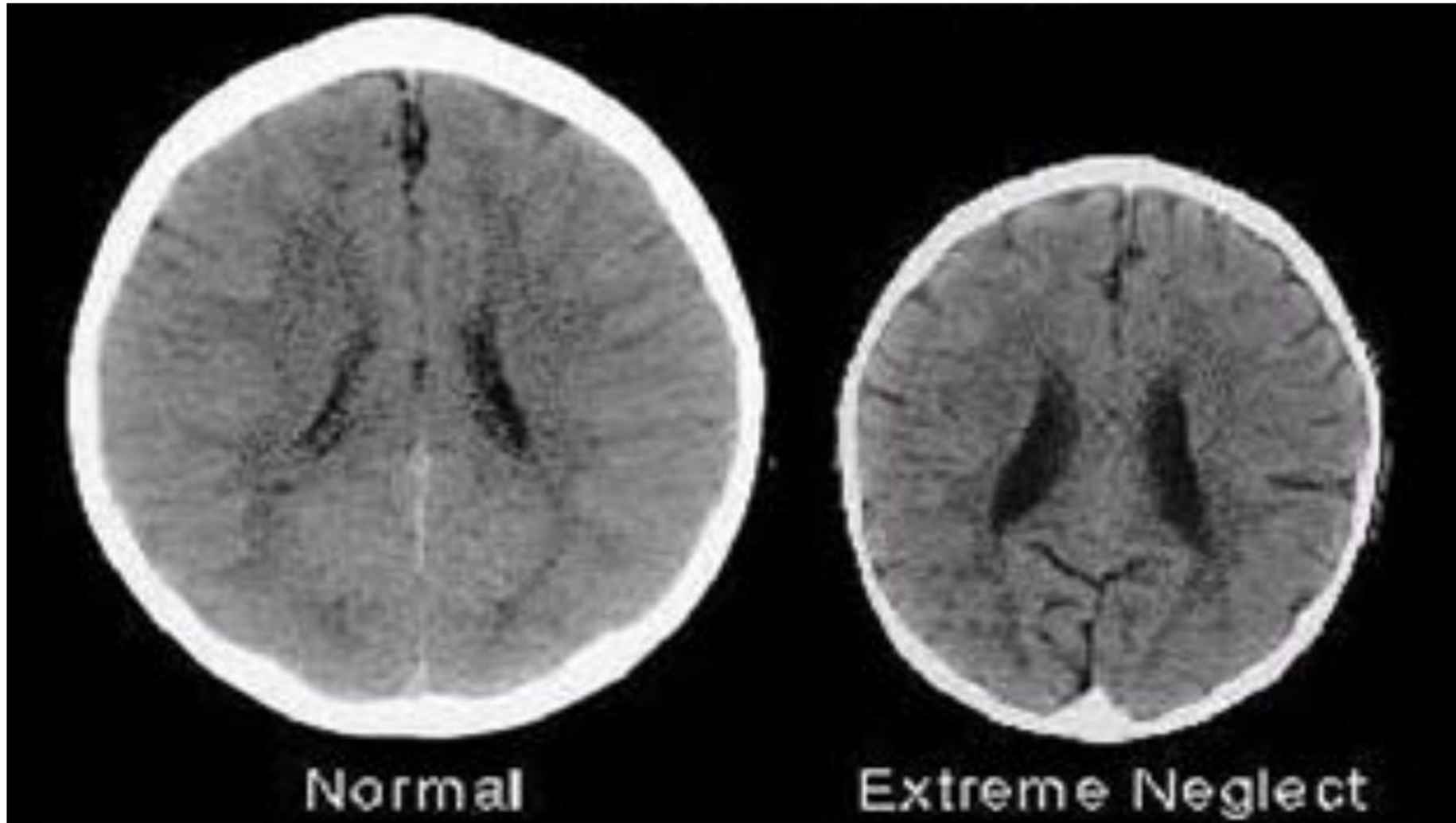
- heightened levels of arousal,
- poorer emotional regulation,
- understands the world to be a threatening place
- a greater risk of suicide

These changes in how the brain works after trauma – are passed from mums to bubs while mum is pregnant

Trauma also affects how families are with babies, affecting bonding and the processes that help a child feel safe and secure in the world

-> Intergenerational transmission of trauma

3 yr old brain - neglect



A program, organization, or system that is trauma-informed:

1. **Realizes** the widespread impact of trauma and understands potential paths for recovery
2. **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system
3. **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. **Seeks** to actively resist *re-traumatization*

- Ongoing organisational change process
- Trauma informed paradigm informs knowledge, perspective, attitudes and skills that continue to deepen and unfold over time
- Continuum of implementation

Trauma informed Care Continuum of implementation

- Trauma Aware
- Trauma Sensitive
- Trauma Responsive
- Trauma Informed integration

Benefits of trauma informed care

- skills enhancement
- shared visions and goals
- Trauma informed transformation of
 - structures
 - policies
 - procedures
 - and behaviours

Staff outcomes

- Better Job satisfaction and confidence
- Higher morale
- Increased collaboration with clients
- Better equipped
- Decrease stress and burnout

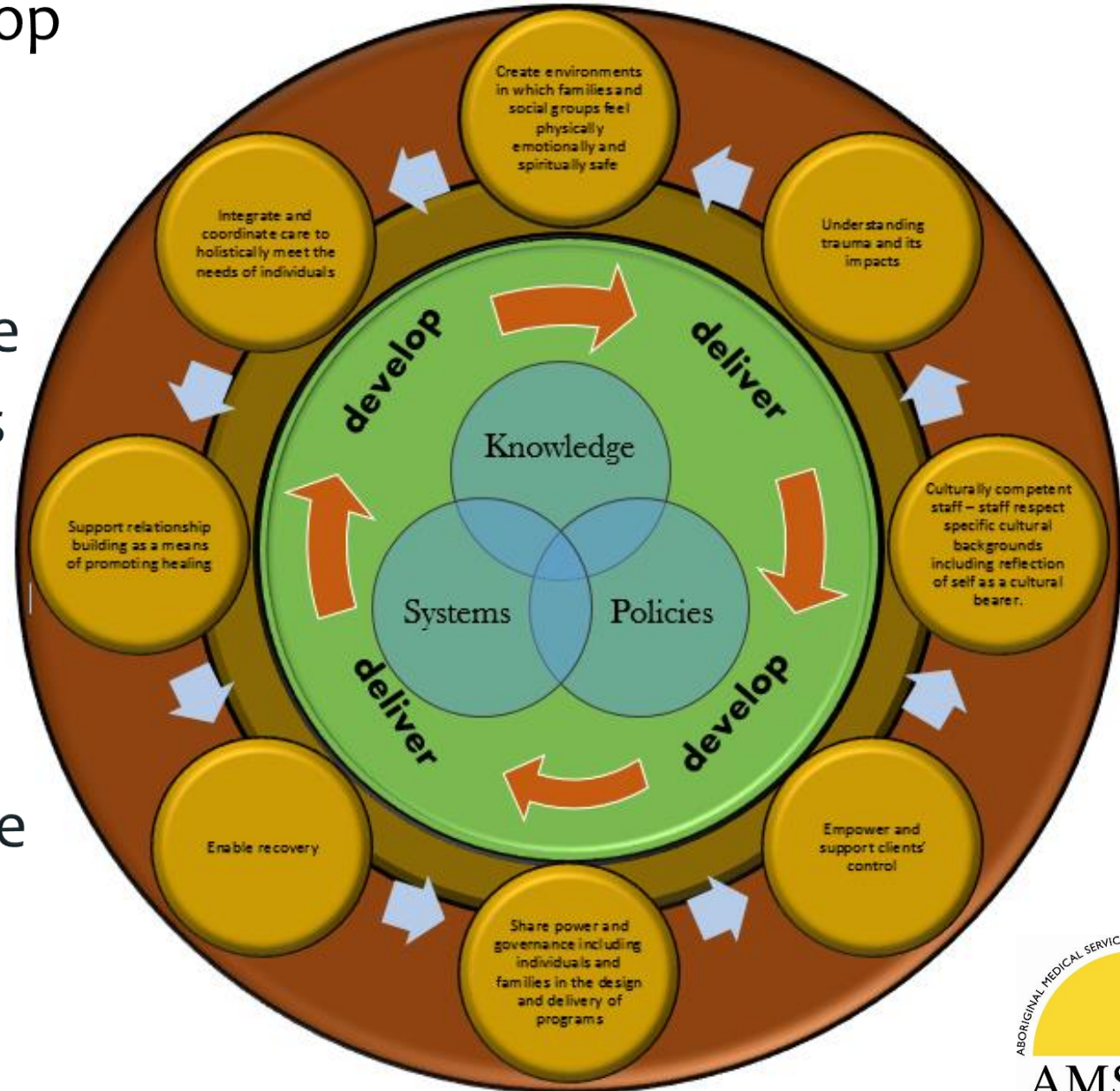
Client outcomes

- Increased confidence
- Respect
- Safety and trust
- Engagement/
attendance
- Follow up

Trauma Informed Care is Top down & Bottom Up

Principles and practices are embedded across all levels and functions within organisations

Procedures and policies are crucial to support trauma integrated care



Core values of Trauma Informed Care

- 1. Understanding trauma and its impacts**
- 2. Create environments in which families and social groups feel physically emotionally and spiritually safe**
- 3. Culturally competent staff – staff respect specific cultural backgrounds including reflection of self as a cultural bearer.**
- 4. Empower and support clients' control**
- 5. Share power and governance including individuals and families in the design and delivery of programs**
- 6. Integrate and coordinate care to holistically meet the needs of individuals**
- 7. Support relationship building as a means of promoting healing**
- 8. Enable Recovery**