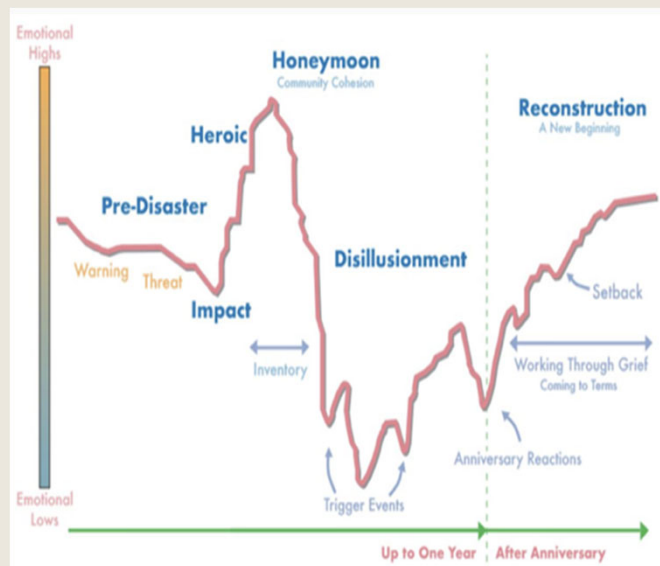


TRAUMA INFORMED CARE

Implications for care giving and care needs in times of ongoing trauma

Arc and Cycle of Trauma

- We understand trauma response in continuums. We can situate ourselves in a cycle much like this model as we live with and through the public health crisis of Covid-19
- Mapping our experience with Covid-19 might position ourselves at the bottom of the stage of Disillusionment.
 - Note the "Emotional Lows" state at this point



5 Principles of Trauma Informed Care

Safety

Choice

Collaboration

Trustworthiness

Empowerment



Institute on Trauma and Trauma Informed Care (2015)

Principles Explained

- Trauma Informed Care framing is typically an ecological model used by individuals and organizations to develop holistic care policies and practices for those who have experienced trauma. *Often this model focuses on acute or past trauma and its implications.*
- We are in a time of consistent and drawn-out trauma in which health care providers are experiencing their own extended trauma while simultaneously practicing trauma informed care.
- As we find ourselves in holiday times, the 5 primary principles of Trauma Informed Care can be used to develop plans to care for ourselves and advocate for self-care as we navigate our professional and personal roles.

- **Safety** – Considerations for physical and mental health and safety
- **Choice** – Creation of multiple options and control to decide best options AND re-evaluate
- **Collaboration** – Making decisions WITH others
- **Trustworthiness** – Clarity from support people, consistency, and follow-through
- **Empowerment** – Validation and affirmation that you are making appropriate choices/moves with the context/information you have

Take a
minute.

Breathe
deeply.

How might
these
principles
inform you?

- How can you create more safety for yourself and the people around you?
- How about choice? How can you and others in your organization have choice about how to deal with the ongoing complex situation?
- How can you gather people in safe places to collaborate?
- How can you, as a leader, be sure that there is trustworthiness in the processes to support workers?
- How can you close the cycle with empowerment? What can you do to help support your workers and others to have some power in the process?

Let's talk
about it!

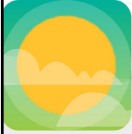
You are
among
friends.

RESOURCES

In a crisis –

Call 911 or National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)

- [Disaster Distress Helpline](#): Call or text 1-800-985-5990 (press 2 for Spanish) to be connected with a trained counselor.
- COVID COACH – app and resources from the Veterans Administration
- Employee Assistance Programs (EAP)
- Health Insurance – mental health providers



Mobile Apps: COVID Coach

The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

Features include:

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure your growth toward personal goals
- Graphs to visualize progress over time

Download

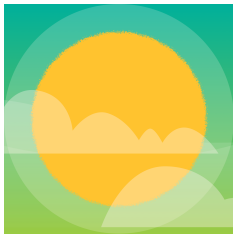
[iTunes \(iOS\)](#)

[Google Play \(Android\)](#)

Documents

[Flyer \(PDF\)](#)

COVID COACH



COVID Coach is a **free, easy-to-use mobile application** created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions.

LEARN ABOUT COPING DURING THE PANDEMIC

COVID Coach can support you with information to help you stay balanced, connected, safe, and healthy.

- Learn about healthy behaviors to protect yourself during the pandemic
- Find tips to help you with remote working, parenting, and caregiving
- Explore indoor activities to do on your own, with a partner, or with children

MANAGE SELF-CARE AND WELL-BEING

Find tools to help you manage stress during the pandemic. You can also mark the activities that are your favorites and create your own tools.

- Practice relaxation and other stress-management exercises
- Track your mood, anxiety level, well-being, and stress symptoms over time to recognize patterns and figure out what works for you
- Create your own personal support network

SET PERSONAL GOALS AND TRACK GROWTH

Creating a goal for yourself—something you can do on a daily basis to help you take care of yourself—and tracking your growth is a helpful way to focus on the positive.

- Set personal goals: small things to help yourself, a family member, or a friend
- View graphs that show your growth over time
- Set reminders to visit the app each day and work toward your goals

GET SUPPORT

If you're in crisis, there are resources to connect with people who can help. Add contact information for people you trust and reach out when you need support.

