

Partners

Community-Based Mental Health and Substance Abuse Treatment Providers

Law Enforcement

Baylor Women's Correctional Institution

Mobile Crisis

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This booklet was produced by the staff of the Mental Health Transformation Grant on Trauma-Informed Care in partnership with the Trauma Peer Support Specialists in the State of Delaware.

Resources

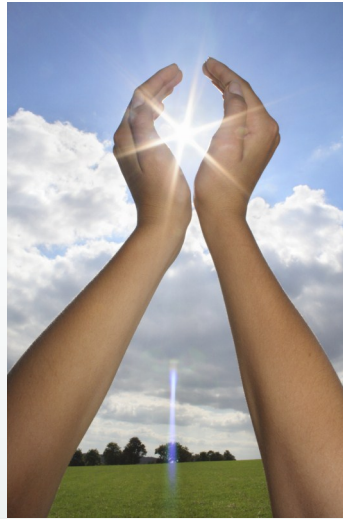
The National Center for Trauma-Informed Care:
<http://www.samhsa.gov/nctic/>

State of Delaware Transformational Grant on Trauma-Informed Care:
<http://dhss.delaware.gov/dsamh/traumagrants.html>

Books and DVD's on Trauma-Informed Care available at:

DSAMH Library
Springer Building
1901 N. Dupont Highway,
New Castle, DE 19720

Mental Health Transformation Grant on Trauma Informed Care
Delaware Department of Health and Social Services
Division of Substance Abuse and Mental Health
Springer Building
1901 N. Dupont Highway
New Castle, Delaware 19720
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DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

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Department of Health and Social Services

Division of Substance Abuse and Mental Health

Trauma-Informed Care in Delaware



An Overview

Purpose

To develop a trauma-informed system of behavioral healthcare statewide.

Goals

1. Prepare outpatient providers and peer support specialists to apply a set of principles and values that integrate the impact of trauma history into treatment and support service.
2. Provide universal trauma screening and assessment for all service recipients.
3. Prepare peer support specialists to provide trauma-informed peer support.



What is Trauma-Informed Care?

It is an approach that considers how an organization responds to individuals who may have experienced trauma or is at risk of experiencing trauma. It includes these three elements:

1. Realizing the prevalence of trauma.
2. Recognizing how trauma effects all individuals in an organization (staff, consumers, and others).
3. Responding by fully integrating knowledge about trauma into policies, procedures, practices, and settings.

Trauma-Informed Care Principles

1. **Safety**: throughout the organization, staff and the people they serve feel physically and psychologically safe; the physical setting is safe and interpersonal interactions promote a sense of safety.
2. **Trustworthiness and transparency**: organizational operations and decisions are conducted with transparency and the goal of building and maintaining trust among staff, clients, and family members of people being served by the organization.
3. **Collaboration and mutuality**: there is true partnering and leveling of power differences between staff and clients and among organizational staff from direct care staff to administrators; there is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making.
4. **Empowerment**: throughout the organization and among the clients served, individuals' strengths are recognized, built on, and validated and new skills developed as necessary.
5. **Voice and choice**: the organization aims to strengthen the staff's, clients', and family members' experience of choice and recognize that every person's experience is unique and requires an individualized approach.



Grant Projects

Behavioral Health Clinics and Contract Provider Agencies

Trauma Peer Supporters

- Trauma history screening and data collection
- Service engagement at behavioral health Providers
- Trauma-focused one-on-one/ group sessions
- Trained WRAP facilitators
- Forging new pathways to recovery

Organizational self-assessment and technical assistance planning

- All partner agencies

Trauma clinical consultation and technical assistance

- All partner agencies

Workforce training

Other Activities and Partnerships

- Domestic Violence Cross-Training
- Trauma Resources at DSAMH Medical Library
- Law Enforcement Training— Crisis Intervention Teams (CIT)
- Baylor Women's Correctional Institution Technical Assistance and Training
- Peer-to-Peer and SELF Training
- Consumer Peer Review Process
- Homeless Provider Technical Assistance and Training

