



WHY IS TRAUMA-INFORMED CARE (TIC) IMPORTANT?

The most obvious reason is that it offers staff and volunteers the opportunity to develop a sense of empathy, as they begin to identify how trauma has negatively impacted the health and well-being of the people they serve. Moreover, staff and volunteers can begin to identify their own trauma and start to understand how their own struggles are impacting their lives. By understanding their own trauma, they can closely identify with the people they serve. Trauma-informed care not only benefits patients, it also can have lasting positive effects on the community.

Benefits of being trauma-informed

Integrating Trauma-Informed Care (TIC) into social and human services provides many benefits not only for the person seeking services, but also for their families and communities, for the organization or agency, and for staff.



Safety



Attendance and
job satisfaction



Active
participation



Cost Savings

Trauma-informed organizations are invested in their staff and adopt similar trauma-informed principles, including establishing and providing ongoing support to promote TIC in practice and in addressing secondary trauma and implementing processes that reinforce the safety of the staff.

- Integral difference to the overall wellness of a company's workforce.
- Staff and volunteers are more likely to stay engaged with persons served.
- Staff and volunteers are more likely to feel and stay safe.
- Staff retention may be greater.
- Positive personal engagement is supported and encouraged and necessary for building a healthy workplace.



Social/Emotional
Health



Physical
Health



Home



Community
Neighborhood



Family

- A TIC approach brings to the forefront the belief that trauma can pervasively affect an individual's well-being, including physical and mental health.
- It reinforces the importance of acquiring trauma-specific knowledge and skills to meet the specific needs of the people served.
- Recognizes that trauma likely affects many clients who are seeking services or supports, especially behavioral health.
- Acknowledges that organizations and providers can retraumatize people served through standard or unexamined policies and practices.
- TIC stresses the importance of addressing the person(s) individually rather than applying general treatment approaches.
- TIC provides people served with more opportunities to engage in services that reflect a compassionate perspective of their presenting problems.
- TIC can potentially provide a greater sense of safety for people who have histories of trauma and a platform for preventing more serious consequences of traumatic stress.
- TIC offers people a chance to explore the impact of trauma, their strengths, and creative adaptations in managing traumatic histories, their resilience, and the relationships among trauma, substance use, and psychological symptoms.
- Implementing a TIC approach and trauma-specific services can improve screening and assessment processes, treatment planning, and placement while also decreasing the risk for retraumatization.
- The implementation may enhance communication between the people served and treatment provider, thus decreasing risks associated with misunderstanding the reactions and presenting problems.
- Organizational investments in developing or improving trauma-informed approach may also translate to cost effectiveness.
- TIC is an essential ingredient in organizational risk management; it ensures the implementation of decisions that will optimize therapeutic outcomes and minimize adverse effects on the persons served and, ultimately, the organization.
- Individuals and staff are more apt to be empowered, invested, and satisfied if they are involved in the ongoing development and delivery of trauma-informed services.