

CORNERSTONE BEHAVIORAL HEALTHCARE

TRAUMA-INFORMED CARE POLICY

Policy:

Cornerstone strives to provide high quality Trauma-Informed Care to individuals receiving MH/SA care.

Cornerstone will base services in a trauma-informed approach and trauma-specific interventions to address the consequences of trauma in the individual and to promote recovery and facilitate healing. This approach will be used in all of its outpatient programs including Therapy, Testing, Medication Management and Case Management as outlined and defined below (per <http://beta.samhsa.gov/nctic/trauma-interventions>).

“Trauma-Informed Approach:

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.”

Cornerstone has adopted SAMHSA's six key principles of a trauma-informed approach and trauma specific interventions based on the SAMHSA's perspective that “it is critical to promote the linkage to recovery and resilience for those individuals and families impacted by trauma.” Consistent with SAMHSA's definition of recovery, services and supports that are trauma-informed build on the best evidence available and consumer and family engagement, empowerment, and collaboration.

SAMHSA's Six Key Principles of a Trauma-Informed Approach

- I. Safety
- II. Trustworthiness and Transparency
- III. Peer support
- IV. Collaboration and mutuality
- V. Empowerment, voice and choice
- VI. Cultural, Historical, and Gender Issues

Cornerstone will utilize Trauma-Specific Interventions which prescribe:

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- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery.
- The co-relation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety.
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers.
- Cornerstone also supports and utilizes the inclusion of CIPSS.

With proper training and certification, Cornerstone may utilize known **Trauma-Specific Interventions** which are based on psychosocial educational empowerment principles such as:

“Addiction and Trauma Recovery Integration Model (ATRIUM)
Essence of Being Real
Risking Connection®
Sanctuary Model®
Seeking Safety
Trauma, Addiction, Mental Health, and Recovery (TAMAR)
Trauma Affect Regulation: Guide for Education and Therapy (TARGET)
Trauma Recovery and Empowerment Model (TREM and M-TREM)”

TIC Plan:

1. Cornerstone will include TIC information upon hire and orientation of staff.
2. Cornerstone will offer training to support professional development of staff.
3. Cornerstone will maintain videos on Trauma Informed care for group supervision.
4. Cornerstone will include this topic within perspectives of consumers living with MI.
5. Cornerstone will maintain its office environment with these principals to be welcoming and promote sense of safety.
6. Clinical Staff will include screening for trauma in the AC-OK in the initial co-occurring assessment of individuals receiving MH/SA services, using best practice assessment protocols, tools, and procedure.
7. As it is identified, need for treatment will be identified in all plans of care.
8. Annual screening of individuals receiving MH/SA services will include screening for trauma and the identified needs will be incorporated in all plans of care.
9. As indicated and consented to, individuals, receiving MH/SA services will be referred to evidence-based trauma treatment as indicated.

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10. Crisis plans will identify trauma triggers and best ways to support and individual.
11. In ACIS, Consumers will be offered to the opportunity to complete a psychiatric advanced directive to promote consumer choice, specific care directives to prevent re-traumatization by systems.
12. Consumers will be referred to trauma treatment and peer support services as indicated such as TRC.

Donny M. Ruble, 8-5-15

Executive Director/Date