

# *Closer Look:*

## *Are Your Services Trauma Sensitive?*



find out, with the

## **Trauma Sensitive Services Check List**

Ohio Legal Rights Service prepared this Check List through grants under The Protection Advocacy for Individuals with Mental Illness (PAIMI) Act of 1986, administered by the Center for Mental Health Services, United States Department of Health and Human Services.

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## *Did You Know?*

- 90% of children diagnosed with PTSD were sexually abused.
- 80% of those in psychiatric hospitals experienced physical or sexual abuse as children.
- 90% of alcoholic women were sexually abused or suffered violence at the hand of a parent.
- 80% of women in prison or jail were victims of physical or sexual abuse.
- Boys who experience or witness violence are 1000 times more likely to commit violence than those who do not.

(Anne Jennings, Ph.D., January 2001)

- ▶ Approximately 30% of those who have spent time in war zones experience PTSD. (NIMH)
- 1 in 12 high school students is threatened or injured with a weapon each year. (APA 1999)
- ◆ Most children and teens who experience a disaster or terrorism will recover fully if given proper counseling. (NIMH)

*When trauma occurs early in life,  
children do not develop the capacity  
to regulate their experience...  
to calm themselves down when they're upset,  
to soothe themselves,  
to interact in appropriate ways with other people,  
to learn from their behavior.*

Margaret Blaustein, 2004  
Director of Training,  
The Trauma Center at JRI,  
Brookline, Mass.

A *trauma sensitive* provider acknowledges and understands the effects of violence and trauma on children and adults, and:

- ✓ integrates an understanding of trauma throughout their program
- ✓ reviews policies/procedures to ensure prevention of retraumatization
- ✓ involves trauma survivors in designing and evaluating services
- ✓ places priority on trauma survivors' safety, choice and control

Answer yes or no to the questions in the check list below, to help you decide whether your agency's practices are trauma sensitive.

You can use this check list to assess your services then partner with trauma survivors to create a more trauma sensitive treatment environment.

Traumatic events cause terror, intense fear, horror, helplessness, and physical stress reactions (for example, heart beating fast, strong startle, stomach dropping, shakiness).

*The impact of these events does not simply go away when they are over.*

Instead, traumatic events are profound experiences that change the way children, adolescents and adults see themselves and their world.

- National Child Traumatic Stress Network

## Agency Administration

Yes No

- Do you have trauma survivors on your board of directors?
- Does your Mission Statement address trauma survivor input and participation?
- Do your policies and procedures reflect the dynamics and impact of trauma?
- Do trauma survivors review and comment on policies and procedures?
- Do trauma survivors review and comment on educational materials, publications and other agency publicity?
- Do you consider trauma survivors for employment opportunities?
- Does your web site contain trauma information?

more questions →

## *Trauma Specific Services*

Yes No

- Do you implement evidence based, best practice, trauma informed treatment models?
- Do you conduct a thorough trauma assessment on admission?
- Do you have anyone with trauma expertise on staff?
- Do trauma survivors develop Individualized Crisis Plans on admission?

## *Trauma Survivor Involvement*

Yes No

- Do you have trauma survivors included on all committees?
- Do you have an outreach plan to involve trauma survivors?
- Do you have committee meetings at a time when trauma survivors can attend?
- Do you provide financial support for trauma survivors so they can attend committee meetings (travel reimbursement, child care, etc.)?
- Do you cancel committee meetings if trauma survivors are not able to attend?
- Do trauma survivors routinely complete satisfaction surveys?

## *Staff Training*

Yes No

- Do you train staff on the dynamics and impact of trauma?
- Do you train staff that the experience of seclusion and restraint can be retraumatizing?
- Do you train your staff on the findings of the Adverse Childhood Experiences (ACE) study?
- Do trauma survivors assist in orientation and training new staff?
- Do you train your staff on therapeutic alternatives to physical restraint and seclusion?
- Do you provide training in cultural competency?