



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Adopting a Trauma-Informed Approach: MAI-CoC Communities of Practice (CoP)

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Chicago House

Overview of Webinar

- Lessons learned about HIV and trauma – Regina Moffett
- Questions and discussion - All
- Implementing and sustaining TIC efforts - Linda

My Personal Story of Recovery



- Emerging Signs of Mental Illness
- Childhood Trauma
- Substance Use/Hospitalizations

Chicago House: Lessons Learned in HIV Community

- Due to drug use, many clients practiced risky behavior including unsafe sex
- The majority of women and men who were HIV positive suffered from domestic violence and had PTSD
- Past role: HIV Counselor for Chicago House - Provided Rapid Testing and education around safer sex
- Current role: Housing Navigator, provide housing for people who are homeless and HIV positive



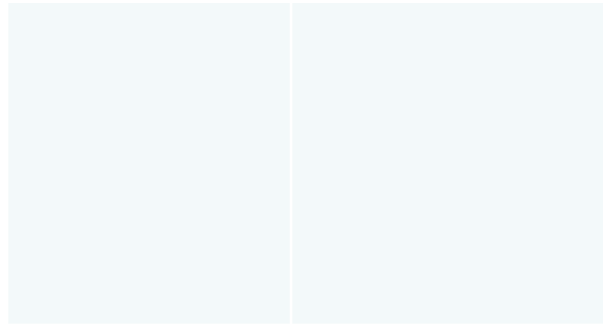
Trilogy - The Beacon Drop-In Center



- Trilogy is a Behavior Healthcare organization with more than 44yrs. of experience serving people with serious mental illness in the City of Chicago and it's surrounding suburbs.
- The Trilogy Beacon is a seven day a week, 365 day per year community Drop In center that offers peer to peer leadership and is open to any person presenting as an individual with serious mental illness.
- I was the Beacon Coordinator from 2010 until 2014
- I supervised a staff of eight Peer Specialists and we served more than 1500 people each month.
- I helped advocate for free HIV/AIDS testing and counseling in the Beacon which is now a reality.
- I helped empower others to experience their own path of recovery.

Trauma's Impact on Individuals with HIV

- Sexual risk behaviors
- Risk of adult sexual re-victimization
- Poor treatment adherence
- Linked to sex work
- Multiple sex partners
- Domestic violence



Increased Risk of Trauma with HIV

- Trauma of diagnosis
- Complicated medical treatments
- Stigma tied to HIV
- Loss of support networks due to AIDS bereavement
- Loss of income due to disability/ discrimination

Providing Trauma-Informed Care

- Ask about trauma
- Create feeling of safety
- Meet clients where they are / use harm reduction approach
- See everything you do through trauma-informed lens
- Offer peer/consumer led groups (WRAP, WHAM)
- Hire Peer Support Specialists



Implementing and Sustaining TIC

- Leadership support
- Core Implementation Team
- All staff involved
- All levels of staff educated about trauma and TIC
- Peers in every part of the organization and on every team
- Trauma Champions on every team

Implementing and Sustaining TIC

- TIC is a part of every New Staff Orientation
- All marketing materials updated to include trauma-informed language
- TIC resources listed on the website
- Intake process updated to include trauma questions



- Giving Hope

TRILOGY
BEHAVIORAL HEALTHCARE

Questions?

Discussion

Those of you who have formed a TIC Committee/Team, please share with us:

- The roles of individuals on the team
- How often you are meeting
- Two goals you are working on

Please use the chat box to tell us what resources you need!

Those of you who have not gotten started yet, what is your biggest challenge?

Creating a TIC Culture – Paradigm Shift

Moving from: shame, blame, stigma

To: compassion, empathy, respect

Guiding Principles

Safety

Respect

Transparency

Person-centered

Shared decision making

Strengths based

Culturally sensitive

Voice, choice and self-advocacy

Belief that full recovery is possible

TIC Domains

- 1. Screening and Assessment** – routine screening and assessment of trauma, including CSA and current stressors or trauma (IPV)
- 2. Consumer Voice, Choice and Collaboration** – engagement in meaningful roles; emphasis on empowerment, trust, strengths, knowledge about connection between trauma and health, MH, SU, social problems
- 3. Workforce Development** – training and education of all staff and new hires on connection between trauma/CSA and HIV and how to provide TIC; emphasis on hiring peers; staff self care and **Evidence Based Practices** - screening and assessment leads to client involvement in TX planning and connection to trauma-specific services

TIC Domains

- 4) **Safe and Secure Environment** – insuring that physical, social and emotional environment is safe, comfortable, respectful and welcoming by all
- 5) **Data Collection** – tracking rates/types of trauma, adherence with treatment/referrals/specialty appointments, health outcomes, satisfaction with care and progress toward TIC

It Takes *Everyone* to Make the Difference!

Every contact with a consumer and with each other will affect us in one of two ways:

1. *Contribute to a safe, trusting, and healing environment*

OR

2. *Detract from a safe, trusting, and healing environment*

Everyone plays a role in creating a safe, trusting and healing environment

Implementation & Sustainability

- ✓ Commitment from leadership
- ✓ Developing & maintaining Core Implementation Team (CIT)
- ✓ Building consensus among team members
- ✓ Creating a shared vision
- ✓ Communicating for buy-in from all levels of staff/consumers
- ✓ Assessing your organization periodically
- ✓ Developing and monitoring an action plan/goals
- ✓ Utilizing a monitoring system
- ✓ Taking action – ‘keeping up the momentum’

Sustaining TIC: Ask Yourself

- Is our CIT continuing to meet as planned?
- Are we continually monitoring and using data?
- Are we coordinating and sharing findings and recommendations with executive leadership, workgroups, extended CIT, all others?
- Have we made changes to our policies and procedures?
- Have we made changes to our documentation requirements, i.e. added trauma screening tool to EMR?

Sustaining TIC: Ask Yourself

- Have we initiated practice changes (along with tools and supervision)?
- Have we added TIC and TIC data outcomes to all meeting agenda?
- Have we included TIC education in new staff orientation?
- Have we updated performance reviews to include TIC standards?
- Have we hired peers to work in meaningful roles?
- Are we celebrating and sharing our successes?

Questions?

Feedback

Is there one thing you can share with us
that was most helpful about this MAI
CoP?

Resources

For More Information & Resources

MAI-CoC Community of Practice Listserv

trauma_informed_approach_mai_coc@nationalcouncilcommunities.org

Trauma Resources:

<http://www.integration.samhsa.gov/clinical-practice/trauma>





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Thank you for joining us today

**Please take a moment to provide your
feedback by completing the survey at the
end of today's webinar.**