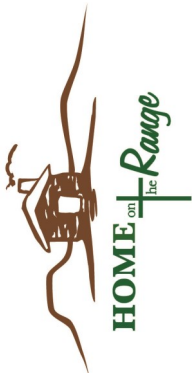




October 2015
Issue 1

TIC NEWS



What is Trauma Informed Care?

Trauma Informed Care (TIC) is an approach to engage people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. So what exactly is **Trauma**? Trauma is the experience of overwhelming demands on the physiological and psychological systems of the body...resulting in a profound felt sense of betrayal, vulnerability, and immobilization.

TIC is remembering nothing that the kid does is as important as what happened to him/her.

TIC is a PROCESS, not a program.

TIC is knowing how our kids have a trauma affected brain development, and that it is focused on safety, immediate dangers, and getting basic needs met. It is understanding that our kids focusing on these things, often prevents him/her from being able to use their frontal cortex to better problem solve, rather than fight, flight or freeze.

TIC focuses on where the kid is in his/her development, not where we think someone that age should be. TIC helps staff understand reason and purpose for resident's behavior.

Being Trauma-Informed is about your relationship and how it plays out daily over time. **"Being is different than doing."** Trauma attacks the victims "being". Our relationships, interventions and "beings" are the healing ingredients.

Trauma turns a learning brain into a **SURVIVING** brain.

Home on the Range is a **HABILITATION** center, NOT a **REHABILITATION** center!

Categories of Trauma:

Type I: Single Event

A single traumatic event that is sudden and unexpected, for example, witnessing a homicide.

Type II: Repeated Event

The repeated occurrence of a traumatic event, for example, repeated sexual abuse.

Type III: Complex

The repeated abuse/neglect from within the family or supposed safety system.

Historical/Intergenerational

Multiple, successive traumatic events occurring across generations.

What Trauma Informed Care is NOT...

TIC is **NOT** a special type of therapy, a “professional role” or direct intervention.

TIC is **NOT** a coddling, hug-fest in which we love the naughty out of the kids.

TIC is **NOT** a theory which allows the kids to run amuck and do what they please while we watch and offer love and triple antibiotic when they fall.

TIC is **NOT** grouping the kids up in a coed circle, holding hands while candles are lit, singing Kumbayah.

TIC is **NOT** allowing the girls and boys free reign to actively explore their sexuality while we hand out condoms and cigarettes.

TIC is **NOT** a way to disempower staff.

TIC is **NOT** creating a less safe environment.

TIC is **NOT** ignoring holding youth accountable.

TIC is **NOT** a way to excuse or enable behavior.

TIC is **NOT** replacing skills/techniques that work.

TIC is **NOT** a residential treatment model.



Trauma-informed care seeks to change the clinical perspective from asking “What is wrong with you?” to “What happened to you?”



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“If kids come to us from strong, healthy functioning families, it makes our job easier. If they do not come to us from strong, healthy, functioning families, it makes our job more important.”
- Barbara Colorose

Incredible JOY
People start to heal the moment they feel heard.
- Cheryl Richardson