



## HEALTH CENTERS - BEHAVIORAL HEALTH

**TITLE: Clackamas County Behavioral Health Division (CCBHD): Trauma-Informed Services**

Version #: 2

Originally Implemented:  
10/08/2011  
Revised: 07/28/2014

### **PURPOSE/SCOPE:**

The purpose of the Trauma Informed Services Policy is to:

- Promote resiliency, health and wellness for those who have experienced trauma;
- Create a standard of care to address the impact of trauma;
- Establish practices to provide treatment in a trauma informed manner;
- Provide effective and appropriate services for individuals who have experienced trauma;
- Mitigate vicarious traumatization of treatment providers and others working with traumatized individuals

### **DEFINITIONS:**

**Trauma:** Trauma is the unique individual experience of an event or enduring conditions in which a person's ability to integrate his/her emotional experience is overwhelmed. The person experiences, either objectively or subjectively, a threat to his or her psychological safety, bodily integrity, life or the safety of a caregiver or family member.

**Trauma Informed Care:** A program, organization, or system that is trauma informed realizes the widespread impact of trauma and understands potential paths for healing; recognizes the signs and symptoms of trauma in staff, clients, and others involved in the system, and responds by fully integrating knowledge about trauma into policies, procedures, practices and settings (SAMHSA, 2014).

**Trauma Specific Services:** A treatment service intended to reduce trauma symptoms experienced by survivors. Trauma services should be individualized; evidence based, promising or best practices. They services should be provided in a collaborative, person-centered process.

**Vicarious Traumatization:** Vicarious trauma is a stress reaction that may be experienced by professionals and peer support specialists who are exposed to disclosures of traumatic images and events by those seeking help. The symptoms of vicarious trauma are similar to, but usually not as severe as those of posttraumatic stress disorder, and can affect the lives and careers of even those with considerable training and experience in working with individuals who have experienced trauma.



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#### **POLICY/GUIDING PRINCIPLES:**

Trauma sensitivity shall be a governing principle of Clackamas Behavioral Health Centers. Our services will be designed to meet the needs of individuals who have experienced trauma by establishing an environment that creates a safe context, restores power, and values the individual:

1. CHC-BH recognizes that the majority of individuals seeking services and/or currently involved in services have a one point in their lives experienced trauma. Trauma informed care must be applied universally to every individual.
2. CHC-BH will identify and screen for individuals who have experienced trauma at intake. An appropriate assessment of trauma exposure, history and symptoms will be completed and individuals will be connected to trauma specific services that help to address and individual's desired outcome.
3. CHC-BH will provide education and training to all staff members on:
  - a. The potential effects and impact of trauma on individuals, families, groups, organizations, therapeutic relationships, and employee well-being.
  - b. Personal and professional boundaries and on understanding the signs of trauma and behaviors of individuals with a history of trauma.
  - c. The promotion of a clinic environment that is both trauma-informed and trauma sensitive.
4. CHC-BH will provide trauma informed supervision, education, and training for employees to prevent employees from experiencing compassion fatigue and/or vicarious traumatization.
5. CHC-BH will provide clear and specific services to individuals. Individuals receiving services must be informed of their rights, who they will be working with, what goals they wish to achieve, and the expectations of their participation. Boundaries should be made clear and be consistent in order to achieve trustworthiness.
6. CHC-BH will focus on individual choice as a way to maximize autonomy and empowerment. Individuals should have a right to choose the services they receive. Recovery is achieved by giving individuals control in making their own decisions and choosing goals that are relevant to their progress.
7. CHC-BH will increase collaboration and shared power between the individual and the service provider. Individuals will have a role in evaluating the agency's services. Individuals will be present in service planning, goal setting and in all other facets of treatment. Individuals will be seen as the expert on his or her recovery.



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8. CHC-BH will empower individuals and teach skill building as an integral part of the services being provided. There should be an emphasis on individual growth and a focus on individual strength.

#### **RELATED LINKS/RULES:**

[OR Dept. of Human Services Addictions & Mental Health Division Trauma Policy](#)

<http://www.samhsa.gov/traumajustice/traumadefinition/approach.aspx>

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