

The Hong Kong Council of Social Service

Trauma-informed Human Services

Implication of the trauma
informed human services to
the mental health
professionals

C S Yu thought on trauma?

- Therapist with interest in the mind.
- Review what causes fear, horror and helplessness.
- Avoid harming the patient or client
- Understand the initial reaction as adaptive.
- Majority people has severe initial reaction but minority people develop PTSD after 1 month.
- Acute stress disorder has dissociative symptoms and is diagnosed in 20% of survivors of civilian trauma.

Trauma創傷

- Trauma can describe one-time incidents or chronic or repetitive experiences.
- Trauma is physically, socially and psychologically damaging.

What percentages of mental health client
have histories of trauma?

• **certainly very high percentage**

• **有mental 或 substance abuse**

• **其實極其之不妙**

• **男和女都易受創**

• **無家可歸女誰照**

Trauma

- Trauma can be an underlying factor of substance abuse or a mental disorder. It affects emotion and behaviour- the very 2 essence of mental psychiatric world.
- Untreated traumatic experience in childhood affect brain development and might result in mental problems.
- Their own trauma may have a further negative effect on the future development of the next generation.

5 Core Elements of a Trauma-Informed System

1. **4M-Administrative Commitment**
2. **Hiring and Human Resources Practices**
3. **Universal Screening for Trauma Histories**
4. **Review of Provision of Services and Policies**
5. **Training and Consultation**

Implication to mental health 4M

- Many patients with psychiatric problems or substance abuse problems are victims with traumatic experiences.
- Commitment and priority have rooms for improvement.
- 43% of psychiatric inpatients reported history of physical or sexual assault (Carmen, 1984).
- Presentations of patients are usually masked by other domineering psychiatric problems.
- Substance abuse is seen in majority of people with sexual and physical abuse.
- Such trauma experiences easily complicating diagnosis, treatment and rehabilitation of the psychiatric disorders.

Implication to mental health

- Additional treatment of the trauma might be an effective adjunct system of care approach.
- People may not seek for assistances directly for problems caused by trauma they experiences.

Implication to mental health

- Not recognizing the impact of trauma can result in misdiagnosis, actions that increase traumatic reactions, and other undesirable consequences.
- It also discourages clients' compliance in further follow-up. Cooperation with treatment may be doubtful.

Implication to mental health

- A trauma-informed care system helps relieving the impacts of trauma towards mental health.
- It aims to promote screening to identify symptoms and problems related to the trauma, and offer and develop services to facilitate recovery.
- Policies and procedures will be developed by service agencies that are both trauma informed and trauma focused.

Trauma informed

- A culture, gender and age sensitive service systems
- recognize and address the presence and long term effects of abuse and other traumatic experiences of people requiring mental health and medical services.

Trauma focused- 3 S

- screening for psychological trauma
- staff training
- services for people with impaired functioning as a result of long-term effects of psychological trauma.

Richard R. Bebout

- A trauma-informed practice or policy, “they do not trigger trauma reactions or retraumatize, are welcoming, assist trauma survivors to participate, and provide a healing and safe climate”

Implication of the trauma informed human services to the mental health professionals

- Identification of trauma:
 - Uncontrolled emotions
 - Low temper threshold
 - Poor attention and concentration
 - Self harm
 - Unmanageable behaviors problems
 - Low self esteem
 - Mistrust of others and unsatisfactory interpersonal relations.
 - Lack of complete clinical recovery.

trauma related psychiatric problems

- Acute stress disorder
- Post Traumatic Stress Disorder (PTSD).
- Depression
- Anxiety disorder

Service Consideration

- Coordinate at high government level to lead the implementation of the policy
- Traumatized individuals should be involved in the planning and evaluation of services.
- They can involve family or friend in the process.
- Policies and procedures should consider ways to avoid the inadvertent traumatizing or re-traumatizing of people receiving mental health, medical treatment and services.

Service Consideration

- Establish community partnerships to enable screening and appropriate referral for people who exhibit long term effects of psychological trauma and who are significantly impaired.
- Training should be provided for staff of partners on secondary or vicarious trauma.
- Ensure everyone within the system and people in the community be aware of the trauma sensitive services.
- The service should avoid retraumatization

Implication of the trauma informed human services to the mental health professionals

- Support for workers serving the community.
- Education.
 - Identification and screening
 - Avoid retruamatization.
 - Aims at recovery.

Implication of the trauma informed human services to the mental health professionals

- Review of service provision.
 - Support and collaboration.
 - As trauma can affect many biopsychosocial aspects of people, it is important to enhance cooperation amongst services.
 - Diversification of service provision to trauma survivors in the community.
 - Improve accessibility of psychiatric services.
 - Direct provision of services.
 - Hospital based community services under the umbrella of Hospital Authority.

Implication of the trauma informed human services to the mental health professionals

- Resource for
 - Screening & subsequent intervention
- Knowledge and readiness of staff.
 - Supporting supervisors
 - Peer processing
 - Self-soothing skills
- Decrease the complexity of reporting system to enable a more accessible service.