



Trauma Informed Care ID/DD

We need to presume the clients we serve have a history of traumatic stress and exercise “universal precautions” by creating systems of care that are trauma informed.

Research suggests that many people have some form of traumatic event in his or her lives (SAMSHA, 2010). Some experts believe as many as 95% of individuals with ID have some level of traumatic stress. It makes sense to treat EVERYONE as if trauma has possibly occurred.

Making sure someone feels safe and in control of their own lives will help someone with trauma and will not hurt anyone who does not have a history of trauma.



You may access a free training on Trauma Informed Care ID/DD offered by Dr. Karyn Harvey at:

aacog.swagit.com/play/10182016-1818/2/



For more information on training opportunities contact: hub@hillcountry.org

Hill Country Transition Support Team

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<http://www.hillcountry.org/services/IDD/>

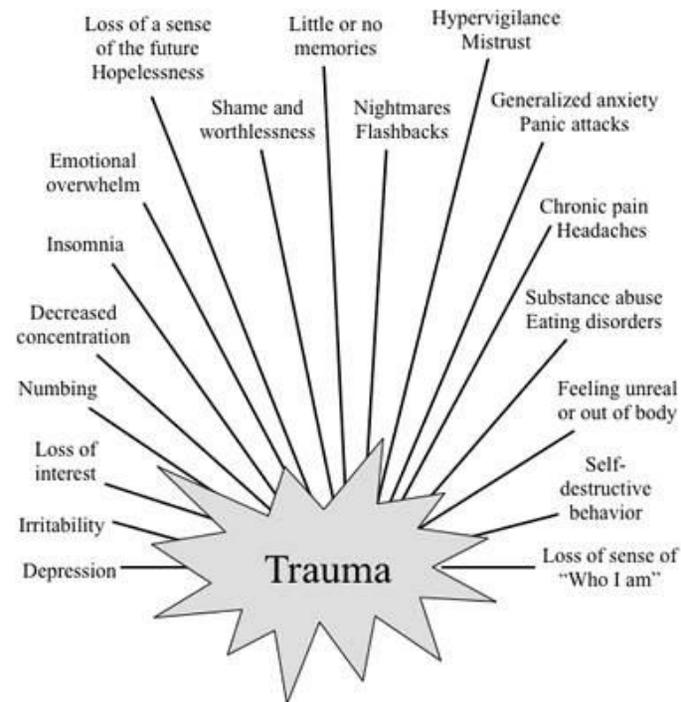
Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma.

Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

Hill Country IDD Regional Transition Team

Individuals with Intellectual and Developmental Disabilities (IDD) experience abuse, neglect, institutionalization, restraint and seclusion, abandonment, bullying and other forms of maltreatment at higher rates than the general population.

Failure to recognize the impact and role of trauma associated with these experiences in the challenging behavior exhibited by some individuals with IDD, can exacerbate past trauma and cause new trauma—both can compromise their ability to meet their potential.



"Trauma survivors have symptoms instead of memories" [Harvey, 1990]



"Trauma is not what happens to us, but what we can hold inside about what happens to us." (Peter Levine, 2010)

Becoming "trauma-informed" means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them. Often, trauma survivors can be re-traumatized by well-meaning caregivers and community service providers. Understanding the impact of trauma is an important first step in becoming a compassionate and supportive community.



A Trauma-Informed Approach incorporates 3 key elements:

- 1-Realizing the prevalence of trauma
- 2-Recognizing how trauma affects all individuals involved
- 3-Respond by putting this knowledge into practice.