

**SWMBH Operating Policy 12.10**

<b>Subject:</b> Trauma Informed System of Care		<b>Accountability:</b> Clinical	<b>Effective Date:</b> 11/9/2015	Pages: 3
<b>REQUIRED BY:</b> BBA Section _____ PIHP Contract Section _____ NCQA/URAC Standard _____ SA SARF _____ Other _____			Last Reviewed Date: 11/16/15	Past Reviewed Dates:
<b>LINE OF BUSINESS:</b> <input checked="" type="checkbox"/> Specialty Waiver (B/C) <input checked="" type="checkbox"/> I Waiver <input checked="" type="checkbox"/> ABW Waiver <input checked="" type="checkbox"/> SUD Medicaid <input checked="" type="checkbox"/> SUD CA Block Grant <input checked="" type="checkbox"/> OTHER: MI Health Link		<b>APPLICATION:</b> <input checked="" type="checkbox"/> SWMBH Staff and Ops <input checked="" type="checkbox"/> Participant CMHSPs <input checked="" type="checkbox"/> SUD Providers <input checked="" type="checkbox"/> MH / DD providers <input checked="" type="checkbox"/> DD providers <input type="checkbox"/> Other: _____	Last Revised Date: 11/16/15	Past Revised Dates:
Approved: <u><i>Lori Ryland</i></u> Date: <u>11/19/15</u>			Required Reviewer: Clinical Director	

**I. Purpose**

The policy is promulgated to promote the understanding of trauma and its impact, ensure the development of a trauma informed system, and the availability of trauma specific services for all populations served.

**II. Policy**

Southwest Michigan Behavioral Health (SWMBH) is committed to being a trauma-informed system of care throughout our network of providers for all populations. We assume that everyone may have experienced trauma. This includes all people we serve, all staff, and anyone else we encounter while conducting business. Trauma affects people in a variety of ways.

**III. Standards for the regional implementation of Trauma-Informed (Adopted from DHHS-9)**

- A. Adoption of trauma informed culture: Values, principles, and development of a trauma informed system of care ensuring safety and preventing re-traumatization.
- B. Engagement in organizational self-assessment of trauma informed care
- C. Adoption of approaches that address secondary trauma of staff
- D. Routine screening for trauma exposure and related symptoms for each population
- E. Provision of trauma-specific assessments for each population

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- F. Provision of trauma-specific services for each population using evidence based practice(s) (EBPs); or promising practice(s) where EBPs are not available evidence informed practice(s) are provided in addition to EBPs.
- G. SWMBH and its provider network will join with other community organizations to support the development of a trauma informed community that promotes behavioral health and reduces the likelihood of mental illness and substance use disorders
- H. Organizations, programs, and services and supports shall be designed to prevent treatment practices that cause trauma or re-traumatization, including but not limited to use of seclusion, restraint and abuse.
- I. All providers shall promote welcoming, choice, empowerment, trust, growth, physical, and emotional safety and individual skill building by service programs.
- J. Ongoing training for staff will be provided regarding the effects of psychological trauma, trauma-informed systems of care and providing trauma informed services.

### **IV. Principles of a Trauma Informed System of Care**

- A. Principles of Trauma Informed System of Care to be intergrated system-wide
  - 1.Safe, calm and secure environment with supportive care to ensure the physical and emotional safety of children, youth, and adults served by the organization.
  - 2.System wide understanding of trauma prevalence, impact and trauma informed care.
  - 3.Cultural Competence.
  - 4.Consumer voice, choice and self-advocacy.
  - 5.Recovery, consumer-driven and trauma specific services.
  - 6.Healing, hopeful, honest and trusting relationships.
- B. Interactive Guidelines to be achieve for all staff in region
  - 1.Provide relationships that are a vehicle for healing.
  - 2.Maintain self-awareness of our behavior, attitudes and emotions and their impact on the people around us.
  - 3.Listen and observe for individual differences and adjust our responses in a way that acknowledges and appreciates the other person's perspective.
  - 4.Maintain an environment that feels physically and emotionally safe and welcoming for everyone.
  - 5.Promote and respect individual's choice and control to the best of our ability.
  - 6.Recognize, respect and build upon individuals strengths, abilities and potentials.

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7. Provide opportunities and resources that promote and support self-care.

### V. Definitions

- A. Trauma: Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.
- B. Trauma Informed Care: Organizations, programs, services and supports that are based on an understanding of the vulnerabilities and triggers of trauma survivors that traditional service delivery approaches may exacerbate so that these services and programs can be more supportive and avoid re-traumatization.
- C. Trauma Informed Strategies: Interventions that seek to do no further harm, create and sustain an environment of safety for those who may have experienced trauma, and promote understanding, coping, resilience, strength based programming and healing.

### VI. References

- A. SAMHSA National Mental Health Center, Center for Mental Health Services: Trauma Informed Care: <http://mentalhealth.samhsa.gov/ncic/trauma.asp>
- B. MDHHS 9 - Michigan Department of Community Health - behavioral Health and Disabilities Administration – Trauma Policy – PIHP – Draft
- C. Developing Trauma-Informed Organizations – A Tool Kit – Developed by Institute for Health Recovery