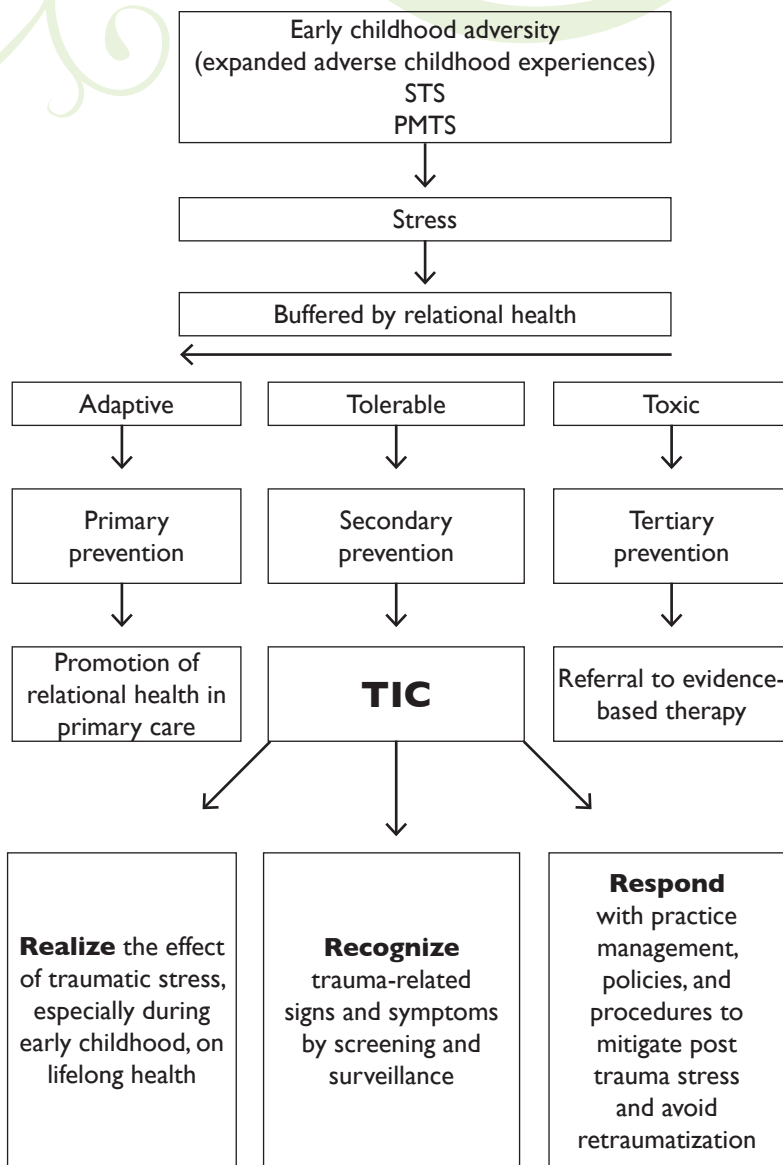




# TRAUMA INFORMED CARE IN PRIMARY CARE

**TRAUMA INFORMED CARE (TIC)** is medical care in which all parties involved assess, recognize, and respond to the effects of traumatic stress on children, caregivers, and health care providers. TIC builds on strengths of children and families in a tiered approach, promoting relational health and family resilience.



## STRATEGIES FOR IMPLEMENTING TIC

- Increase awareness of trauma exposure and symptoms.
- Create a physically and emotionally safe environment.
- Provide resources to children, families, and providers on trauma, its impact, and treatment options.
- Build on the strengths of children and families exposed to potentially traumatic experiences. Address parent and caregiver trauma.
- Engage families in organizational planning.
- Collaborate across child-serving systems to coordinate care.
- Support staff by minimizing and treating secondary traumatic stress, which can lead to burnout. Train and hire a trauma informed workforce.
- Implement culturally appropriate, evidence-based assessments and treatments for traumatic stress and symptoms.



## CREATE A SAFE EMOTIONAL ENVIRONMENT

- Ensure that patients feel respected, welcomed and supported.
- Make sure that staff maintain healthy interpersonal boundaries and are able to manage conflict.
- Maintain open communication that is respectful and compassionate.
- Be aware of how cultural backgrounds affects the perception of trauma, safety and privacy.

*It is easier to help the caregivers as they build strong children, than to repair broken men and women.*

~ Frederick Douglas



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>