

### Being Trauma Informed means:

Most people receiving treatment for mental health issues have some form of trauma (Rosenberg, 2011). Trauma places us at a higher risk for mental health issues such as depression and addiction. People who have experienced trauma are also at a greater risk for suicide.

### Being trauma informed means:

- Understanding the prevalence of trauma and its impact
- Recognising the signs and symptoms of traumatisation
- Creating an emotionally and physically safe space, and empowering the individual with an active voice in collaborative decision-making; and
- Respecting the person's experiences through active listening, being sensitive to the language being used, being transparent, being trustworthy and offering stability and consistency. (Bath, 2008; Hodas, 2006; Rosenberg, 2011; SAMHSA, 2015; Huckshorn & LeBel, 2013).

### Core actions include:

- Initiate person to person contacts in a non-intrusive, compassionate manner
- Enhance safety and provide support
- Ensure that you are not re-traumatising the person
- Support to calm and orientate the person
- Support for immediate concerns
- Tailored psychological interventions
- Provide information about stress reactions and coping mechanisms
- Reduce distress and learn new coping methods
- Link with services to meet current and future need

### Where a person is self-neglecting, we need:

**An Assumption of Trauma** that may be ruled out during enquiries. The assumption that people who are suicidal, self-harming, self-neglecting, hoarding, homeless, severely misusing substances, have an eating disorder have experienced personal trauma should become part of formal screening and assessment processes ruling the link in or out with a rationale.

**Screening for Trauma** Routine trauma screening ensures that everyone is assessed for past traumatic experiences, and not only for their obvious symptoms (Olson, 2013). What has happened to you?

**Resiliency Can Offset the Negative Outcomes of Trauma** Anyone who has experienced trauma maintains one essential, positive quality: resilience. Being resilient involves engaging with friends and family for support and using healthy coping strategies and problem-solving skills effectively to work through difficulties (Australian Government, Department of Health and Ageing, 2008).

<b>Indicators to consider</b>	<b>Yes</b>	<b>No</b>
History of <b>trauma</b> , abuse, neglect, adverse childhood experiences		
Bereavement or loss (Particularly immediate family – mother, father, sibling, son, daughter)		
Co-morbid mental health problems that the person perceives to be worsening		
Anxiety and / or paranoia are evident		
Overwhelming responsibilities (Including caring responsibilities, or inability to provide necessary care to loved ones)		
Perception of being a burden to people, or detrimental to family / friends		
Family history of suicide		
Recent discharge from inpatient psychiatric unit (136)		
Previous suicide attempts		
Threatening to hurt / kill self / others		
History of pain, dependence or continuing illness		
Feeling stuck unable to improve things		

Suicide planning and preparation (Consider severe self-neglect as a potential)		
Unemployment – job loss		
Social Isolation		
Drug or alcohol misuse		
Eating disorder or indicators regarding eating habits that cause concern		
Increasing crisis situations (Escalating in severity and prevalence). Being raised at multi-agency forums		
Poverty or housing problems		
Anti-social behaviour affecting the person		
Crime committed against the person		
Poor social conditions		
Imprisonment		
Violence, aggression and increased stress		
Family breakdown / domestic abuse		
Experiencing prolonged physical pain and / or emotional pain		
Psychiatric and / or depressive disorders		
Something that impacts on a person identity and the way that they see themselves becomes increasingly negative		
Increased startle response		
Poor sleep pattern or severe nightmares		
Self-care skills are not so good		
Not very good with order or planning		
Acts impulsively		
	<b>Yes</b>	<b>No</b>