TRAUMA-INFORMED CARE TOP TEN

A CHECKLIST FOR BEHAVIORAL HEALTH ORGANIZATIONS

Graphics based on art by E.M. Filson

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Trauma is pervasive. Up to 95% of women in the public mental health system report a history of trauma. An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, spiritual. When we don't ask about trauma in behavioral healthcare, harm is done or abuse is unintentionally recreated by the use of forced medication, seclusion, or restraints. Addressing trauma helps your organization improve the quality and impact of behavioral health services, increase safety for all, reduce no-shows, enhance client engagement, and avoid staff burnout and turnover. **Start today by answering these questions to determine if your organization is truly committed to trauma-informed care.**

Organization Name _____ **Website** _____

Contact Person _____ **Email** _____ **Phone** _____

1	We are committed to increasing our awareness and understanding of the principles and practices of trauma informed care.	YES ☐	NO ☐
2	We want to ensure that we address the needs of our clients affected by trauma as an integral part of our strategic plan.	YES ☐	NO ☐
3	We want to screen and assess for trauma for all our clients in a sensitive and respectful way.	YES ☐	NO ☐
4	We want to offer our clients a range of evidence-informed services – through knowledgeable, skilled, and culturally respectful staff – to address trauma-related adaptations and difficulties.	YES ☐	NO ☐
5	We want our policy and procedures to be informed by the experience and perspectives of consumers and would like to involve them as employees/volunteers/advocates.	YES ☐	NO ☐
6	We want to ensure that our social and physical environment promotes healing and avoids re-traumatizing clients.	YES ☐	NO ☐
7	We want to ensure that our entire workforce is educated about trauma-informed care and know how they contribute.	YES ☐	NO ☐
8	We want to raise awareness of trauma-informed care with other organizations, programs and service systems that interact with our consumers.	YES ☐	NO ☐
9	We want to create an environment that supports staff who may experience work stress and vicarious trauma.	YES ☐	NO ☐
10	We want to use data to monitor and sustain our improvements.	YES ☐	NO ☐

TOTAL SCORE: YES_____ NO_____

What next? The National Council for Behavioral Health's trauma-informed care initiatives have helped hundreds of behavioral health organizations across the country map out and operationalize a plan for delivering trauma-informed care. Our experts can help you devise and implement a complete A-Z trauma-informed care plan for your organization and are available for short-term and long-term consulting and training engagements at your site and can work hands on with your core implementation team.

To engage our consultants, email Daisy Wheeler, Consulting Manager at **DaisyW@TheNationalCouncil.org** or call **202.684.7457**.

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH
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