Trauma-informed Care

MENTAL HEALTH & ADDICTION SERVICES | Ohio

Promoting Wellness and Recovery

Mike DeWine, *Governor*
Lori Criss, *Director*

Provider Framework for Trauma-informed Care

This framework was developed to assist clinical staff providers who work with individuals that have a history of trauma. These are examples of tools, practices, and supports that assist in providing trauma competent care and support recovery.

1. Screening and Assessment
   a. Adverse Childhood Experiences Questionnaire
   b. Posttraumatic Stress Disorder Checklist (PCL-5)
   c. Stressful Life Events Screening Checklist
   d. Life Event Checklist
   e. PTSD Civilian Checklist
   f. Resilience Questionnaire

2. Clinical Best Practices and Effective Approaches
   a. Cognitive Behavioral Therapy
   b. Trauma-Focused-Cognitive Behavioral Therapy
   c. Dialectical Behavioral Therapy
   d. Prolonged Exposure Therapy
   e. Eye Movement Desensitization and Reprocessing
   f. Cognitive Processing Therapy
   g. Trauma Recovery and Empowerment Model (TREM)
   h. Trauma Addictions Mental Health and Recovery (TAMAR)
   i. Sanctuary Model
   j. Seeking Safety

3. Comprehensive and Responsive Supports
   a. Mindfulness*
   b. Comfort Box*
   c. Virtual Hope Box*
   d. Wellness Recovery Action Plan*
   e. Wellness Recovery Action Plan (WRAP)
   f. Survivor Recovery Bill-of-Rights
   g. Crisis Text Line: Text HOPE to 741741
   h. Resiliency Resources

   Denotes Cell Phone Applications (Apps) availability

Additional Guidance: Substance Abuse and Mental Health Services (SAMHSA) Treatment Improvement Protocol 57 (TIP): Trauma-Informed Care in Behavioral Health Services

https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816