



# Trauma-informed Care

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>