

# Children's Residential Care Licensing Unit Highlights

Idaho Department of Health & Welfare Division of Family and Community Services

## What is Trauma Informed Care?

According to the American Association of Children's Residential Centers, Trauma-informed care is an approach to organizing treatment that integrates an understanding of the impact and consequences of trauma into all clinical interventions as well as all aspects of organizational function. A core concept of trauma-informed care is a universal precaution:

**Presume that every person**

**in the treatment setting has likely been exposed to abuse, neglect, persistently overwhelming stress or other traumatic experiences.**

This is particularly critical in residential treatment, where the mere fact of being placed is reflective of a loss of one's control over their experience in the world and therefore traumatic. Trauma-informed settings have some key characteristics:

- ◆ Staff understand the short and long-term impacts of trauma and of neglect.
- ◆ Staff are trained to respond to the youth, including family members, with empathy, sensitivity, and respect.
- ◆ Environments and processes are designed to be collaborative and supportive, as opposed to controlling.
- ◆ Coercive interventions and interactions are recog-

nized to be re-traumatizing and to recapitulate victimization, and are therefore contra-

indicated. ◆ The child and family are viewed as individuals who are surviving traumatic stress and their perspectives are the focus of treatment efforts.

◆ Staff are attuned to the phenomenon of triggers and traumatic reenactments, taking this dynamic into consideration at all levels of the organization.

## Impact of Working with Victims of Trauma

### *Don't forget to manage your stress!*

According to The National Child Traumatic Stress Network, Trauma experienced while working with traumatized children has been described as:

- Compassion Fatigue
- Countertransference
- Secondary traumatic stress (STS)
- Vicarious Traumatization

Unlike other forms of job "burnout", STS is precipitated not by work load and institutional stress but by exposure to client's trauma.

STS can disrupt providers' lives, feelings, personal relationships, and overall view of the world.

## For more information on Trauma Informed Care please visit the links below:

Begin with this Link

[http://www.aacrc-dc.org/sites/default/files/paper\\_8\\_trauma-informed.pdf](http://www.aacrc-dc.org/sites/default/files/paper_8_trauma-informed.pdf)

[More links to Trauma-Informed Residential Care](#)

[http://acesconnection.com/notes/index/show?noteKey=Models/Training\\_for\\_Developing\\_Trauma-Informed\\_Systems\\_of\\_Care\\_\(TISC\)](http://acesconnection.com/notes/index/show?noteKey=Models/Training_for_Developing_Trauma-Informed_Systems_of_Care_(TISC))

[http://www.dfps.state.tx.us/training/trauma\\_informed\\_care/](http://www.dfps.state.tx.us/training/trauma_informed_care/)

a free resource that is used by the State of Texas for all new employees and caregivers

<http://www.kidspeace.org/healing.aspx?id=3823>

### Contact Licensing

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