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## toolsfortreatment

Family-Centered Behavioral Health Support  
for Pregnant & Postpartum Women

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# Trauma- Informed / Specific Services

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# Framework for Family-Centered Treatment

## **Woman-centered**

Responsive to the specific needs of women

## **Family-centered**

Understand the role family relationships play in achieving and sustaining recovery

## **Trauma-informed Services**

Integrate knowledge about trauma, violence and substance use into systems of care

## **Culturally Competent**

Respects the role of culture, ethnicity, race, racism, and sexual orientation

# Trauma-informed services and trauma specific services do not mean the same thing

- Trauma-informed services take into account knowledge about trauma in ALL aspects of service delivery
- Trauma specific services are evidence-based treatment models that facilitate trauma recovery

# WHY is it necessary to include trauma in the framework for treatment?

- Pervasive history of violence and trauma among women with substance use disorders (SUD)
- Rates of physical and/or sexual abuse range from 55%-99%
- Women with PTSD have been found to be 5 times more likely to have a SUD than women without PTSD
- PTSD rates have been reported to range between 14% and 60%

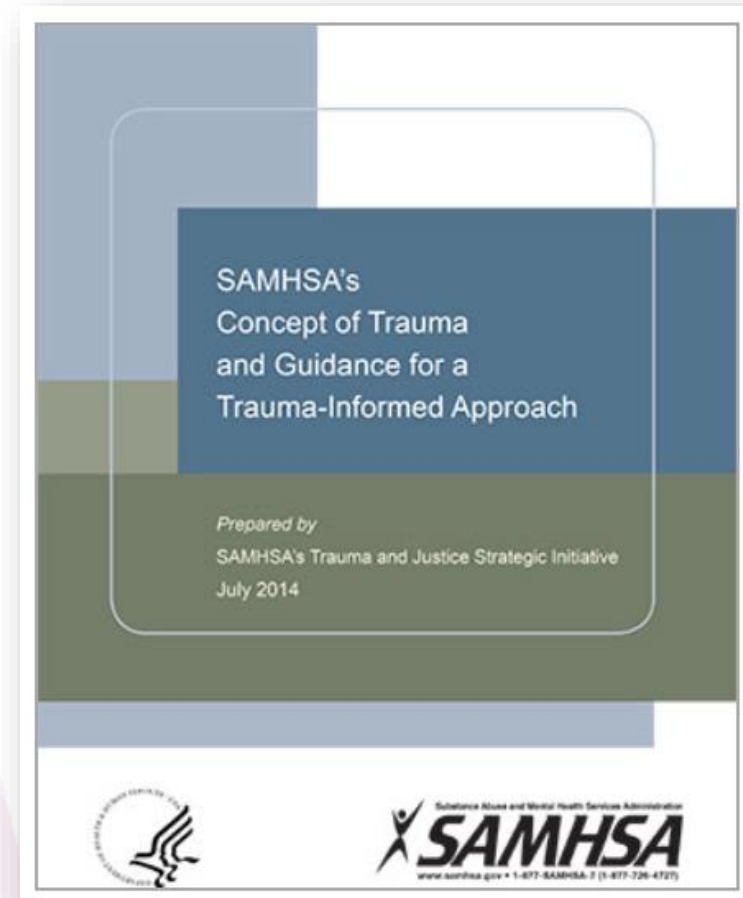
# Trauma-informed Services

- Understands the role that violence and victimization play in the lives of women with SUD
- Implements service systems that accommodate the vulnerabilities of a trauma survivor
- Delivers services in a manner that will facilitate participation in treatment/care



# Recommended Resource

The SAMHSA publication *Concept of Trauma and Guidance for a Trauma Informed Approach* provides detailed description of key principles and identifies 10 implementation domains.



<http://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

# Trauma-informed Services

- Provide trauma-informed training to **ALL** staff, including medical staff, administrative staff, and support staff
- Avoid triggering trauma reactions or re-traumatizing women
- Use behaviors that support limited coping capacities and safety concerns





# Trauma Specific Services

- When possible, integrate trauma services into treatment model
- Examples of models that have been validated through research and are considered best practice:
  - [Seeking Safety: A Treatment Manual for PTSD and Substance Use](#)
  - [Trauma Recovery and Empowerment Model \(TREM\)](#)
  - [Beyond Trauma: A Healing Journey for Women](#)

# Trauma Specific Services

It should be recognized that clinicians providing these services should be provided with organization support of self care for secondary traumatic stress or re-traumatization.

# References

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