



**Reconnect & Rediscover:**  
A Convening Pediatric Experts  
and Advocates  
Oct. 2-4, 2021

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Experts in pediatrics, Advocates for children. 1

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**Trauma Informed Care**  
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**Disclosure**

- The presenter has nothing to disclose

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## Learning Objectives

- Review the principles of trauma informed care.
- Discuss the implications of Adverse Childhood Experiences (ACEs) and Trauma Informed Care (TIC).
- Describe steps to implementing the trauma informed care model in pediatric primary care.
- Review the role of Advance Practice Nurses in trauma informed care.



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## Definition of Trauma

- *“Trauma is defined as an event, series of events, or circumstances experienced by a person as physically or emotionally harmful that can have long-lasting adverse effects on the person’s functioning and well-being (emotional, physical, or spiritual).”*



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## Definition of Trauma Informed Care

- Many organizations have different definitions
- AAP-
  - *“TIC is defined by the National Child Traumatic Stress Network as medical care in which all parties involved assess, recognize, and respond to the effects of traumatic stress on children, caregivers, and health care providers. TIC also includes attention to secondary traumatic stress (STS), the emotional strain that results when an individual, whether a health care worker or parent, hears about or witnesses the traumatic experiences, past or present, of children”*



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## Data

- 50% or 34 million child under 18 years of age have at least 1 traumatic event or childhood adverse experience.
- 1 out of 7 adults report exposure to at least 4 adverse experiences as children.
- Most common adverse experience is *poverty and financial stress*.
- Specific populations
  - Those exposed to both physical and emotional trauma
  - Children and adolescents exposed
    - Pandemics
    - Natural disasters
    - Immigration
    - Mass casualties



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## Conceptualization of Trauma Informed Care

- Primary prevention of trauma and resiliency promotion.
- Secondary prevention and intervention.
- Tertiary care for children with symptoms.



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## Trauma Informed Care in Practice

- Organizing standard for pediatric practices.
- Awareness of the scope of trauma and related symptoms.
- Promotes an emotionally safe environment.
- Offers specific interventions to abate effects of trauma.
- Trauma Informed care promotes a culture of relational health and resilience.
- Relational health and foundational relationships supports resilience.



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6 Principles to a Trauma Informed Approach to Care

- Safety
- Trustworthiness & transparency
- Peer support
- Collaboration & mutuality
- Empowerment & choice
- Cultural, historical & gender issues



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Core Principles of TIC

- National Council on Behavioral Health
  - Safe Physical and Emotional Environment
  - Leadership Commitment to TIC
  - Patient and Family Empowerment
  - TIC Continuous through the Healthcare System
  - Recruitment and Training of a Trauma Informed and Compassionate Workforce
  - Coordination of Care Across Family Serving Systems in the Community



National council on behavioral health

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Recommendations for System Level Implementation

- State and Federal Funding
- Large Healthcare Systems
- Managed Care Organizations
- Insurance Companies
- Children's Hospitals
- Academic Centers



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## Incorporation into Primary Care

- Knowledge about trauma and its potential lifelong effects;
- Support for the caregiver-child relationship to build resilience and prevent traumatic stress reactions;
- Screening for trauma history and symptoms;
- Recognition of cultural context of trauma experiences, response, and recovery;
- Anticipatory guidance for families and health care workers;
- Avoidance of re-traumatization;
- Processes for referral to counseling with evidence-based therapies when indicated; and
- Attention to the prevention and treatment of STS and associated sequelae.



Forkey, Szilagyi, Kelly, & Duffee 2021. Trauma Informed Care Pediatrics, 148 (2)

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## AAP: Medical Home Model for Trauma Informed Care

- Identify the risk through routine screening or surveillance.
- Consider using a registry like Children and youth with special health care needs (CYSHCN) as a reminder for additional follow up in future visits.
- Assess family and patient strengths and assets as well as challenges, to help identify needs for specific services and support in the future.
- Establish relationships with community resources to address trauma in children.
- Have a comprehensive list of community resources available.
- Make referrals to community resources.
- Follow up on referrals to close the loop.
- Equip patients and families with behavioral management tools.



AAP 2014

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## TIC in Primary Care

- Ask:
  - Why
  - What
  - How
  - What do we do



AAP 2014

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## Elements

- Awareness
  - **Safe, Stable, and Nurturing Relationships**
  - **Toxic Stress and Trauma**
  - **High-risk Populations**
- Readiness
- Relational Health Care
- Attachment
- Effective Parenting
- Resilience



Forkey, Szilagyi, Kelly and Duffee 2021. Trauma Informed Care, *Pediatrics*, 148, (2)

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## Elements

- Detection and Assessment
  - Peri-trauma
  - Triage
  - Engagement
  - History
  - Surveillance
  - Screening
  - Examination
  - Differential Diagnosis Considerations and Comorbidities
  - Diagnostic Continuum



Forkey, Szilagyi, Kelly and Duffee 2021. Trauma Informed Care, *Pediatrics*, 148, (2)

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## Elements

- Management
  - Sharing the Diagnosis With Children and Caregivers
  - Office-Based Anticipatory Guidance and Management
  - Referral
  - Psychopharmacology
  - Follow-up and Support
  - Integration
  - Train All Staff in TIC
  - Integrated Health Care
  - Two-Generation Approach
  - Community Partnerships
  - Staff and Provider Support



Forkey, Szilagyi, Kelly and Duffee 2021. Trauma Informed Care, *Pediatrics*, 148, (2)

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## Summary

- TIC can be and should be a health care model in pediatric primary care.
- It is an understanding that exposure to adversities is common in most children and has developmental, behavioral, and health implications that can be lifelong.
- PNPs need an understanding of resilience and trauma to promote recovery in their patients.



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