

Steps to Becoming a Trauma-Informed Court



Trauma's Effects

Long-term Effect



VIDEO

The Effects of Trauma



BEHAVIOR

=

SURVIVAL

Learning check

Trauma's Effects

- Trauma can result in adverse health effects
- Symptoms of trauma & mental illness overlap
- Reactions to perceived threats may result in high-risk behavior
- Substance use can be coping behavior

Individualized Experiences

RESILIENCE

Family ties

Strong primary relationship

Connection to community

Employment

Biology

Meaningful activity

Strong cultural or religious beliefs



RISK

Health issues

Pre-existing mental health problems

Severity of trauma

Proximity to trauma

Biology

Numerous traumas

Experiences that diminish coping capacity

People *think* differently about trauma

Self-blame & shame

Always present

Push people away & on guard

Fear

Awareness of space

Flashbacks

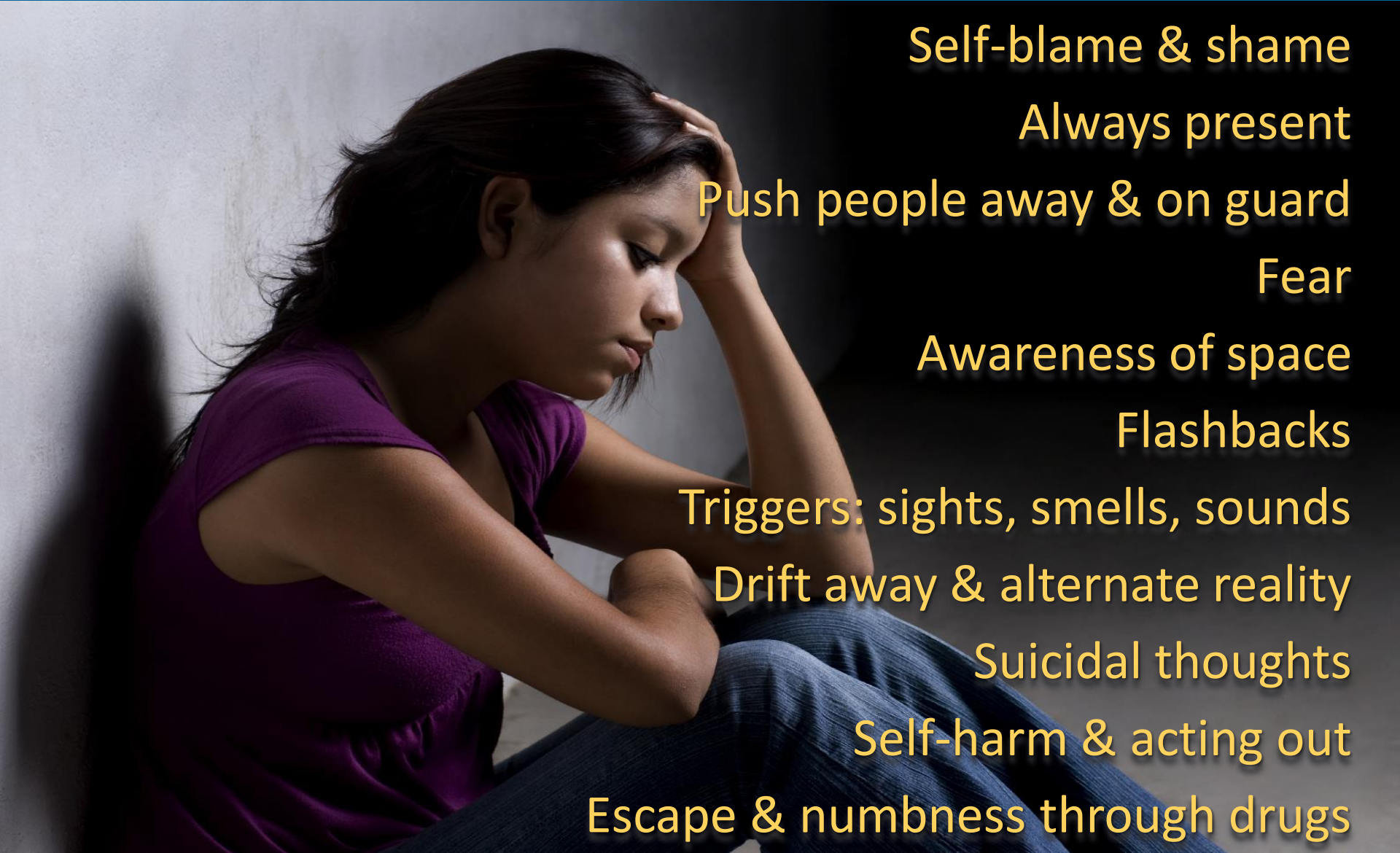
Triggers: sights, smells, sounds

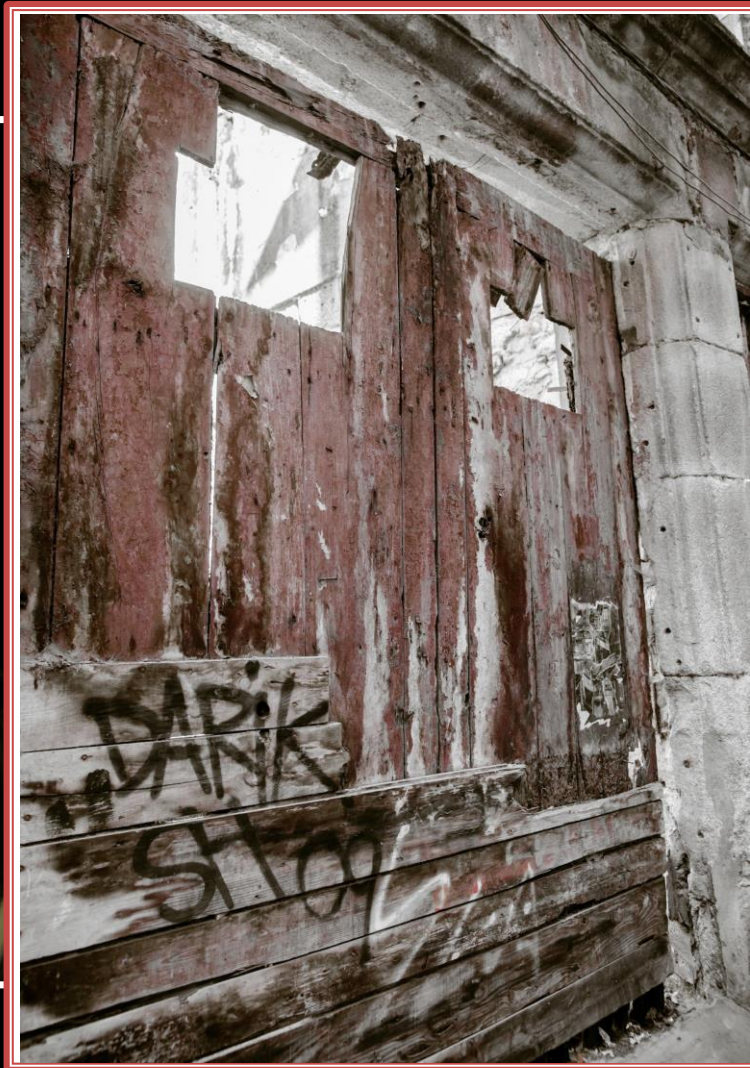
Drift away & alternate reality

Suicidal thoughts

Self-harm & acting out

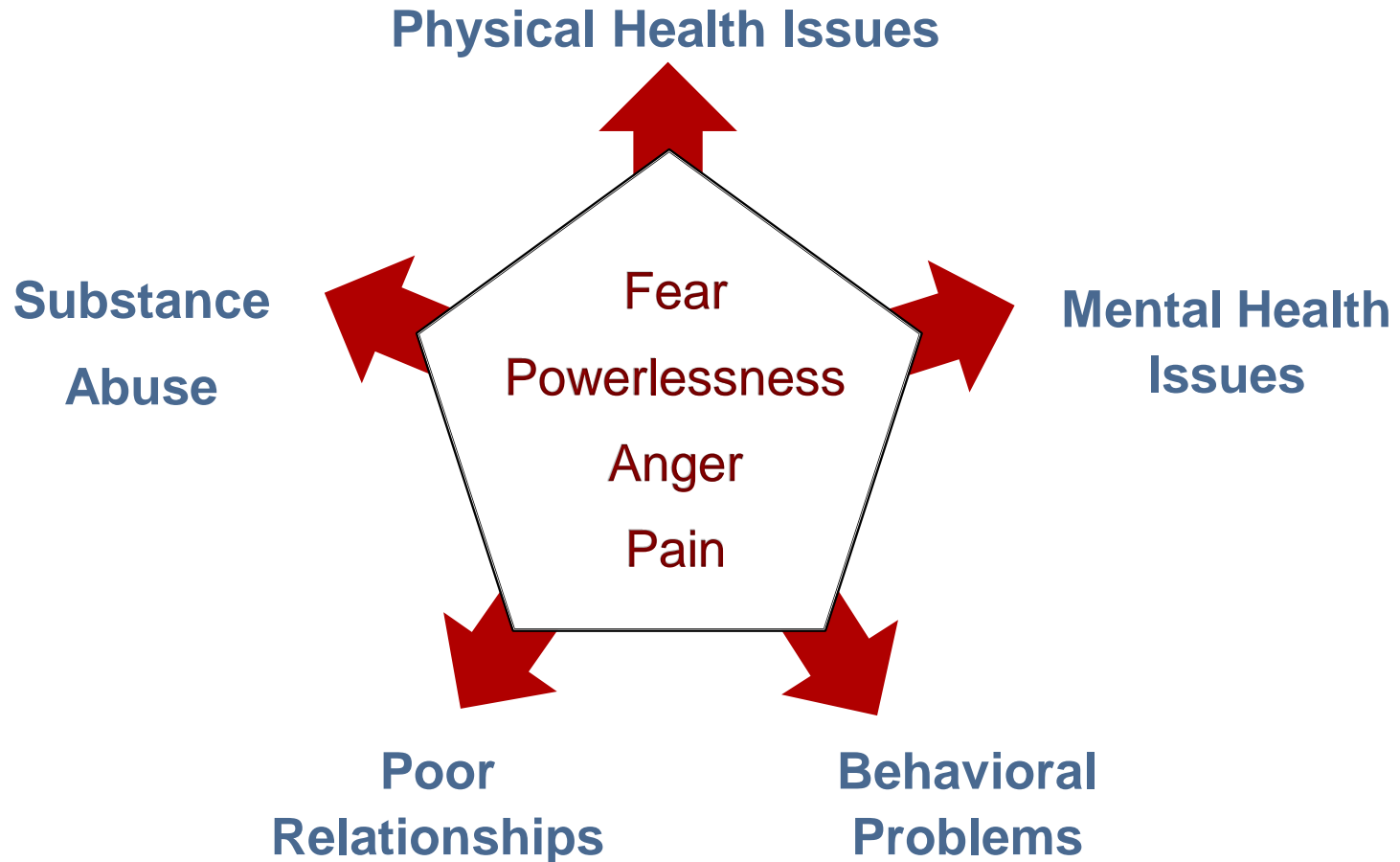
Escape & numbness through drugs





Circumstances can affect risk

Long-term Effect: Summary



SUMMARY

- Individual differences can affect resilience and risk
- Individualized experiences and responses - each person is unique
- People think differently about trauma
- Circumstances can affect resilience and risk



Becoming a Trauma-Informed Court

Trustworthiness

Respect

Choice

INTERACT

Collaboration

Empowerment

A photograph of a person's hands covering their face, set against a background of a severely cracked and textured wall. The person is wearing a dark shirt and jeans. The overall tone is somber and evocative of trauma or distress.

IMPLEMENTATION OF TRAUMA-INFORMED PRACTICES

VIDEO

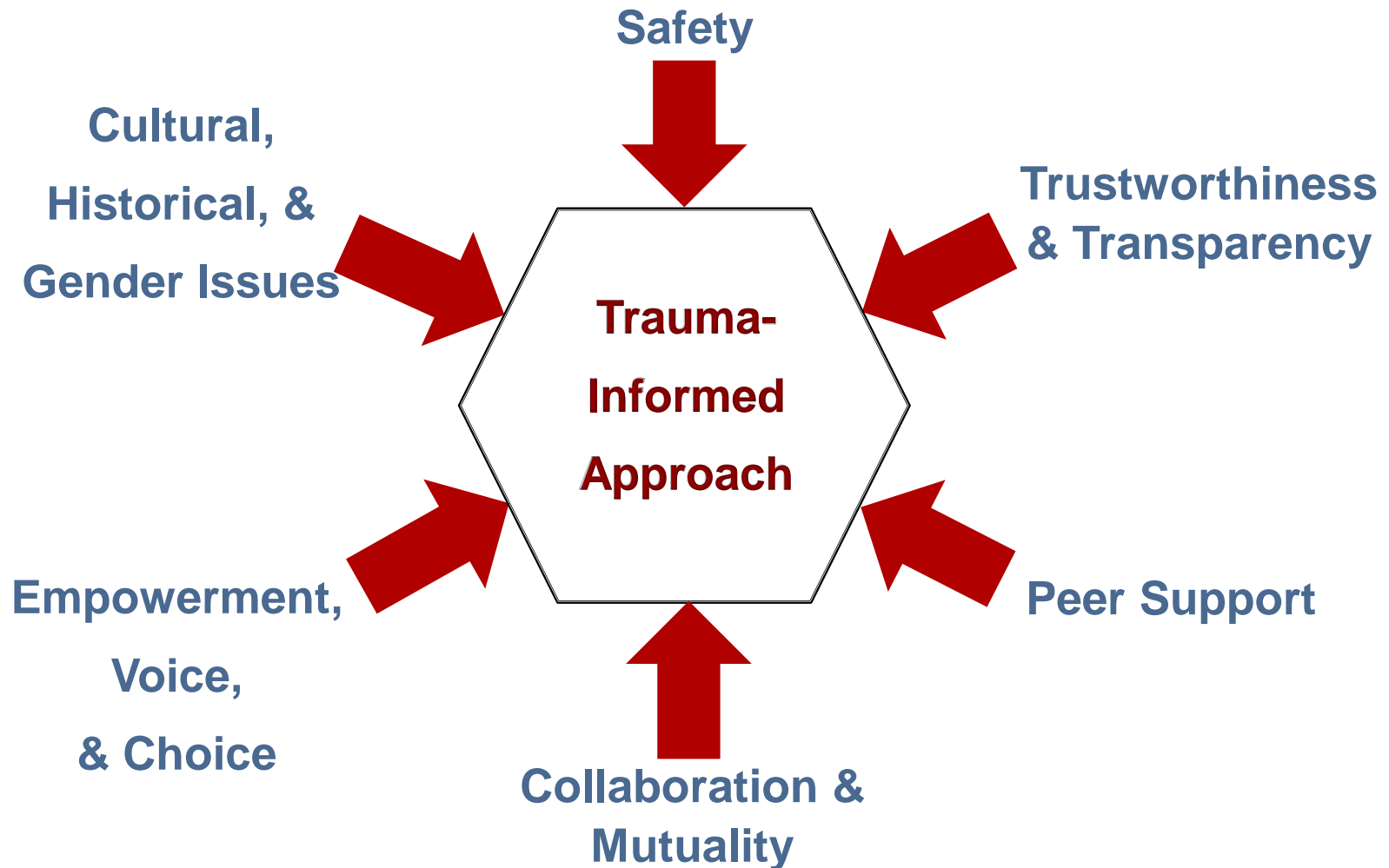
Implementation of Trauma-Informed Practices



Commitment & Planning



Principles of a Trauma-Informed Approach



Guidelines for Implementing a Trauma-Informed Approach

1

Governance & Leadership

2

Policy

3

Physical Environment

4

Engagement & Involvement

5

Cross-Sector Collaboration

Guidelines for Implementing a Trauma-Informed Approach

6

Screening, Assessment, & Treatment Services

7

Training & Workforce Development

8

Progress Monitoring & Quality Assurance

9

Financing

10

Evaluation

Trauma-Informed Courts

1. Realize the prevalence of trauma & why a trauma-informed approach is important
2. Recognize how trauma affects all individuals in an organization, program, system, & workforce
3. Respond effectively & with compassion
4. Resist Re-traumatization

Universal Assumption of Trauma



Closing



**Please complete
the evaluation form
at the end of the program**

For More Information



<http://www.samhsa.gov/gains-center>

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