



Spring 2011 Brant | Burlington | Haldimand | Hamilton | Niagara | Norfolk | Waterloo | Wellington

Trauma-informed care

Trauma can affect people emotionally, cognitively, physically and socially. Trauma involves an event (or repetitive events) and a reaction or response that includes an overwhelming experience of helplessness or powerlessness. It is estimated that between 39% and 74% of the general population will be exposed to a traumatic event.

Trauma is a devastating underlying factor that accompanies many mental health and addictions issues. It is crucial that healthcare and community services have a solid understanding of trauma and understand how to provide "trauma-informed" care so that the effects of trauma are addressed and people receive the care they need. Being trauma-informed means offering services and treatment that are responsive to the impacts of trauma. Providing trauma-informed service is the topic of this June's CAMH in the Community event in Waterloo Wellington.

Dr. Pamela Stewart, Head of the Trauma and Addictions Clinic at the Centre for Addiction and Mental Health, describes the characteristics of a trauma-informed clinician/helper as one who is:

- Informed about the prevalence of trauma in their client population
- Informed about the effects of psychological trauma
- Able to assess for the presence of symptoms/problems related to trauma
- Able to validate the person's experiences of trauma and how it links to other things, such as their addiction
- Able to offer service to facilitate recovery; and if not, recognizes what is outside their scope of practice and make an appropriate referral

For most people who experience a traumatic event, the emotional effects tend to subside after several months. However, many will be left with a more lasting impact and may be diagnosed with Post Traumatic Stress Disorder (PTSD). This means that a person is experiencing significant distress or impairment that impacts their life functioning for a period longer than one month. Between 9% and 12% of people who experience trauma are estimated to develop PTSD. Symptoms include nightmares, flashbacks, emotional detachment, insomnia, anxiety, depression, and hyper vigilance.

There are significant linkages between substance abuse and mental health issues and the experience of trauma. Approximately 20% - 33% of people seeking treatment for substance abuse meet the criteria for PTSD. There is also a strong connection between traumatic experiences and addiction/mental health issues for women. The rate of PTSD

Events

CAMH in the Community event **"Providing Trauma-Informed Addiction and Mental Health Care"** on **June 9, 2011** from **1 - 4 p.m. in Guelph.**

Location:

Best Western - Royal Brock Hotel & Conference Centre
716 Gordon Street, Guelph
(entrance from Stone Road)

[More information](#) and [to register](#) >

This free presentation will be of interest to those working in the addiction and mental health sector as well as allied health and social service providers.

among of women entering addiction treatment jumps to between 86% and 90% underscoring the need for concurrent, trauma-informed treatment. Despite these strong indicators, addressing a history of trauma is often a neglected part of treating addiction and other concurrent mental health issues.

Dr. Stewart will present on trauma and trauma-informed services at a free CAMH in the Community event **"Providing Trauma-Informed Addiction and Mental Health Care" on June 9, 2011 from 1 - 4 p.m. in Guelph**. The event is sponsored by the Centre for Addiction and Mental Health (CAMH) in partnership with the Waterloo Wellington LHIN and the Waterloo Wellington Addiction and Mental Health Network. This event will be of interest to those working in the addiction and mental health sector as well as collateral health and social service providers.

For [more information](#) and [to register](#) >

Dr. Pamela Stewart is the Clinic Head of the newly established Trauma and Addictions Clinic at the Centre for Addiction and Mental Health (CAMH)



**Recently launched
provincial resource:**



CAMH in the Community Projects

Brant | Burlington | Haldimand | Hamilton | Niagara | Norfolk

Professional Development: [Research and Knowledge Exchange](#) | [Concurrent Disorders](#) | [Education and Training](#)

Prevention & Health Promotion: | [Suicide Prevention](#) | [Anti Stigma](#) | [Young Women and Depression](#) | [Drug Awareness Initiatives](#) | [Prevention Program for Families](#)

System Planning: [Local System Planning](#)

Waterloo | Wellington

Professional Development: [Education and Training](#) | [Primary Care](#) | [Diversity, Inclusion & Health Equity](#) | [Concurrent Disorders](#)

Prevention & Health Promotion: [Drug Strategy](#) | [Strengthening Families](#)

System Planning: [System Planning and Development](#)

The mandate of the [Ontario Woman Abuse Screening Project](#) is to collaborate across sectors to:

- implement routine screening;
- provide training;
- implement woman abuse/sexual assault/trauma-informed services in the mental health and addiction sectors; and
- provide integrated, inter-sectoral services to abused women with concurrent mental health and/or addiction issues

CAMH Resources



CAMH KnowledgeX portal

Features an extensive section with a focus on [trauma](#) and working with [women](#)



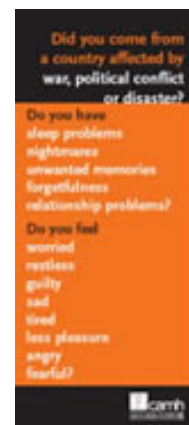
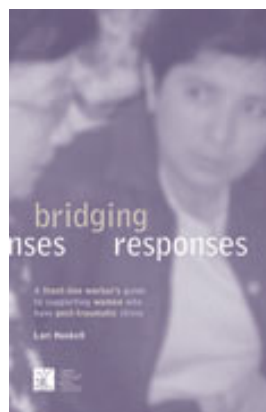
Crosscurrents

Feature articles:

[Are you trauma-informed?](#)

CAMH Publications

Mouse over on the publications below for titles and click on them for more information:



-- Information Guides --

-- Brochures --

CAMH Policy

[Restraints reform](#) article targets traumatizing hospital practices

Related Links

Canada

[Ontario Women Abuse Screening Project](#) | [Manitoba Trauma Partnership](#): 8 core components [model for trauma recovery](#) system of care | Trauma in the Lives of Women with Serious Mental Illness: [Current Practices](#) in British Columbia
[Trauma-informed Toolkit](#) from the Klinik Community Health Centre, Manitoba

United States

Contact us

Learn more about West Central Area & browse staff profiles [more>](#)

CAMH in the Community editor Marty McLeod - [Feedback or comments?](#)

Substance Abuse and Mental Health Services Administration's (SAMHSA) National Center for Trauma-Informed Care ([NCTIC](#)) | [Women, Co-Occurring Disorders and Violence Study](#) sponsored by SAMHSA

[Subscribe](#)

[Unsubscribe](#)

This is a publication of CAMH [Provincial Services](#), West Central Office