

Session 34:
Health Equity: Trauma-Informed Approaches to Providing Care

Key Takeaways:

- Trauma broadly defined as experiences that produce intense emotional pain, fear, or distress, often resulting in long-term physiological and psychological consequences. Experiences of trauma, especially in childhood, can change a person’s brain structure, contributing to long-term physical and behavioral health problems.
- Shift the *question* from “what’s wrong with you?” to “what happened to you?”
- In 2014, the Substance Abuse and Mental Health Services Administration (SAMHSA) outlined a series of strategies and principles for trauma-informed approaches. The six principles are: safety; trustworthiness and transparency; empowerment, voice, and choice; collaboration and mutuality; peer support; and, cultural, historical, and gender issues.

Further Reading:

Health Equity	Trauma Informed Care - Nebraska https://www.unmc.edu/bhecn/partnerships/Trauma-Informed-Care.html
	Adverse Childhood Experiences (ACEs) https://www.cdc.gov/violenceprevention/aces/index.html
	Disparities in Health and Health Care: 5 Key Questions and Answers. Kaiser Family Foundation. https://www.kff.org/racial-equity-and-health-policy/issue-brief/disparities-in-health-and-health-care-5-key-question-and-answers/
	The Truth About Adverse Childhood Experiences: https://www.familiesthrive.org/blog/2018/4/17/the-truth-about-adverse-childhood-experiences-aces
	Epigenetics: Why Inheritance is Weirder Than We Thought (video): https://www.youtube.com/watch?v=AvB0q3mg4sQ&feature=youtu.be
	About the CDC-Kaiser ACE Study (infographic): https://www.cdc.gov/violenceprevention/aces/about.html
	SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach: https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf