



Lenape Valley Foundation

Trauma Informed Care

Volume 1

Understanding the ACE: Why a Focus on Trauma is so Important

The Adverse Childhood Experiences (ACE) study brought to light the lasting effects of trauma on an individual. In 1995 the CDC, along with the Kaiser Permanente Health Appraisal Clinic, began using the ACE as part of a two-year 17,000 person study examining the link between childhood trauma and later-life health and wellness. While the medical status of participants continues to be monitored, the results have already shown that traumatic childhood experiences increase an individual’s risk for poor quality of life, illness, and even pre-mature death. Since other studies have determined that 90% of public mental health consumers have been exposed to trauma, providing trauma informed care is a priority for Lenape Valley Foundation.

Health Domains	Conditions Associated with Trauma
Medical Conditions	Heart, lung, and liver diseases, cancers, sexually transmitted diseases, and skeletal fractures
Risk Factors for Common Disorders	Smoking, alcohol abuse, drug use, promiscuity, obesity, poor self-rated health, high perceived risk of AIDS
Behavioral Health	Depression and anxiety disorders (including PTSD), eating disorders, substance abuse, personality and dissociative disorders, hallucinations, suicide
Sexual & Reproductive Health	Early age at first intercourse, sexual dissatisfaction, teen pregnancy, unintended pregnancy, teen paternity, fetal death
General Health & Social Problems	High perceived stress, poor job performance, relationship problems, spouse with alcoholism

What is Trauma Informed Care? How will LVF Become Trauma Informed?

Trauma Informed Care (TIC) is a holistic, person-centered approach to treatment that understands and incorporates the biological, psychological, neurological, and social impact of trauma on an individual. On December 13, 2011, a Trauma Training for Bucks County Behavioral Health staff and administration was sponsored by Magellan to promote agency adoption of TIC practices. The training was followed by an afternoon brainstorming session attended by Magellan clinical staff, agency CEO’s, and two staff facilitators from each agency’s Trauma Informed Agency Planning Committee. This was the start of LVF’s Trauma Informed Agency Planning Committee. We are currently 18 members strong, incorporating a cross section of LVF staff and peer specialists. The committee has been meeting monthly (every second Thursday from 12:00 – 1:00) since January 2012 and has made several advancements;

- ✚ Applied and was accepted for membership into the Learning Community for the National Council for Community Behavioral HealthCare, 2012 Adoption of Trauma Informed Care Practices Learning Community. Our Cohort consultant is Tony Salerno.
- ✚ Established a Core Committee for Trauma Informed Care Planning Committee: Alan Hartl, Krisanna Ghadiri, Cindy Thiers, Angela DiCarne, Julie Harbison, and Candace Barnett.



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- ✚ Established a mission statement:

Trauma Informed Care is an approach to engage people with histories of trauma, which recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Trauma Informed Care seeks to change the paradigm from one that asks, “What’s wrong with you?” to one that asks, “What has happened to you?”

- ✚ Established subgroups and goals:

Subgroup	Members	Progress/Goals
Funding	Erin Paraskewik, Angela DiCarne, Gloria Cocron, Janet Thompson, Suzanne Rhodeside	On hold
Staff Education & Training	Lisa Baitzel, MaryJane Fletcher, Douglas Clapp	Interfacing with HR to incorporate a TIC informational power point during the new hire orientation process. Possible use of the power point for all staff via ELEVATE.
Staff Health & Wellness	Julie Harbison, Angela DiCarne, Lisa Baitzel, Gloria Cocron, Erin Paraskewik	Partnering with the LVF Safety Committee to assess what is already in place and what else we need.
Physical Safety/Agency Aesthetics	Elyse Stein, Gloria Cocron, Janet Thompson, Suzanne Rhodeside	Establishing a “walk through” with members of the Safety Committee and consumers to assess aesthetics of various LVF sites. Distributed a survey to ARCP/FOR staff/consumers regarding physical/safety of program environment.
TIC Outreach	Angela DiCarne, Lisa Baitzel	Reviewing customer satisfaction surveys used by some departments in the hopes of establishing a standardized LVF consumer satisfaction survey.
Staff Expertise	Angela DiCarne, Lisa Baitzel, Erin Paraskewik	Determining how to establish a staff “expertise” list, how to store it, how to make it available to staff, how we can utilize it across departments. Currently it is in ADP but not accessible to all staff.
Enhance Utilization of Peer Support	Julie Harbison	Attended a WRAP workshop and distributed the workbook to some members.



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- ✚ Modeled the use of a Community Meeting format as developed by Dr. Sandra Bloom, for use by staff within their own departments.
- ✚ Distributed the ACE to LVF staff and consumers for the purpose of collecting an average LVF ACE score for both.
- ✚ Distributed the Organizational Self -Assessment Survey to garner a baseline score which will be compared to a future score to assess LVF's performance improvement of key components of a trauma informed care and to engage in a self-reflective process to assist in the identification of what we need to do as an organization to advance our efforts to become an improving trauma-informed care organization.
- ✚ Attended the Chicago "Kick-Off" for members of the National Council's 2012 Adoption of Trauma-Informed Care Practices Learning Community (Alan Hartl, Cindy Thiers, and Krisanna Ghadiri).
- ✚ Participated in the first National Council Webinar as well as the first Cohort conference call with Tony Salerno.

Want to Know More?

LVF is having a TIC Kick-Off Open House for staff and consumers in the large and small meeting rooms on 6/19 at 11am. Also, you can go on the web to learn even more about the ACE (<http://www.cdc.gov/ace/index.htm>) and TIC (http://www.thenationalcouncil.org/cs/business_practice_areas/traumainformed_care/what_is_traumainformed_care). Oh, and keep your eye out for this newsletter...it will be published once a month to keep you informed!