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Relias Spotlight Series October 2022

Hello Providers,

Welcome to the Optum Idaho **October Relias Spotlight Series** – a series devoted to offering you access to **free, accessible, and continuing education unit-eligible** online education about topics that are important to behavioral health providers. In this month's Relias Spotlight Series, and in honor of October being another Mental Health Awareness Month, we wanted to re-emphasize the fundamental importance of being trauma-informed in our practice and provide everyone within our network an opportunity to re-educate themselves and re-commit our agencies and organizations to providing the highest quality of care, through trauma-informed approaches for our members.

There has been a significant shift in health care (physical and behavioral health) over the past several years as treatment providers have come to better understand and recognize the role trauma can play in the mental and physical health of an individual. Studies show that roughly 62% of adults in the U.S. have experienced at least one traumatic “Adverse Childhood Experience” (ACE) and up to 25% have experienced three or more. These statistics cover the entire population, not just those seeking health-care services. Not surprisingly, those percentages increase significantly when surveying minorities, immigrants and/or refugees, individuals with disabilities and the LGBTQ+ communities.

Trauma is here, and it is all around us, but the truth is – and our belief must be – that with appropriate support, interventions and treatment, people can overcome and recover from traumatic experiences.

The first step for us, as a network of care providers, is to accept and understand that the presence of trauma in an individual’s lived experience is almost certain and then apply that understanding to everything we do, organizationally and clinically. The mantra of being trauma-informed is changing the narrative while providing care from “What is wrong with you?” to “What happened to you?” Having this “trauma-informed approach” means, in practice, that our network adopts and integrates the following into their practice and operations:

- *Realizes* the widespread impact of trauma and understands potential paths for recovery
- *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system
- *Responds* by fully integrating knowledge about trauma into policies, procedures and practices
- *Resists* re-traumatization by actively seeking improvements to organizational missions, approaches to care, practice environments/care delivery and trauma-informed training for professional and paraprofessional staff.

Additionally, the execution of trauma-informed approaches should adhere to six key principles:

1. **Safety:** Throughout the organization, patients and staff feel physically and psychologically safe.
2. **Trustworthiness and transparency:** Decisions are made with transparency and the goal of building and maintaining trust.
3. **Peer Support:** Individuals with shared experiences are integrated into the organization and viewed as integral to service delivery.

4. Collaboration and Mutuality: Power differentials between staff and clients or among organizational staff are leveled to support shared decision-making.
5. Empowerment, Voice, and Choice: Strengths are recognized, built on and validated – this includes a belief in resilience and the ability to heal from trauma.
6. Cultural, Historical and Gender Issues: Biases and stereotypes (e.g., based on race, ethnicity, sexual orientation, age, geography, etc.) and historical trauma are recognized and addressed.

A good place to start in being trauma-informed is to evaluate your organization or your individual practice on how trauma-informed your approach to care is. If there is an opportunity for growth, improvement or evolution for yourself or organization, please take advantage of more information and education around the topic of trauma-informed care. We encourage you to log into [Relias](#) and search for the following modules:

An Introduction to Trauma-Informed Care	REL-BHC-0-AITIC
An Overview of Trauma Disorders in Adults for Paraprofessionals	REL-BHC-0-AOTDAP
Diagnosing and Treating Posttraumatic Stress Disorder	REL-BHC-0-DTPTSD
Impact of Psychological and Physical Trauma	REL-BHC-0-IPPT
Implementation of Trauma-Informed Care Systems	REL-BHC-0-ITICS
Interventions for Treating Posttraumatic Stress Disorder	REL-BHC-0-ITPTSD
Overview of How Behavioral Health Disorders are Impacted by Trauma	REL-BHC-0-TICICP
Substance Use and Trauma	REL-BHC-0-SUT
Trauma-Informed Care: Implications for Clinicians and Peer Support Specialists	REL-BHC-0-MRWWSCGC

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum Idaho is excited to offer these resources to you.

Sincerely,

The Optum Education and Training team