

Trauma-Informed Care and Assessing the Needs of the Southeast Kansas Mental Health Center

Kansas Prevention Conference
October 13, 2023

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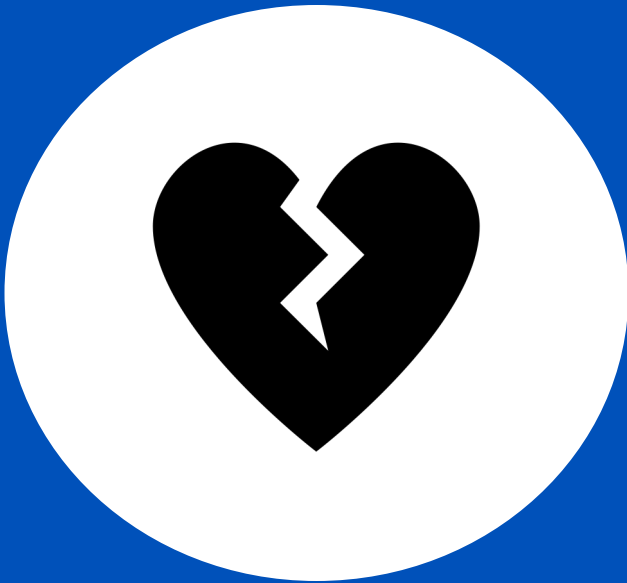
Disclosures

- The presenters have no financial disclosures or conflicts of interest in relation to this presentation.

Learning Objectives

1. Demonstrate an understanding of the widespread **impact of trauma**.
2. Demonstrate an understanding of the components of **trauma-informed care** in a mental health setting.
3. Demonstrate the importance of **training clinical staff** who already have a basic understanding of trauma-informed care.

CDC: Adverse Childhood Experiences



Abuse

Emotional
Physical
Sexual



Neglect

Emotional
Physical



Household Challenges

Substance use
Mental Illness
Suicidal Behavior
Divorce/Separation
Incarceration
IPV

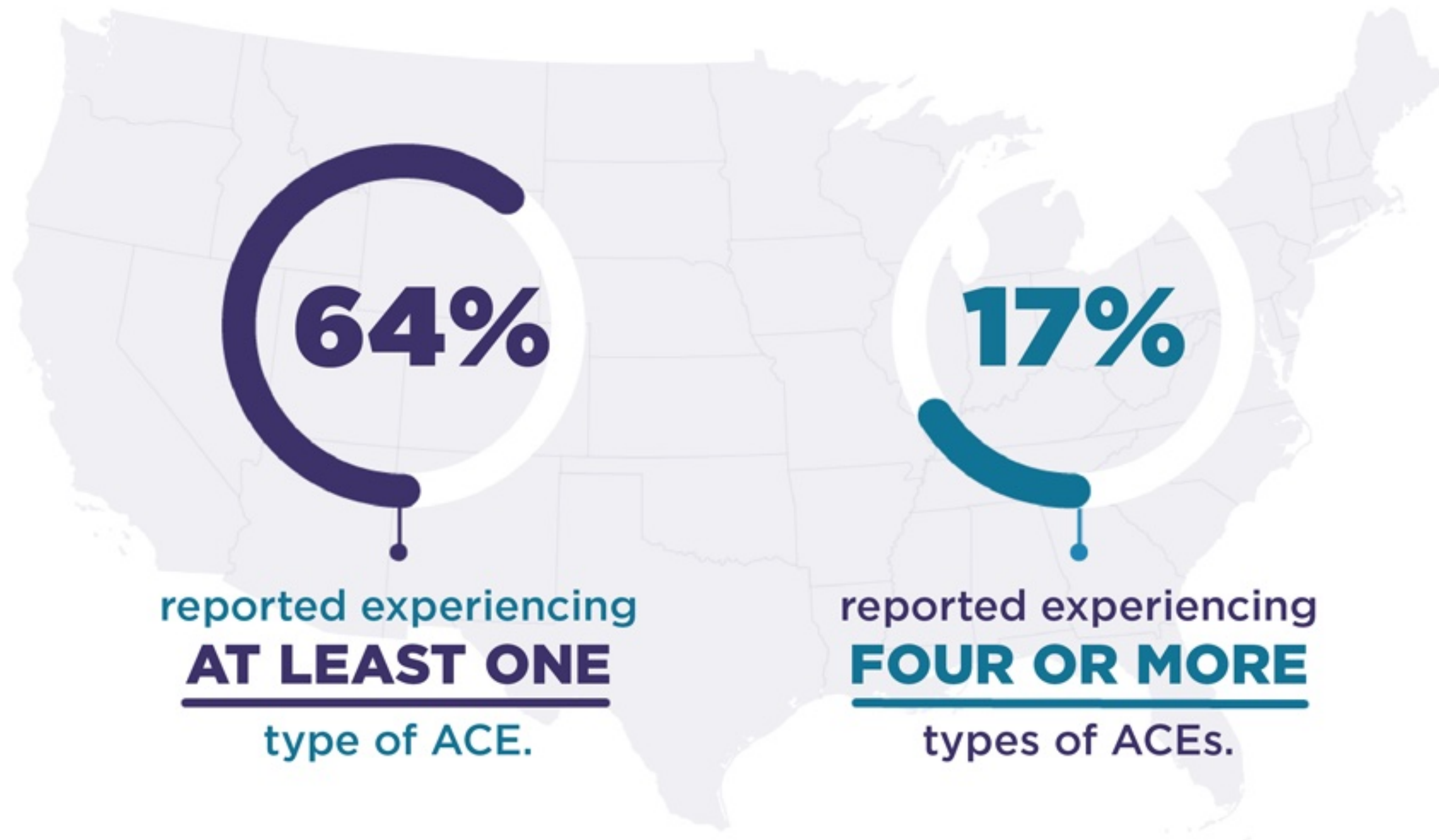


Other Adversity

Bullying
Community Violence
Natural Disaster
Refugee/Wartime
experiences
Terrorism

Many People Report ACEs

According to data collected from **adults across all 50 states and the District of Columbia** between 2011 and 2020:



Research shows that experiencing a **higher number of ACES** is associated with many leading causes of **death**.



Chronic Health Conditions

- Heart Disease
- Stroke
- Asthma
- COPD
- Cancer
- Kidney Disease
- Diabetes
- Obesity



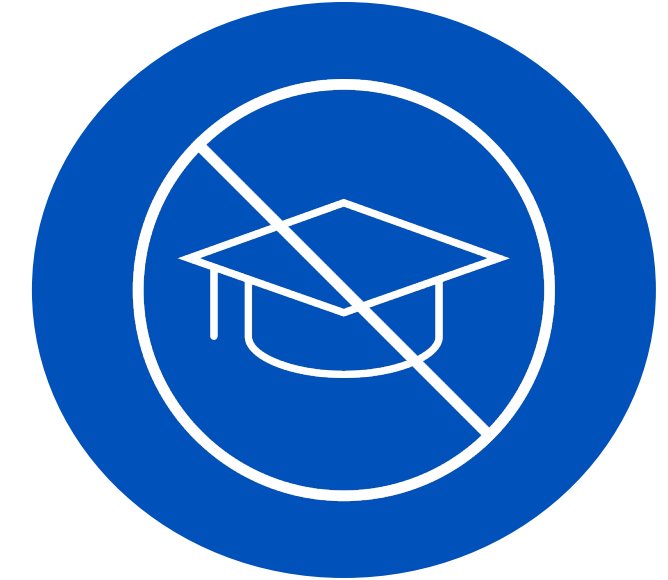
Mental Health & Substance Use Disorders

- Depression
- Alcohol Use
- Opioid Use
- Tobacco Use



Health Risk Behaviors

- Smoking
- Alcohol Use
- Physical inactivity
- Risky sexual behavior
- Suicidal thoughts and behavior



Social Outcomes

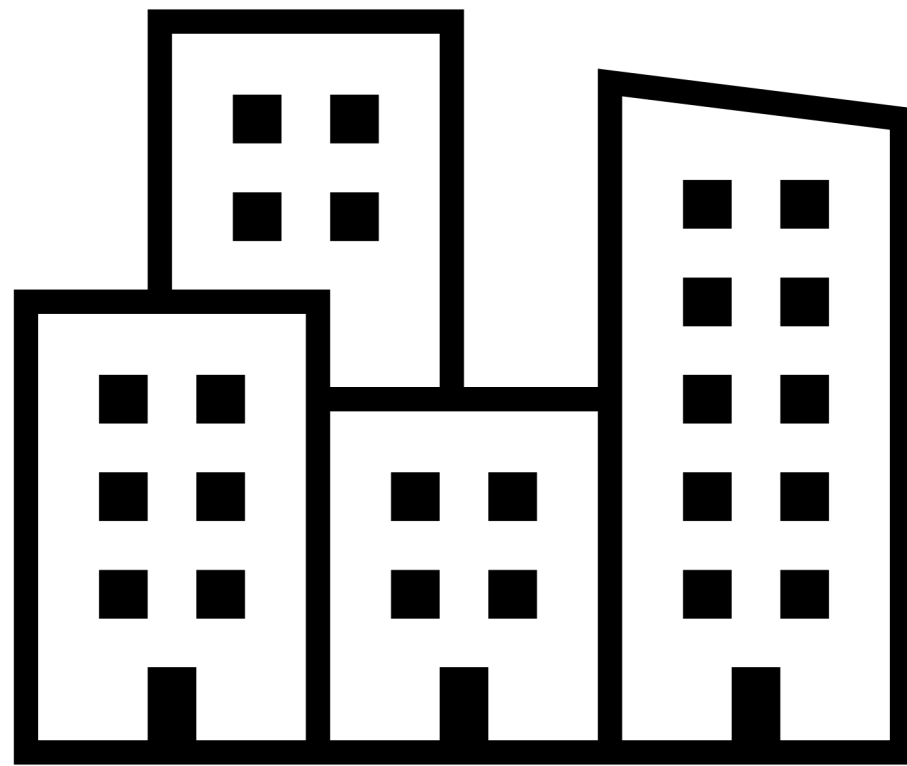
- No insurance
- Unemployment
- Less likely to graduate high school

What is Trauma-Informed Care?

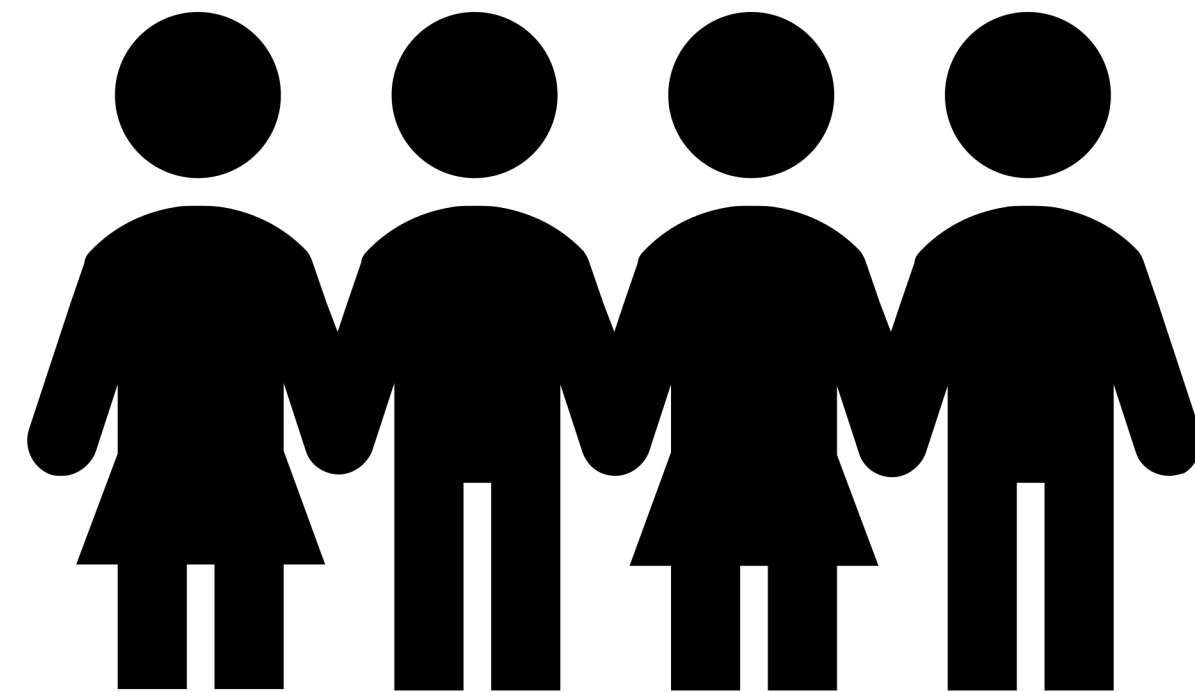
- Realizing the widespread **impact of trauma** and the paths for **recovery**
- Recognizing the **signs & symptoms** of trauma
- Integrating knowledge about trauma into **policies, procedures, and practices**
- Seeking to actively **resist re-traumatization**



Key Ingredients of Trauma-Informed Care



Organizational Practices



Clinical Practices

Organizational Practices

- **Leading** and communicating about the transformation process
- **Engaging patients** in organizational planning
- **Training clinical and non-clinical** staff members
- Creating a **safe environment**
- Preventing secondary traumatic **stress in staff**

Clinical Practices

- **Involving patients** in the treatment process
- **Screening** for trauma
- Training staff in **trauma-specific treatment** approaches
- Engaging **referral sources** and partnering organizations.



NCTSN Trauma-Informed Organizational Assessment

Trauma Screening

Assessment, care-
planning,
treatment

Workforce
development

Strengthening
resiliency &
protective factors

Addressing
caregiver trauma

Continuity of care
and cross-system
collaboration

Addressing,
minimizing, &
treating secondary
traumatic stress

Partnering with
youth and families

Addressing
intersections of
culture, race,
trauma

Southeast Kansas Mental Health Center

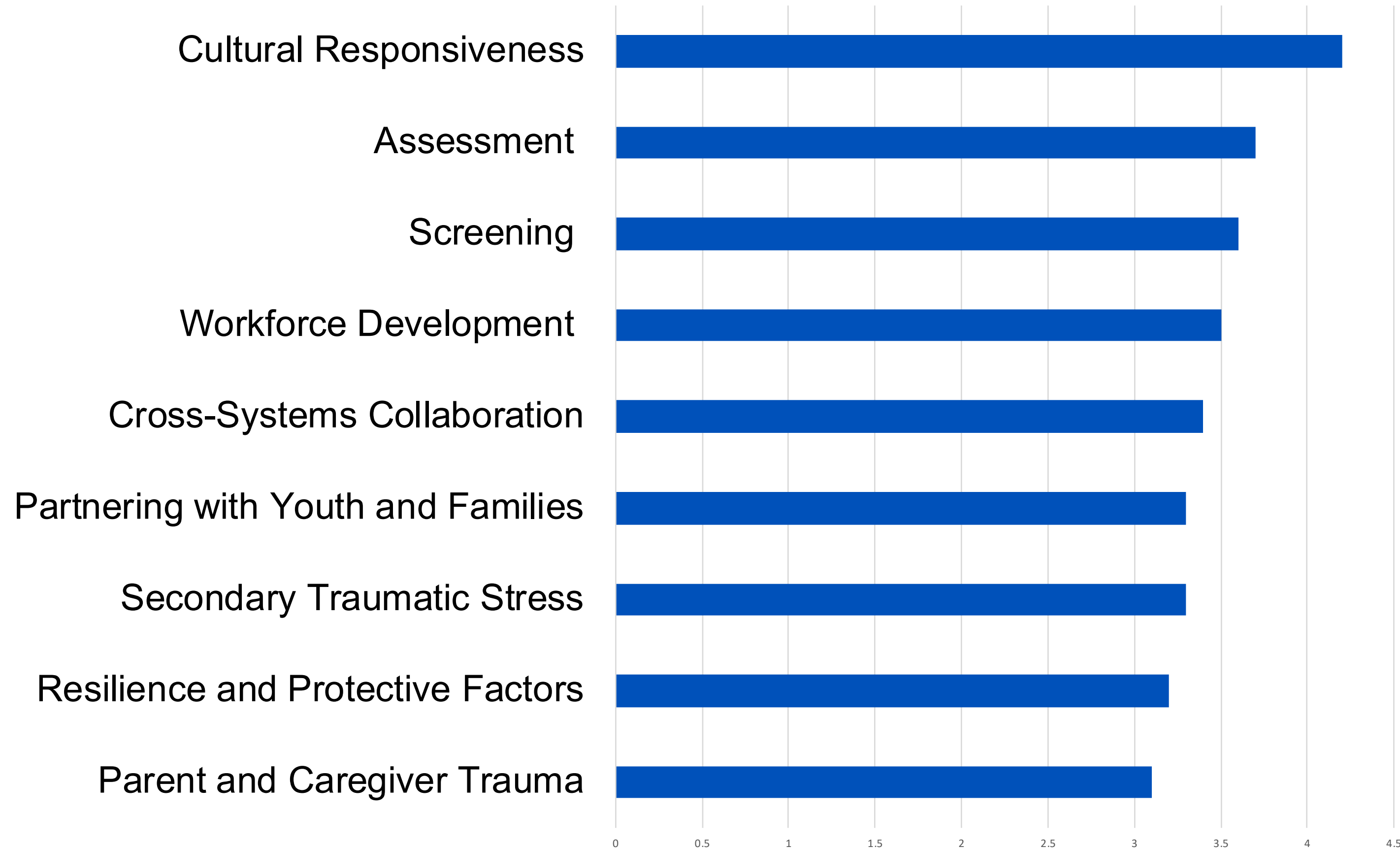
- One of 26 Mental Health Centers in Kansas
- One of the first Certified Behavioral Health Clinics (CCBHC)
- Serves 6 rural counties including: Allen, Anderson, Bourbon, Linn, Neosho, and Woodson
- Provides full array of outpatient mental health services
- Population served: primarily lower SES, Medicaid (60%), SPMI, and SED
 - However, serve the full community.

KUMC and SEKMHC Collaboration

- SAMHSA-CMHC Grant Funding
- Built upon previous partnership with KUCTT
- Needed assessment expertise
 - What are we missing?
- Wanted to build a sustainable training



SEKMHC TIOA Results



SEKMHC Key Takeaways

- **Screening:** Learning evidenced-based screening practices (e.g., measures, ways to ask these questions in a safe/trusting manner, etc.)
- **Secondary Traumatic Stress:** Providing psychoeducation to staff about secondary traumatic stress and ways to manage it through coping.
- **Parents:** Providing psychoeducation on how to discuss and assess parents' traumatic experiences and having knowledge of referral sources for parents in the event they need their own services.

SEKMHC Key Takeaways Continued

- **Treatment:**
 - Identification of referral sources for youth who need trauma-specific services.
 - Provide training to behavioral health providers in trauma-specific treatment programs (e.g., TF-CBT, Prolonged Exposure, CPT).

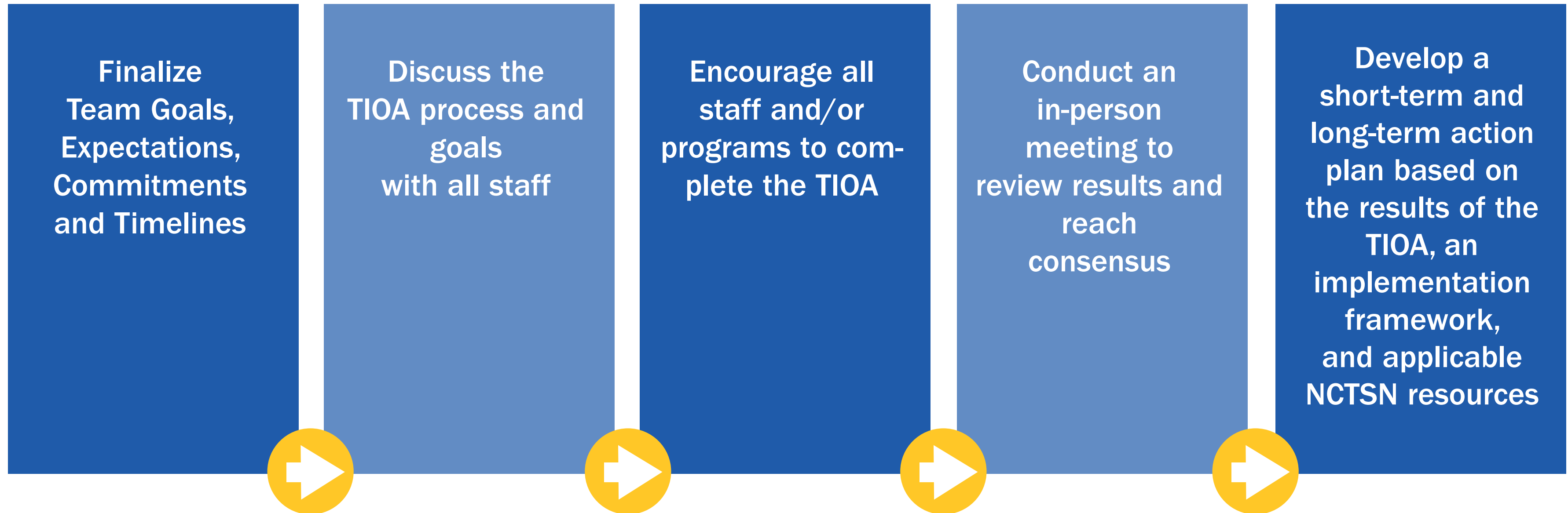


SEKMHC Use of Results

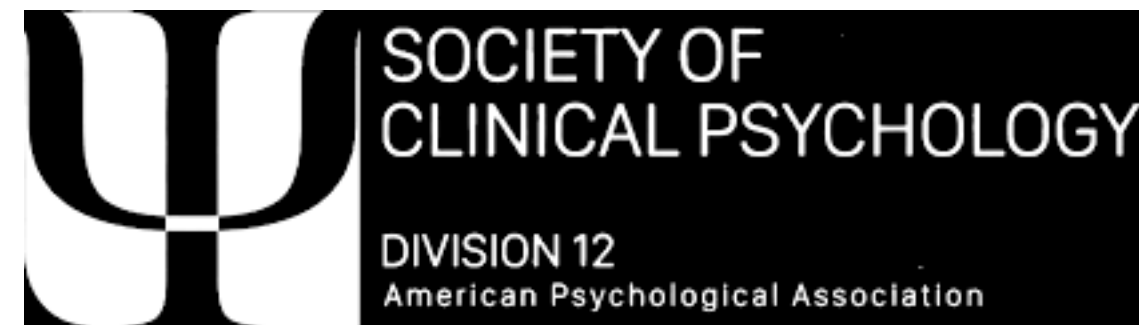
- Began assessing caregivers for trauma needs
- Began providing services for caregivers
- Developed resiliency training for staff and clients
 - Recognized staff as care givers (secondary trauma_



Implementing the Trauma-Informed Care Assessment



Additional Resources



Questions and Comments

References

Centers for Disease Control and Prevention. (2023). *Adverse Childhood Experiences (ACES)*. <https://www.cdc.gov/violenceprevention/aces/index.html>

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