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Subject: News from CMHS' National Center for Trauma-Informed Care



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Trauma Matters

**The e-newsletter from CMHS' National Center for Trauma-Informed Care
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The Launch of CMHS' National Center for Trauma-Informed Care

The U.S. Department of Health and Human Services, Center for Mental Health Services (CMHS) is pleased to announce the launch of its [National Center for Trauma-Informed Care](#) (NCTIC).

*Trauma is now understood to be an almost universal experience of public mental health, substance abuse, and many other human health and social service consumers. **The need to address trauma has become a fundamental obligation** for effective public mental health services delivery, and is increasingly recognized as essential for the growth and recovery of trauma survivors. Service providers and trauma survivors are beginning to see that without integrating a focus on trauma, improvement in trauma related symptoms such as depression and substance use disorders will not occur.*

NCTIC was created to stimulate and support trauma informed care concepts and services within publicly funded mental health systems and programs. Our goal is to make the trauma healing and recovery process more supportive, comprehensively integrated, and empowering for trauma survivors through the development and implementation of trauma informed care systems. In order to accomplish this, NCTIC

*provides trauma training **and technical assistance** that is free or low cost to publicly funded programs and systems. We also provide **education and outreach**, a **speakers bureau**, and topical **resources** to stimulate and support trauma informed change in service environments to address the trauma experienced by so many consumers and survivors.*

*To fully address the needs of survivors of trauma within the public mental health service system, **we must adopt a systemic approach** characterized both by trauma specific diagnostic and treatment services and a trauma informed environment capable of sustaining these services. This evolution to a trauma informed service system environment represents a profound cultural shift in which consumers and their conditions and behaviors are viewed differently.*

With a greater public commitment to trauma informed management, programs, and services for trauma survivors and consumers, we can lessen a wide range of mental health and health, behavioral health, and social problems for generations to come.

To coordinate technical assistance, contact Jenny Howes at 703.739.9333 or jenny.howes@nasmhpd.org

- [National Center for Trauma-Informed Care](#)
- [Substance Abuse and Mental Health Administration \(SAMHSA\)](#)
- [Center for Mental Health Services \(CMHS\)](#)
- [National GAINS Center](#)

Why a Trauma-Informed Approach is Necessary

A trauma informed approach is based on the recognition that the symptoms expressed by survivors and consumers are directly related to traumatic experiences and often cause so many mental health, substance abuse, and physical health concerns.

*Unlike traditional mental health services, **trauma informed approaches focus on trauma as a central issue** key to improving program efficacy while supporting the healing process.*

Whether in mental health, substance abuse, criminal justice, victim assistance, peer support, education, primary care, or other types of publicly funded systems and programs, NCTIC tailors its training and technical assistance to support your organization in taking this important step forward. NCTIC also provides implementation support and other related resources to assist your organization in integrating trauma informed concepts and trauma specific interventions into agency or program management in a productive and sustainable manner.

NTAC Offers Trauma-Informed Training Curriculum

The National Technical Assistance Center (NTAC) at the National Association of State Mental Health Program Directors (NASMHPD), as a member of NCTIC's management team, has developed a trauma informed care training curriculum.

The TIC training provides a foundation that allows service systems to begin to understand and shape management and services to respond to the impact of trauma on the lives of the individuals they serve.

*The Trauma-Informed Care (TIC) curriculum contains nine (9) modules that cover topics such as: **what is trauma?**; the **bio-psychosocial impact of trauma**; **what is trauma-informed care?**; **leadership's role in organizational/culture change**; **trauma- sensitive tools**; **experiences of coercion, trauma, and seclusion and restraint in care settings**; and **identifying and managing risk factors**.*

TIC trainings are usually conducted in one to one- and-a-half-days, and can be fitted to the needs of large or small groups. NCTIC and NTAC are also working with a variety of consultants to modify the curriculum for specific populations and settings.

For more information contact Jenny Howes at 703.739.9333 or jenny.howes@nasmhpd.org

Congressional Briefing Highlights Trauma as Public Health Crisis

In September 2006, Witness Justice, in collaboration with the U.S. House Caucus on Addiction, Treatment and Recovery, hosted an issue briefing on Capitol Hill on the growing public health problem of psychological trauma in the United States.

The briefing was sponsored by 10 national organizations and endorsed by approximately 30 more—representing mental health consumer groups, trauma survivors, experts, and advocates from a wide of range of interest areas (e.g. mental health, crime victim, veteran's affairs, child abuse, disaster preparedness, homelessness, education, and more).

There was clear consensus on the need for a national trauma education and awareness initiative and that trauma be acknowledged, addressed, and supported by the various human service systems involved.

For more information contact Randy West at 301.898.1009 or rwest@witnessjustice.org

- [Click Here for More on the Congressional Briefing](#)

After the Crisis: CMHS Responds to Katrina, Rita

One of the leading national resources to address the widespread and devastating impact of disaster-related trauma in the Gulf Coast region following Hurricanes Katrina and Rita is After the Crisis, a collaborative initiative between the National GAINS Center at Policy Research Associates and NCTIC.

Comprised of a broad array of experts, many of whom are trauma survivors who have been directly impacted by Katrina, Rita, and/or other disasters, the After the Crisis network continues to collaborate and work toward change that will better prepare communities around the United States for the next disaster or emergency.

For more information contact Noel Thomas at 518.439.7415, ext. 280 or nthomas@prainc.com

- [After the Crisis](#)

Experts Convene to Address Men and Trauma

On November 30, 2006 the National GAINS Center for Systemic Change for Justice-Involved Persons with Mental Illness convened approximately 50 topical experts (including consumers and survivors, social service providers, and advocates) from across the nation to develop a roadmap for addressing the mounting concern about the high rates of trauma histories and co-occurring disorders in men who come in contact with the mental health and/or criminal justice systems.

The meeting, convened as part of SAMHSA/CMHS's ongoing efforts to address the nature and impact of trauma more broadly on men, women, and children across the United States, was marked by intense and emotional working sessions to develop practical recommendations and strategies. Among the group's recommendations were:

- *increased public awareness about men and trauma;*
- *trauma training for people working in the mental health and criminal justice fields;*
- *expanding the awareness and use of promising men's peer support counseling approaches;*
- *improved state-federal collaboration; and*
- *improved inter-agency collaboration.*

For more information contact Noel Thomas at 518.439.7415, ext. 280 or nthomas@prainc.com

Training and Event Calendar

January 9-11, 2007

[National Disabilities Rights Skills Building Conference](#) in San Diego, CA

February 19-23, 2007

[Public Health Preparedness Conference](#) in Washington, DC

March 8, 2007

[National Center on Addiction and Substance Abuse at Columbia University, Substance Abuse and Trauma Conference](#) in New York, NY

March 14-15, 2007

NCTIC Training in Dutchess County, NY

March 16-17, 2007

[2007 National Conference on Health and Domestic Violence](#) in San Francisco, CA

March 26-28, 2007

[National Council for Community Behavioral Healthcare Organizations Conference](#) in Las Vegas, NV

March 27-29, 2007

NCTIC Training in Waikiki, HI

April 18-19, 2007

NCTIC Training in Frankfurt, KY

June 7-9, 2007

[2007 Mental Health America \(f/k/a the National Mental Health Association\) Annual Meeting](#) in Washington, DC

June 18-20, 2007

NCTIC Trauma Workshop at the [National Center for Victims of Crime Conference](#) in Washington, DC

September 16-19, 2007

[Institute on Violence, Abuse and Trauma 12th International Conference on Violence, Abuse, and Trauma](#) in San Diego, CA

November 15-17, 2007

[International Society for Traumatic Stress Studies 23rd Annual Meeting](#) in Baltimore, MD

Looking Ahead

Some of the stories NCTIC is working on for future issues include:

Trauma-Informed Consumer Peer-to-Peer Disaster Response;

Trauma-Informed Services for Women and Men in the Criminal Justice System;
Trauma-related Services for Homeless Children and Their Families;
Trauma-Informed Care for Immigrants and Refugees;
Case Studies and Success Stories;
And much more.

email: nctic@abtassoc.com
phone: 301-634-1785
web: <http://www.mentalhealth.samhsa.gov/nctic>

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