

Example Trauma-Informed Plan of Care

- Posted:** 12-17-2019 Written with XXXXX

- What the Patient would like you to know:**

- Strengths:**

- Trauma History**

- XXXX has a significant past history of domestic abuse. She prefers not to be asked details and will ask for help or reach out if she needs to.
- She is currently safe and has no contact with the ex-husband.

Maternal History: PLEASE DO NOT ASK PATIENT TO REPEAT HER MATERNAL HISTORY G10 P6034.

Detailed history was outlined below

Availability for appointments:

Mondays- she sees XXX I in the Bridge Clinic in the afternoon and wants to keep this time. She can also do am appts on Monday.

Tuesday- before 4pm. (has recovery meetings in evening)

Wednesday- CAN NOT DO APPOINTMENTS this DAY

Thursday- all day is good

Friday- before 1pm

Psychosocial Considerations: Triggers: Coping Skills:

Volunteers of America, Quincy- therapy

Ad Care in Quincy- therapy and groups

Active in NA

DOVE- Quincy- DV Advocacy about past trauma caused by IPV

Baycare Community Service: recovery Coach

Sober mommies- starts in January- graduated