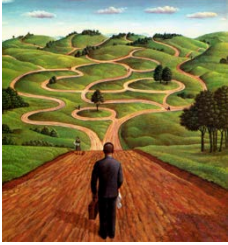


Creating the Roadmap Towards Trauma Responsive Care



Earlier this month, [Elizabeth Meeker, PsyD](#), Director of Training and Practice Transformation, presented *Creating the Roadmap Towards Trauma Responsive Care* in Rochester Regional Health Best Practices Seminar series. Trauma and toxic stress are repeatedly at the center of an individual's mental health challenges, substance use, physical health issues and/or involvement with the justice system. This means, whether or not it is fully recognized, organizations are working with survivors of trauma, so it is therefore essential for organizations to become more trauma responsive.

Creating a trauma-responsive system requires not only understanding the impact of trauma, but implementing changes in service delivery that align with the five core principles of trauma-informed care: Safety, trust, choice, collaboration and empowerment. Furthermore, a trauma-responsive system also recognizes and attends to the needs of both the recipients of services, as well as the staff.

Assessment is another critical component that allows organizations to determine where they are in their journey towards becoming trauma-informed. The [TIC-OSAT \(Trauma-Informed Care – Organizational Self-Assessment Tool\)](#) is a strengths-based organizational self-assessment tool that provides agencies a method to obtain a point in time assessment of their trauma-informed care practices. Rochester Regional Health will have all Behavioral Health programs complete the TIC-OSAT in the upcoming weeks to establish baselines and begin planning for next steps.

Results were also shared from the most recent data analysis of Monroe County's Youth Risk Behavior Survey which included 11 Adverse Childhood Experiences (ACEs) questions. Attendees identified what this data meant to them in terms of their practice and what the implications are for service delivery.

Click [here](#) to view the PowerPoint used for this discussion or contact Dr. Meeker at emeeker@ccsi.org to learn more.