



## **Trauma Informed Care Awareness**

Date of Origin: 12/02/10

Modification Date(s): 4/23/19, 8/13/19, 10/14/19

Date of Last Review: 11/12/24

### **I. Purpose**

To define how the agency ensures compliance with Mainecare Rider Agreements A and E and defines training requirements for Trauma Informed Care for employees working in programs governed by these riders.

### **II. Policy**

UCP will promote the Federal Substance Abuse and Mental Health Services Administrations (SAMHSA) System of Care Principles of 1) Family Driven, 2) Youth Guided, and 3) Culturally and Linguistically Competent care.

The agency shall ensure that the appropriate trainings are in place during orientation and that a Trauma Informed Care fact sheet is part of the employee's annual paperwork for review. Documentation of all trainings will be documented in the employees personnel file.

The agency has a plan for providing trauma informed care that is based on the principles of trauma informed care and generally recognized bases of evidence-based, trauma-specific interventions.

### **III. Procedure**

The agency plan will be informed by the 6 guiding principles: Safety, Trustworthiness and Transparency, Peer Support, Collaboration and Mutuality, Empowerment Voice and Choice, and Cultural, Historical and Gender Issues. The agency will accomplish the plan by completing the following items:

- Agency Self-Assessment every 5 years
- Trauma Informed Care Training required for all employees at orientation
- Trauma Informed Care is discussed at and integrated into supervisions
- Clients with trauma histories are flagged by the employee and discussed during supervisions as appropriate
- Intake process for mental health agency services includes a trauma screening or assessment
- Facilities will cultivate a trauma informed environment

New employees will receive training in trauma informed care within 60 days of employment. Ongoing, employees will receive trauma informed care training as part of annual paperwork. All training will be documented in the personnel record.

Employees will be trained in Trauma Informed Care for the following topics:

- Definition of Psychological Trauma
- Trauma and Illness
- Prevalence and Sequelae
- Trauma-Related Dynamics
- Trauma-Informed Services
- Avoidance of Re-traumatization
- Personal and Professional Boundaries
- Unusual or Difficult Behaviors
- Cognitive-Behavioral interventions

  
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Scott Tash, CEO

  
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