

# TRAUMA INFORMED CARE WITH REFUGEES & ASYLEES

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# SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE ADMINISTRATION

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“A program, organization, or system that is trauma-informed:

- ***Realizes*** the widespread impact of trauma and understands potential paths for recovery;
- ***Recognizes*** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- ***Responds*** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- **Seeks to actively *resist re-traumatization.***”

[https://www.samhsa.gov/nctic/trauma-interventions#Guide for Education and Therapy](https://www.samhsa.gov/nctic/trauma-interventions#Guide%20for%20Education%20and%20Therapy)

# SIX KEY PRINCIPLES AS THEY APPLY TO THE STATE PA REFUGEE COLLABORATION (SAMHSA.GOV)

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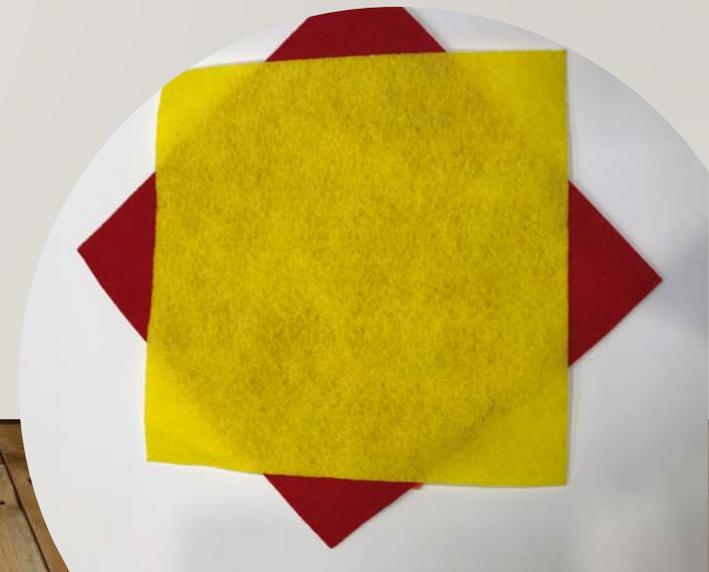
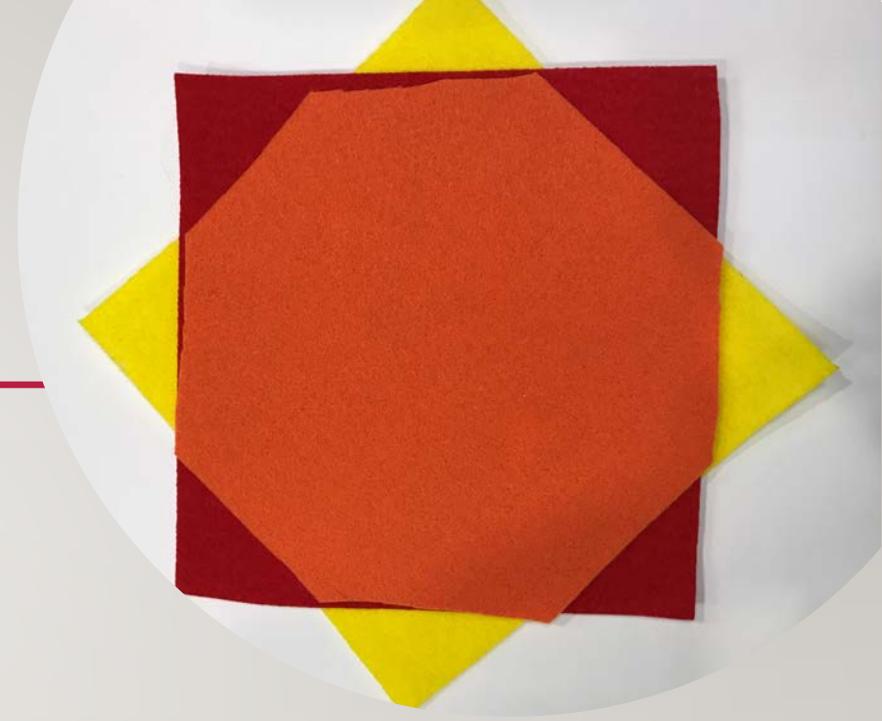
- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment, Voice & Choice
- Cultural, Historical & Gender Issues



# FINDING A NEW NORMAL

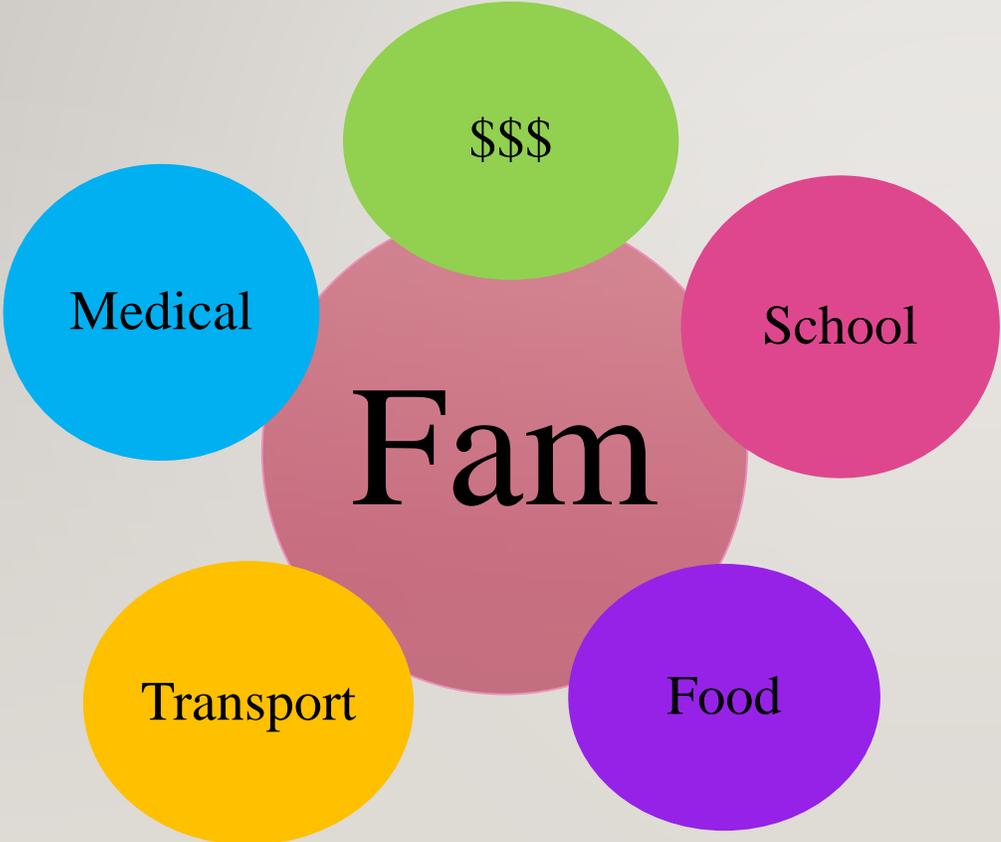
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- Pulling the POSITIVE behavior patterns from the past and combining the new ones to blend into something that only the person can define as 'HEALTH.'



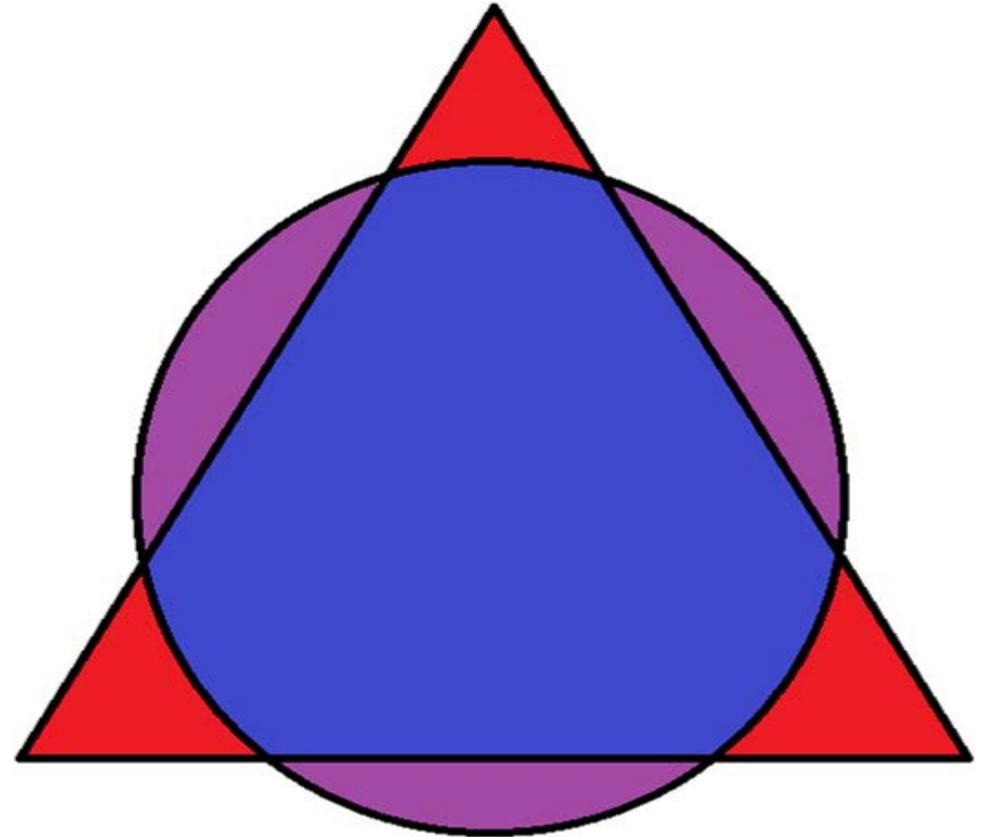
# SOFT LANDING TRAUMA INFORMED RESETTLEMENT

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This image tool can provide an opportunity for discussions to create new cultural variations when concepts do not reconcile across cultural systems.

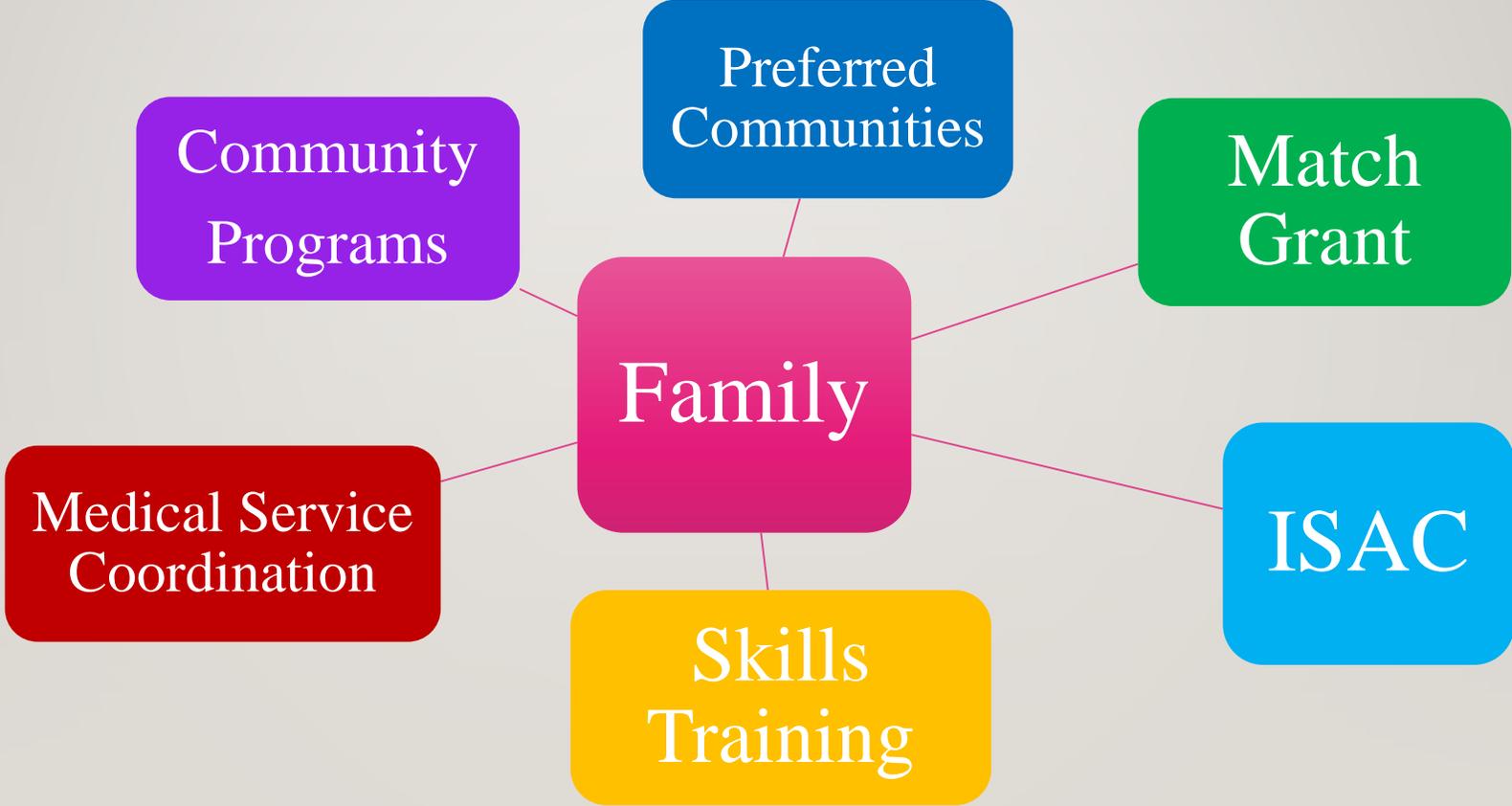
*Examples: Hygiene, Discipline, Gender Roles, Public Benefits, Medical Insurance*



# TIMING IS EVERYTHING

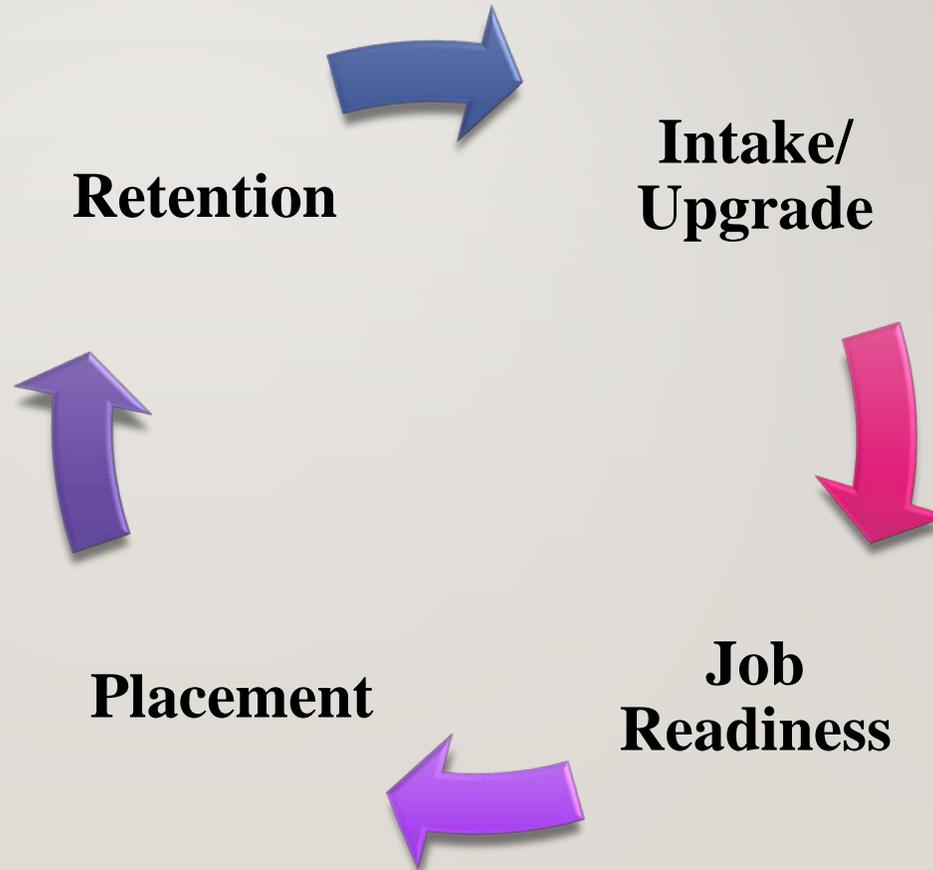
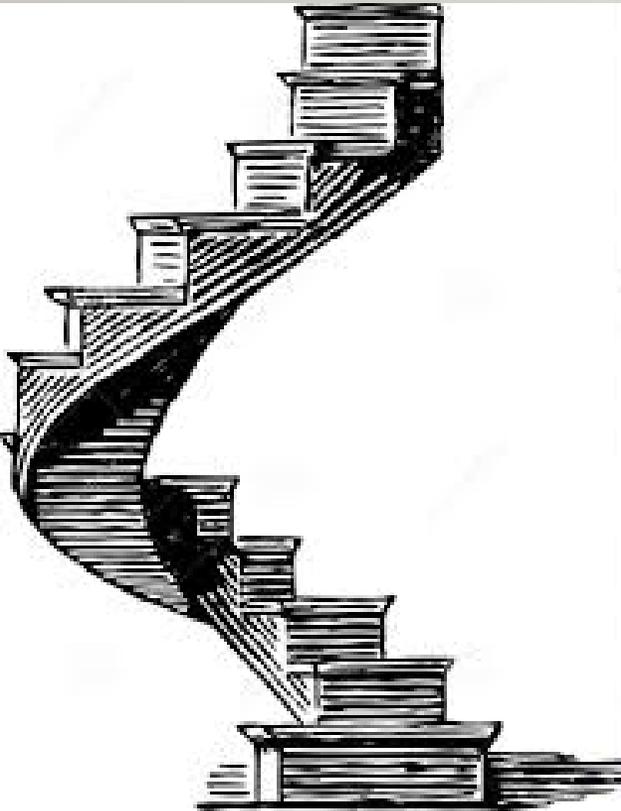
## TRAUMA INFORMED TRANSITIONS

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# HEALTHY JOB SEARCH, PLACEMENT, & BEYOND TRAUMA INFORMED EMPLOYMENT

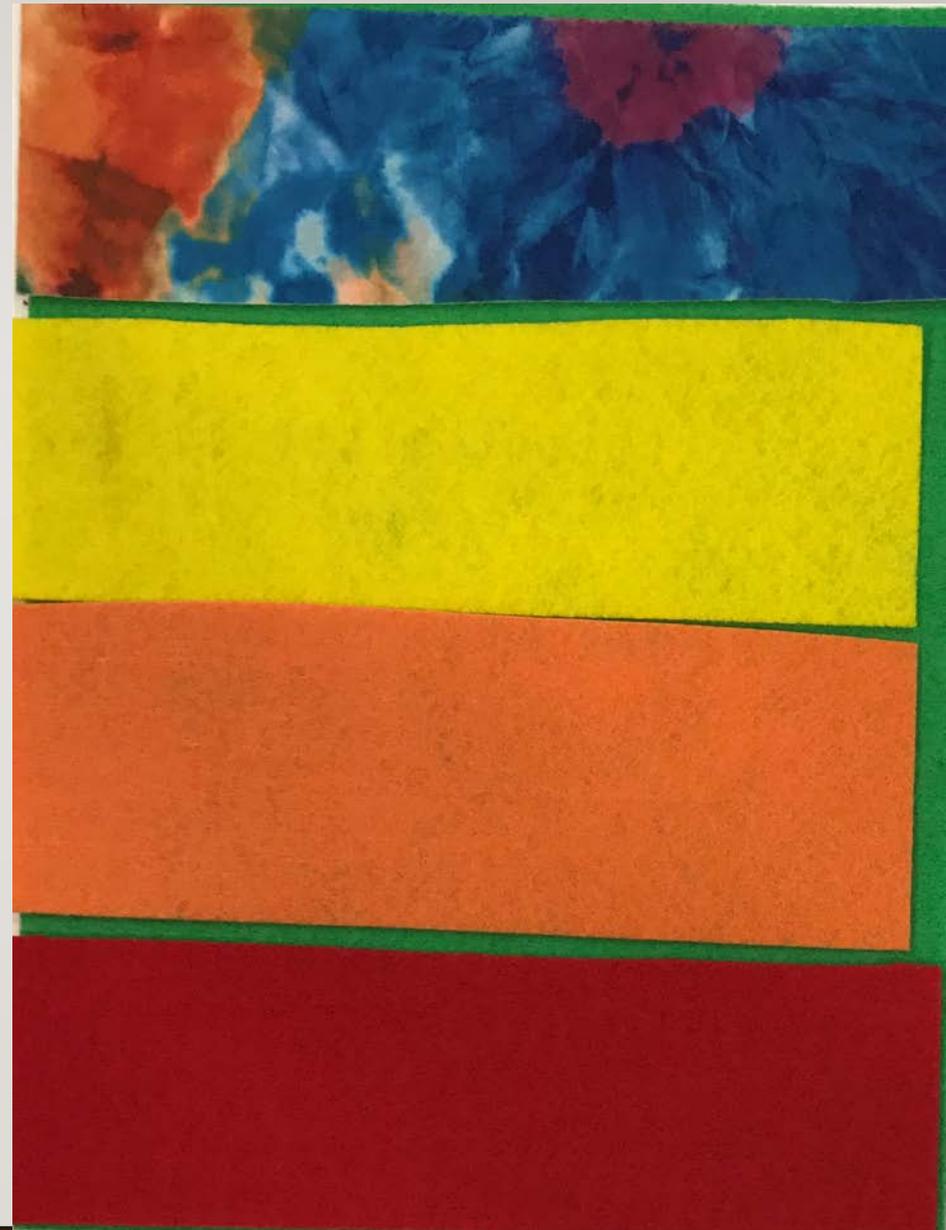
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# WHEN YOU REFER OUT TO SUPPORT?

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If the family chooses,  
available can be part of  
the their new normal.  
Recognize and utilize  
their resiliency.



# SELF-CARE IS OXYGEN

## STAFF CARE AS TRAUMA INFORMED SERVICES

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Social Connection

Safety,  
Decompression

Water, Food, Rest

# RESOURCES

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- Global Mental Health Trauma and Recovery, Harvard Program in Refugee Trauma
- Gulf Coast, Jewish Family & Children's Service
- National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint (NCTIC) SAMHSA
- National Center for Behavioral Health
- Social Work with Refugees and Immigrants 2<sup>nd</sup> Edition (2015)
- Trauma-Informed Care in Behavioral Health Services (SAMHSA) (TIP 57 report, 2017)

# THANK YOU TO....

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- Elizabeth Ringler, MSW
- Morgan Neibich, MSW
- Dr. Fabio Naranjo, PhD

# REFERENCES

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- Chan, K. J., Young, M. Y., Sharif N., (2016). Well-being after trauma: A review of post-traumatic growth among refugees. *Canadian Psychology* 57(4), 291-299.
- Need for Trauma Informed Care (2017). National Center for Behavioral Health. Retrieved from <https://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>
- Blanch, A., (2008). Transcending violence: Emergency models for trauma healing in refugee communities. *SAMHSA's National Center for Trauma Informed Care*.