



Healthy Start FAQ: Ask the Expert: Trauma Informed Care

On Tuesday, February 3, 2015, Michelle Hoersch facilitated an Ask the Expert webinar session on the value of integrating Trauma Informed Care into the Healthy Start community.

Just as a reminder, in case you missed the webinar, the slides are posted to the [EPIC Center](#) website along with a recording of the webinar [here](#).

Are there any evidence based curriculums or practices on Trauma Informed Care that are recommended for Healthy Start Grantees?

Given the current transitioning climate of trauma informed care, at this point, the best places to look for the most up-to-date resources are [The National Center of Trauma Informed Care](#) and [Aces Too High](#).

What services do you suggest that we take advantage of for teens who suffer from complex trauma?

Use a trauma informed approach and understand that they're likely acting from a place of being a victim and survivor of trauma. Any self-harming behaviors most likely stem from their efforts to cope with past trauma. Work to build non-judgmental relationships with them and try to find community support for them. Don't forget to just talk and ask them about their behavior in an effort to get them to think about why they engage in the behavior in which they choose to engage.

Is there a recommendation for when the ACE questionnaire should be used?

Don't screen unless everybody in the organization has had some level of trauma-informed care training, and unless you have heavily practiced what to do with a positive screening. Ask yourself, why do you need to know this information? What will this information reveal? Only screen somebody if there's an absolute reason that you need to know AND if you're well practiced at the ability to respond to a positive screen AND if you have services to provide for any of the traumatic experiences revealed through the screening process.

Does Michelle have recommendations on where in-person training is available?

Training opportunities vary since trauma informed care is a newly emerging field. ACE's Connections and ACES Too High could provide some training information. There will be 2.5 day training in Bloomington, Minnesota facilitated by Dr. Stephanie Covington. Additional information is available on [Dr. Covington's website](#).

Additional Resources

[SAMHSA's National Center for Trauma-Informed Care](#)

[Kansas City Crittenton Children's Center's program](#)