

Trauma Informed Care

Integrating TIC Principles into Organizational Practices

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Presented by: Frontier Behavioral Health

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Agenda

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| 9:30 | Overview of TIC |
| 10:30 | Break |
| 10:45 | FBH's Journey to Becoming Trauma Informed |
| 12:00 | Lunch |
| 1:00 | The 7 Domains of TIC |
| 3:00 | Break |
| 3:15 | Implementation of TIC Concepts |
| 3:45 | Carrying the Work Forward |

MESSAGE FROM CEO JEFF THOMAS



The other week

I happened upon a post that grabbed my attention. It was written by a gentleman named Joshua Rogers, a writer and attorney who lives in Washington, D.C.

I was moved by Josh's message on several levels. For a certain number of those we serve in our system of care, it may be evident to the casual observer that they are struggling with a mental health-related condition – and, sadly, they may well experience others casting negative judgment on them due to the stigma that is still associated with mental illness throughout our society.

For many others who are struggling, however, their suffering may not be as evident – perhaps even to those closest to them. It could be that they are dealing with symptoms of depression or anxiety that make each day, if not every moment, a struggle that takes every ounce of their energy. They may have become addicted to substances that have taken control of their lives. Or they may be living with wounds associated with losses

they've experienced or relationships that ended, or living in an abusive relationship they can't see a way to escape.

It may be that they are dealing with the emotional impact of traumas they experienced at some point in their life. Or perhaps they are living with a chronic or even terminal physical illness. They may be enduring the hurt associated with prejudice and rejection by family members or others for their sexual orientation or gender identity.

Or it could be something else altogether – which is the point: we just don't know what it is that someone else might be going through. But as Joshua Rogers alluded to in his post, one thing is certain: in the course of each day every one of us will encounter others who are struggling, suffering or hurting in ways in which we are completely unaware. And for those individuals, each of us has something we can offer. Something that is meaningful and that could make all the difference in the world to them at that moment. Something that is very simple to do and costs us nothing. That something is our kindness.

Joshua Rogers Post

I sat in the Fox News Washington studio last fall and waited to be interviewed on "Fox & Friends" about a heartwarming op-ed I had written for Fox News.

My body was exhausted from an intense treatment for a chronic illness; a doctor had just reported that my dad would probably be dead in six months, and

I felt like I was failing as a dad because I was spending too much time at work. I was lost in a sea of depression and I couldn't find my way home.

When I heard the hosts' voices in my earpiece and I knew the camera was rolling, I did the same thing I had been doing for months: I put on a smile. And

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when the interview was over, I looked into the camera and concluded with a relaxed grin. All appeared to be well.

I pulled out my earpiece, thanked the producer, left the studio and felt the weight of the world creeping back onto my shoulders. I wasn't smiling anymore.

I went back to the grind of putting one foot in front of the other — just doing the next thing. It would be a couple of months before I began emerging from the heaviness of depression, thanks to what can only be described as divine intervention.

These days, I'm a lot more aware of the silent suffering of others and I'm less likely to assume the worst about people who are hard to be around. Along those lines, I posted a tweet last week that said, "We'll all meet someone today who's being crushed by life. We won't know who it is, so we might as well be gentle with everyone we meet. Because you never know."

Shannon Bream from "Fox News @ Night" shared the tweet and said, "So true. I remember being back on the treadmill at the gym a couple weeks after my dad died suddenly. It was all I could do to hold it together and it made me look around and think: who else here is in that kind of pain?"

A lot of people are.

I know a man who's waiting to find out

if his third round of chemotherapy worked. I know a woman who had three siblings die in less than a year. I know a woman whose husband puts her down all of the time. I know a man whose beloved son started hanging out with the wrong crowd and is now a drug addict.

These people just keep putting one foot in front of the other, doing the next thing — working, attending church, standing in line at the grocery store. They're not telling many people how they're feeling. It's too personal, too painful — they might start crying if they try to talk about it.

There's no way to know who's hurting the most, so we can take care of others in practical ways.

We can ask people how they're doing, follow up and give them a chance to respond honestly. We can avoid assuming our friends are doing well just because they're smiling and saying they're fine.

I can tell you from personal experience that it means a lot when you're depressed just to get a thoughtful text or email. So, let's be good to the cashier, our child's teacher, the person driving poorly in traffic, our co-worker and/or our parents. Let's give others the grace we all need.

As it was once said, "Be kind. Everyone you meet is fighting a hard battle" — and those who are fighting the hardest battles may be right in front of you. ■