



# Why Trauma-Informed, Healing-Centered Care is Essential for Public Behavioral Health Systems

Many people who work in or are served by Maryland's Public Behavioral Health System (MD PBHS) have experienced Adverse Childhood Experiences (ACEs) or trauma. It is important that we make these systems trauma-informed and healing-centered. The Building Healing Systems initiative will help you access resources to transform your organization to provide trauma-informed and healing-centered care.

## What is trauma?

Trauma is defined using the 3 E's:



**EVENT:** An individual experiences a painful or distressing Event.



**EXPERIENCE:** The individual Experiences an intense & prolonged stress response because of the event.



**EFFECT:** The Event & the individual's Experience of the event produce adverse Effects that last beyond the immediate aftermath.

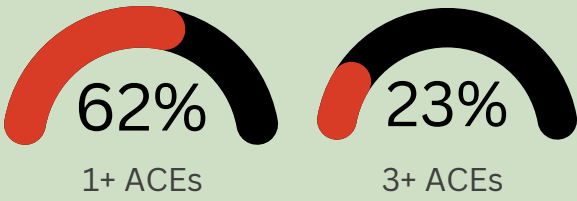
## What are ACEs?

ACEs are potentially traumatic events that happen during childhood, including:



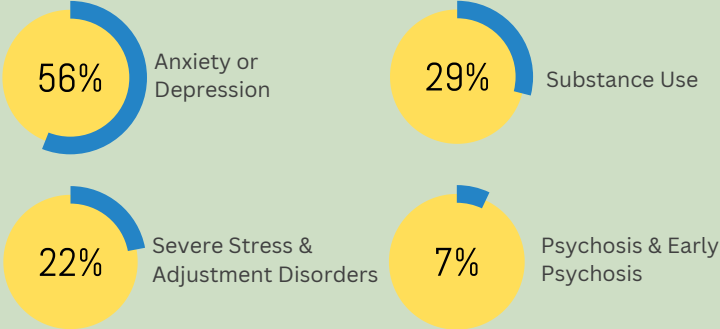
Every person has a tremendous amount of potential, and we all carry a collective responsibility to help each other reach our potential. **Without support**, experiencing ACEs and trauma can be associated with **poorer physical and mental health outcomes**.

## Many people in Maryland have experienced ACEs



## The following diagnoses can be associated with experiencing adversity and trauma.

Of the 293,072 adults in the MD Public Behavioral Health System the following have been diagnosed with...



With trauma-informed, healing-centered care, we can help facilitate the healing process from ACEs and trauma.

## What does it mean to be trauma-informed?

A trauma-informed organization...

- 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**.

### Principles of trauma-informed care:

- Safety
- Trustworthiness & Transparency
- Inclusion of the Voice of Lived Experience
- Collaboration & Mutuality
- Empowerment, Voice, & Choice
- Cultural, Historical, & Gender Concerns
- Anti-Racism
- Anti-Bias
- Social Justice

## What is healing-centered engagement?

Healing-centered engagement...

- Addresses harm and restores well-being.
- Helps systems move from a culture of harm, discipline, punishment, and confinement to restoration and hope.
- Emphasizes that the causes of trauma are in the environment, not the individual.
- Focuses on restoration and builds on peoples' strengths, rather than reducing symptoms.

### Principles of healing-centered engagement (CARMA):

- Culture
- Agency
- Relationships
- Meaning
- Aspirations



## Building Healing Systems

The Building Healing Systems toolkit provides resources to help public behavioral health professionals learn how to create public service systems that are trauma-informed and healing-centered.

To learn more about how to create public service systems that will help both the people who work within them and the people served by them thrive, visit the Healing Systems Data website.

[healingsystemsdata.org](https://healingsystemsdata.org)

Data Source:  
Nationwide and Maryland BRFSS (2018)

Resources  
<https://www.ncbi.nlm.nih.gov/books/NBK207195/>  
<https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>