



Resources to Support Trauma Informed Care for Persons in Post-Acute and Long Term Care Settings

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Introduction

Purpose of these resources

This is a comprehensive, but not all inclusive, list of resources that may be helpful for nursing homes as they work to ensure that residents who are trauma survivors receive culturally competent, trauma-informed care in accordance with professional standards of practice and accounting for residents' experiences and preferences in order to eliminate or mitigate triggers that may cause re-traumatization of the resident (per §483.25(m) requirement that will be implemented beginning November 28, 2019).

Who should use these resources?

Nursing home leadership teams may assign responsibility to a person, such as a social worker, to review the resources below, identifying those that might be helpful for a) leadership, staff, and/or resident/family education, or b) behavioral/emotional care policy or program development or revision.

Why this is important?

The included resources provide information that will help nursing homes to build capacity among interdisciplinary team members to deliver holistic resident care, being sensitive to how a range of experiences over the resident's life may relate to their current physical, emotional, and behavioral health status. Trauma is common throughout human experience, and we need to respond with empathy and understanding. Providing trauma informed care can help staff to avoid re-victimization of those who have survived trauma and create an environment where the individual feels safe and secure.

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Section 1: CMS Guidance for Surveyors and Nursing Homes

Long-Term Care Facility Resident Assessment Instrument 3.0 User's Manual (RAI Manual)

The RAI Manual includes information on capturing post-traumatic stress disorder in Section I (Active Diagnoses) and in Appendix C (Care Area Assessments Resources), for mood state and behavioral symptoms. Click on the most current MDS 3.0 RAI Manual in the 'Related Links' section here:

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html>

State Operations Manual, Interpretive Guidelines

The interpretive guidelines contain information on a number of F tags that address trauma informed care. Regulations state that the facility must ensure that residents who are trauma survivors receive culturally competent, trauma informed care in accordance with professional standards of practice and accounting for residents' experiences and preferences in order to eliminate or mitigate triggers that may cause re-traumatization of the resident. Relevant F tags include, but are not limited to:

- F659 qualified persons
- F699 trauma informed care (effective 11/28/2019)
- F741 sufficient competent staff, behavioral health needs
- F740 behavioral health services
- F742 treatment/services for mental-psychosocial concerns
- F743 no pattern of behavioral difficulties unless unavoidable

Access the State Operations Manual Appendix PP, including Phase 2 (effective November 28, 2017) here:

<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-State-Operations-Manual.pdf>

Visit the general CMS website to download the most current Interpretive Guidelines and other related resources:

<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html>

Behavioral and Emotional Status Critical Element Pathway

Surveyors use this pathway to determine if the facility is providing necessary behavioral, mental, and/or emotional healthcare and services to each resident. For example, surveyors will look for:

- Did the facility provide appropriate treatment and services to correct the assessed problem for a resident who displays or is diagnosed with a mental disorder or psychosocial adjustment difficulty, or who has a history of trauma and/or post-traumatic stress disorder (PTSD)? If no, cite F742.
- Did the facility ensure that the resident whose assessment did not reveal or who does not have a diagnosis of a mental or psychosocial adjustment difficulty or a documented history of trauma and/or PTSD does not display a pattern of decreased social interaction and/or increased withdrawal, anger, or depressive behaviors, unless the resident's clinical condition demonstrates that such a pattern is unavoidable? If no, cite F743.

Download the pathway here:

<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html>

Section 2: SAMHSA Publications, Including Treatment Improvement Protocol

SAMHSA’s Concept of Trauma and Guidance for a Trauma-informed Approach

The purpose of this paper is to develop a working concept of trauma and a trauma informed approach and to develop a shared understanding of these concepts that would be acceptable and appropriate across an array of service systems and stakeholder groups. SAMHSA puts forth a framework for the behavioral health specialty sectors that can be adapted to other sectors and other settings that have the potential to ease or exacerbate an individual’s capacity to cope with traumatic experiences. Read this paper here:

<https://store.samhsa.gov/system/files/sma14-4884.pdf>

Trauma and Violence

On this website, SAMHSA addresses the impact of trauma on individuals, families, and communities as a behavioral health concern that requires a healing and recovery process:

<https://www.samhsa.gov/trauma-violence>

Trauma-Informed Care in Behavioral Health Services: Quick Guide for Clinicians Based on TIP 57

This guide has information for providers and administrators on caring for people who have experienced trauma or are at risk of developing traumatic stress reactions. It also addresses prevention, intervention, and treatment issues and strategies. Access the guide here:

<https://store.samhsa.gov/system/files/sma15-4912.pdf>

Section 3: Other Training and Intervention Resources

ACEs Connection

Visit this social network supporting communities to recognize the impact of adverse childhood experiences (ACEs), promote trauma-informed care, and to develop resilience:

<https://www.acesconnection.com/> (link only works if copied and pasted into browser)

Administration for Community Living (ACL)

Download a guide on outreach and service provision to Holocaust survivors here:

<https://www.acl.gov/news-and-events/announcements/acl-guidance-outreach-and-providing-services-holocaust-survivors>

California Center of Excellence for Trauma Informed Care

The California Center of Excellence for Trauma Informed Care is committed to helping trauma-exposed people achieve safety, connection, and empowerment. Learn more by visiting their website here:

<http://www.trauma-informed-california.org>

Listen to a webinar by Gabriella Grant on “APS Trauma-Informed Services for Elders with Abuse Histories,” sponsored by the National Center on Elder Abuse, here:

<https://theacademy.sdsu.edu/programs/master/webinar-library>

For more resources, visit:

<http://www.trauma-informed-california.org/resources>

Center for Advancing Holocaust Survivor Care, The Jewish Federations of North America

This nonprofit center promotes the national expansion of person-centered, trauma informed programs and services for Holocaust survivors and other adult victims of trauma. Learn more here:

<https://www.holocaustsurvivorcare.org>

Center for Health Care Strategies, Inc. (CHCS)

CHCS is a nonprofit policy center dedicated to improving the health of low-income Americans. Visit their website here:

<https://www.chcs.org>

Download an infographic on 10 key ingredients for trauma informed care here:

<https://www.chcs.org/resource/10-key-ingredients-trauma-informed-care>

Download more resources on advancing trauma informed care here:

<https://www.chcs.org/project/advancing-trauma-informed-care>

Centers for Disease Control and Prevention

Access information about the lifelong impact of child experiences on health and wellness, including the original adverse childhood experiences (ACE) study, national ACE data, resources, and journal articles:

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

Community & Family Services Division, Spokane, WA Regional Health District

Download a two-page PDF that discusses adverse childhood experiences and resilience:

<https://www.acesconnection.com/g/sonoma-county-aces-connection/fileSendAction/fcType/5/fcOid/452653255952816900/fodoid/452653255952816899/ACES%20handoutJan2015-v2.pdf> (link only works if copied and pasted into browser)

Crisis Prevention Institute (CPI)

CPI creates crisis prevention and intervention training and resources to support the work of human service professionals and those they serve. Learn more about CPI here:

<https://www.crisisprevention.com/>

Download a free 14-page guide with strategies for helping people who've survived traumatic events here (requires completion of request form):

<https://www.crisisprevention.com/Blog/November-2018/Trauma-Informed-Care>

National Alzheimer's and Dementia Resource Center (NADRC)

NADRC provides resources and technical assistance on Alzheimer's disease or dementia, such as educational webinars. Learn more about NADRC here:

<https://nadrc.acl.gov>

Download slides for a webinar on trauma informed care for people living with dementia here:
<https://nadrc.acl.gov/node/147>

National Association of State Mental Health Program Directors (NASMHPD)

Learn about The National Center for Trauma Informed Care (NCTIC) here:
<https://www.nasmhpd.org/content/national-center-trauma-informed-care-nctic-0>

Download resources for trauma informed care here:
<https://www.nasmhpd.org/sites/default/files/TIC%20Resources%202016.pdf>

National Center for PTSD, United States Department of Veterans Affairs

The National Center for PTSD provides information and resources for survivors and providers. Learn more here:
<http://www.ptsd.va.gov>

Download a fact sheet on trauma informed care for working with homeless veterans here:
https://content.govdelivery.com/attachments/USVHACENTER/2018/05/23/file_attachments/1012245/Trauma-Informed-Care-Fact-Sheet.pdf

Access a one-hour training on dementia and PTSD here:
https://www.ptsd.va.gov/professional/continuing_ed/dementia_ptsd.asp

Any provider who treats veterans with PTSD can ask a question or request consultation about PTSD-related issues through the free PTSD Consultation Program. Learn more about the program here:
<https://www.ptsd.va.gov/professional/consult>

National Center on Domestic Violence, Trauma & Mental Health (NCDVTMH)

NCDVTMH provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers as they work to improve agency and systems-level responses to survivors and their children.

Download *Tools for Transformation: Becoming Accessible, Culturally Responsive, and Trauma-Informed Organizations — An Organizational Reflection Toolkit* here:
http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2018/04/NCDVTMH_2018_ToolsforTransformation_WarshawTinnonCave.pdf

Read a brief overview of the toolkit here:
http://www.nationalcenterdvtraumamh.org/publications-products/tools-for-transformation-becoming-accessible-culturally-responsive-and-trauma-informed-organizations-an-organizational-reflection-toolkit/?utm_source=NCDVTMH+Updates+Email+List&utm_campaign=5ba46de592-NCDVTMH_Webinars_April_2018_ToolsforTransf1&utm_medium=email&utm_term=0_7124fccd46-5ba46de592-49317977

Download *Creating Trauma-Informed Services and Organizations: An Integrated Approach* here:
http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2018/04/NCDVTMH_2018_IntegratedFramework.pdf

Occupational Safety and Health Administration (OSHA), United States Department of Labor

Read about some post-trauma dos and don'ts here:

https://www.osha.gov/SLTC/emergencypreparedness/resilience_resources/support_documents/postdeployment/posttraumafactsheet.html

The Institute on Trauma and Trauma-Informed Care, Buffalo Center for Social Research, University of Buffalo School of Social Work

This site contains an overview of trauma and trauma-informed care, as well as recordings about trauma and the trauma-informed approach:

<https://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care.html>

The Trauma Talks series is a collection of interviews that asks individuals to share how they have seen strength and resilience heal wounds of (a variety of categories of) trauma as a result of the use of a trauma-informed approach:

<https://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/trauma-talks.html>

THRIVE

Download the *Guide to Trauma-Informed Organizational Development*, which is designed to help agencies develop strategies to create and enhance trauma informed services and approaches, here:

<https://www.maine.gov/dhhs/ocfs/cbhs/webinars/documents/THRIVE-Guide-to-Trauma-Informed-Organizational-Development.pdf>

Trauma Center at Justice Resource Institute (JRI)

The Trauma Center is a program of Justice Resource Institute (JRI), a nonprofit organization dedicated to social justice by offering hope and promise of fulfillment to children, adults, and families who are at risk of not receiving effective services essential to their safety, progress, and/or survival. Learn more about JRI here:

<http://www.jri.org>

Learn more about The Trauma Center here:

<http://www.traumacenter.org>

Download information on relaxation exercises here:

http://www.traumacenter.org/resources/pdf_files/Relaxation_Exercises.pdf

Learn about treatments for PTSD here:

http://www.traumacenter.org/resources/pdf_files/PTSD_Treatments.pdf

Learn about common responses to trauma and coping strategies here:

http://www.traumacenter.org/resources/pdf_files/Common_responses.pdf

Read an interview with Dr. Bessel van der Kolk about the aftermath of the World Trade Center disaster here:

http://www.traumacenter.org/resources/bvdk_interview.php

Listen to audio by David Emerson, E-RYT as he describes a chair-based yoga practice for traumatic stress:

<http://www.youtube.com/watch?v=5f-LDmbygLw>

Access more resources here:

http://www.traumacenter.org/resources/tc_resources.php

Trauma Informed Care Project

The Trauma Informed Care Project is sponsored by Orchard Place, a charity in Des Moines, Iowa that provides mental health treatment and expertise for Iowa's kids. Learn more here:

<http://traumainformedcareproject.org>

Download resources, including a PowerPoint on Trauma 101, here:

<http://traumainformedcareproject.org/resources.php>

Trauma Informed Oregon

Trauma Informed Oregon provides state, local, and national resources to implement trauma informed care. They also provide resources for community partners, family and youth organizations, and individuals and families:

<https://traumainformedoregon.org> (link only works if copied and pasted into browser)

University of Maine Center on Aging

Download a PowerPoint presentation that provides an overview of trauma and the components of a trauma-informed agency:

<http://www.une.edu/sites/default/files/Mitchell-Kaye%20Trauma%20Informed%20Care%20-%20June%202014.pdf>

Wisconsin Department of Health Services

The four Rs of trauma informed care outlined by SAMHSA include: 1) Realizing the prevalence of trauma, 2) Recognizing how trauma affects individuals, 3) Responding by putting this knowledge into practice, and 4) Resisting re-traumatization. Learn more about them here:

<https://www.dhs.wisconsin.gov/tic/index.htm>

Download the *Be a Trauma-Informed Care Champion* poster here:

<https://www.dhs.wisconsin.gov/publications/p01229.pdf>

Section 4: Quality Innovation Network-Quality Improvement Organization (QIN-QIO) Resources

HealthInsight Quality Innovation Network

HealthInsight recorded a webinar on trauma-informed care in nursing facilities on July 24, 2018. Speakers included Tracey Gendron, PhD and Gigi Amateau, Virginia Commonwealth University.

Download a handout from this webinar here:

<https://healthinsight.org/tools-and-resources/send/307-promising-practices-to-address-specific-concerns/1675-trauma-informed-care-in-nursing-homes-presentation-handout> (link only works if copied and pasted into browser)

Listen to the recorded webinar here:

<https://healthinsight.org/tools-and-resources/download/307-promising-practices-to-address-specific-concerns/1682-trauma-informed-care-in-nursing-homes-recorded-webinar>

Lake Superior Quality Innovation Network

Download a short PowerPoint on what trauma is, what constitutes trauma informed care, and long term care regulations for implementing trauma informed care here:

https://www.michigan.gov/documents/lara/4_Trauma_Informed_Care_Presentation_554764_7.pdf

Section 5: International Resources

Gift From Within

Gift From Within is an international nonprofit organization dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals. They develop and disseminate educational material, including videotapes, articles, books, and other resources through their website here:

<http://www.giftfromwithin.org>

Klinic Community Health Centre

Klinic Community Health Centre developed *Trauma-informed: The Trauma Toolkit*, a resource to help service organizations and providers deliver services that are trauma-informed. While focused on the health and human services sectors in Canada, it offers a comprehensive, thoughtful explanation on trauma and trauma-informed care practices. Download the toolkit here:

http://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

NHS Education for Scotland

NHS Education for Scotland developed a thorough 124-page framework designed to support the development of the workforce in both recognizing existing skills and knowledge and also helping them and their organizations to make informed decisions about the most suitable evidence based training to meet gaps. Download *Transforming Psychological Trauma: A Knowledge and Skills Framework for the Scottish Workforce* here:

<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework.aspx>

Section 6: Articles

The following articles are provided for those looking for literature.

Davison, E. H., Kaiser, A. P., Spiro, A., Moye, J., King, L. A., & King, D. W. (2016). From late-onset stress symptomatology to later-adult trauma reengagement in aging combat veterans: Taking a broader view. *The Gerontologist*, 56(1), 14-21. <https://www.ncbi.nlm.nih.gov/pubmed/26553735>

Davison, E. H., Pless, A. P., Gugliucci, M. R., King, L. A., King, D. W., Salgado, D. M., et al. (2006). Late-life emergence of early-life trauma: The phenomenon of late-onset stress symptomatology among aging combat veterans. *Research on Aging*, 28(1), 84-114.

http://health.oregonstate.edu/sites/health.oregonstate.edu/files/char/military-life-course/publications/davison_pless_gugliucci_king_salgado_spiro_bachrach_2006_late-life_emergence_of_early_life_trauma.pdf

Eisinger, M. & Bedney, B. (2018). Teaching About Trauma: Models for Training Service Providers in Person-Centered, Trauma-Informed Care. *Kavod, Honoring Aging Survivors*, 8.

<http://kavod.claimscon.org/2018/02/teaching-about-trauma-models-for-training-service-providers-in-person-centered-trauma-informed-care>

Feldman, D. B. (2017). Stepwise psychosocial palliative care: A new approach to the treatment of posttraumatic stress disorder at the end of life. *Journal of Social Work in End-of-Life & Palliative Care*, 13(2-3), 113-133. <https://www.ncbi.nlm.nih.gov/pubmed/28753122>

Ganzel, B. L. (2016). Trauma-informed hospice and palliative care. *The Gerontologist*. doi: 10.1093/geront/gnw146. <https://www.ncbi.nlm.nih.gov/pubmed/27927732>

Jackson, K. (2015). Prevent elder transfer trauma: Tips to ease relocation stress. *Social Work Today*, 15(1), 10-13. <http://www.socialworktoday.com/archive/011915p10.shtml>

Janssen, J. S. (2017). Member reflections: Trauma-informed care at the end of life. *Stress Points*. <https://www.istss.org/education-research/traumatic-stresspoints/july-2017/member-reflections-trauma-informed-care-at-the-end.aspx>.

Kusmaul, K. & Anderson, N. (2018). Applying a trauma-informed perspective to loss and change in the lives of older adults. *Soc Work Health Care*, 57(5), 355-375.

<https://www.ncbi.nlm.nih.gov/pubmed/29522384>

Martinez-Clavera, C., James, S., Bowditch, E., & Kuruvilla, T. (2017). Delayed-onset post-traumatic stress disorder symptoms in dementia. *Progress in Neurology and Psychiatry*, 21(3), 26-31.

<https://www.progressnp.com/article/delayed-onset-post-traumatic-stress-disorder-symptoms-dementia>

Mittal, D., Torres, R., Abashidze, A., & Jimerson, N. (2001). Worsening of posttraumatic stress symptoms with cognitive decline: Case studies. *Journal of Geriatric Psychiatry and Neurology*, 14(1), 17-20.

<https://www.ncbi.nlm.nih.gov/pubmed/11281311>

Qureshi, S. U., Kimbrell, T., Pyne, J. M., Magruder, K. M., Hudson, T. J., Petersen, N. J., et al. (2010). Greater prevalence and incidence of dementia in older veterans with posttraumatic stress disorder. *Journal of the American Geriatric Society*, 58(9), 1627-1633.

<https://www.ncbi.nlm.nih.gov/pubmed/20863321>

Ruzich, M. J., Looi, J. C., & Robertson, M. D. (2005). Delayed onset of posttraumatic stress disorder among male combat veterans: A case series. *The American Journal of Geriatric Psychiatry*, 13(5), 424-427. <https://www.ncbi.nlm.nih.gov/pubmed/15879593>

Van Achterberg, M. E., Rohrbaugh, R. M., Southwick, S. M. (2001). Emergence of PTSD in trauma survivors with dementia. *The Journal of Clinical Psychiatry*, 62(3), 206-207.
<https://psycnet.apa.org/record/2001-00750-014>

Yaffe, K., Vittinghoff, E., Lindquist, K., Barnes, D., Covinsky, K. E., Neylan, T., et al. (2010). Posttraumatic stress disorder and risk of dementia among US veterans. *Archives of General Psychiatry*, 67(6), 608-613.
<https://www.ncbi.nlm.nih.gov/pubmed/20530010>