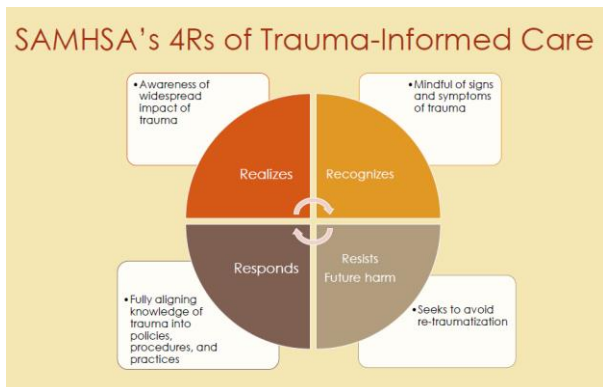


Behavioral Health Resources For Schools

Trauma-Informed Care

“Trauma-informed Care is a strength-based framework that is grounded in an understanding of and responsiveness to the impact of trauma...”¹ Trauma is “the experience of violence and victimization including sexual abuse, physical abuse, severe neglect, loss, domestic violence and/or the witnessing of violence, terrorism or disasters.”²

Trauma-Informed Care changes the fundamental question from “What’s wrong with you?” to “What’s happened to you?” SAMHSA defines the 4 Rs of Trauma-Informed care:



- Realizes
- Recognizes
- Resists future harm
- Responds



See more about SAMHSA’S trauma-informed approach including the six principles and trauma-specific interventions at:

<https://www.samhsa.gov/nctic/trauma-interventions>

The **Behavioral Health Education Center of Nebraska (BHECN)** offers resources and on-line training for schools, teachers and nurses on trauma and trauma-informed care. See listings under training and System of Care at <https://www.unmc.edu/bhecn/>.

Additional Resources

- THRIVE System of Care
<http://www.thriveinitiative.org>
- National Child Traumatic Stress Network
<http://www.nctsn.org>

¹ Hopper, Bassuk, & Olivet, 2010, pg.82

² NASMHPD, 2006