

JOB CORPS TRAUMA INFORMED APPROACH (TIA)

Trauma is . . .

EVENT series of events, or set of circumstances that is

EXPERIENCED as physically or emotionally harmful or life-threatening

EFFECTS are long-lasting; changes how person functions (mental, physical, social, emotional or spiritual well-being)



Types of Trauma

- Verbal abuse
- Physical abuse
- Sexual abuse
- Neglect/food insecurity
- Witness violence in the home
- Witness violence in the community
- Having a family/household member with a history of:
 - Alcohol/drug problems
 - Mental illness/suicide attempts
 - Incarceration
 - Death in the family

When trauma occurs before age 18, there can be long-lasting effects on development and life outcomes.

Trauma often results in unhealthy behaviors that develop to help the person **ADAPT** and survive mentally and emotionally.

"4 Rs" of TIA

REALIZES the widespread impact of trauma

RECOGNIZES that trauma affects all individuals involved in the program or organization including staff

RESPONDS by fully integrating knowledge about trauma into policies, procedures, practices and settings

RESISTS re-traumatization

Some trauma-related behaviors

- Mood swings (emotional highs and lows)
- Self-harm behaviors (cutting, burning, etc.)
- "Overreacting" to situations including:
 - Feeling rejected/relationship breakup
 - Accepting criticism/being confronted
 - Difficulty handling change/inconsistency
- Anxiety (nail-biting, skin picking, restless)
- Social withdrawal
- Mentally "checking out" (dissociation)
- Lack of emotional response ("flat" facial expression)

How to respond in a trauma-informed way?

We **assume** that a student's behavior has been affected by **TRAUMA**.

When a student is struggling, we remind ourselves that

**Problems/
Symptoms** >>> **are** >>> **Adaptations to
traumatic events**

Instead of thinking or saying, "What's wrong with you?"

We think, then say, "What happened to you? How can I help?"

