



Madison State Hospital

711 Green Road
Madison, IN 47250
812-265-2611

**MSH
MISSION:**
*Mending the Mind
Supporting the Spirit
Healing with Hope*

VISION:
*Safely deliver
meaningful,
quality, and
compassionate,
psychiatric care
to our patients
and their families.*



Madison State Hospital

Theresa Robinson, MA.
Staff Development Director
Director of Marketing

MSH Bulletin

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What is trauma?

"Trauma is a term used to describe the challenging emotional consequences that living through a distressing event can have for an individual."

-Centre for Addiction and Mental Health (CAMH)



There is no hard and fast rule for what is and isn't considered traumatic.



An event is considered traumatic when it causes you to feel frightened or overwhelmed.



Trauma typically involves some sort of threat to your personal safety but it doesn't have to.



Why do we need to be trauma-informed?

Mental health needs in people with intellectual or developmental disabilities (IDD) are often overlooked because we tend to focus on the disability first. However, abuse and trauma are widespread and pervasive amongst people with IDD.

70% of people with IDD report having experienced financial, emotional or sexual abuse, with 90% stating that the abuse is ongoing. Behavior-focused treatment can worsen emotional wellbeing if trauma is ignored or overlooked.



Trauma can often be expressed through behavior. As a Care Manager, if you are faced with a behavioral incident that requires intervention, try following the *Hierarchy of Needs* created by Conscious Care and Support:

- Address biomedical issues first: are all of the medical needs of this person being addressed? Could they be in pain?
- Use a trauma-informed approach next: what has happened to them in the past? How could it be affecting their behavior?
- Consider a behavioral-focused treatment only after addressing the first two possibilities noted above.



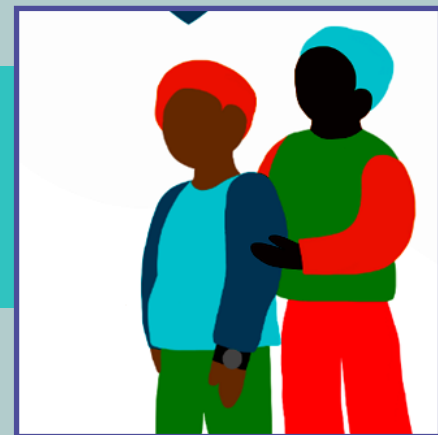
SAMHA's created a guide to integrate a trauma-informed approach into your care. It is made up for four steps:

- | | |
|--------------------|------------------|
| 1 Realize | 3 Respond |
| 2 Recognize | 4 Resist |

Realize 1

the prevalence of trauma and what triggers it.

Many things we consider to be normal and every day can cause trauma to rise up to the surface. For example, if they have had a bad experience with their doctor. Many people have not been taken seriously or have been ignored by their doctors. If this has happened, going to the doctor is likely to be a very stressful event because it has caused harm in the past.



Recognize 2

the signs and symptoms of trauma. The body responds to perceived threats in four ways:



Fight

Responding aggressively whether physically or verbally.



Flight

Running from danger or changing the subject.



Fawn

Complying, people-pleasing, ignoring their own feelings.



Freeze

Having a loss of words or feeling stuck in place.

Respond 3

by integrating that knowledge into policy, procedure and practice.

Take a look at your incident reports with a trauma-informed lens. Record how you would change the response if you knew the person you support had experienced trauma. Try it the next time there is an incident; observe and record the results. Repeat this in all relevant areas of your work.

Educate your staff about trauma and abuse. Teach them to know the signs and signals and how to avoid causing others trauma. Develop processes to address abuse in your workplace. Make people feel safe and heard when they report it.



THANK
YOU

A big “thank you” to the Pilot Club of Madison for their \$150.00 donation to the Patient Recreation Fund!



HAPPY LABOR DAY!

Enjoy the Labor Day Holiday, Monday,
September 6th 2021!

MSH Trauma Informed Care Kick-off Party!



The committee for the TIC Kick-Off Party is hosting an event next week that will be fun and memorable!

There will be a “carnival theme” in the auditorium with games and prizes.

See the information at the table in the downtown area about the Trauma-Informed Care Kick-off Party.

The event will be in the auditorium **Thursday, September 9th** from **12:00pm to 2:00pm**, and also **9:00pm to 11:00pm**, to cover both shifts.

There will be food, games, and prizes!

See you there!



The 2021 - 2022 SECC (State Employees Community Campaign) is underway and will end on Oct. 29, 2021



As our Secretary Dan Rusyniak said, “From

schools and health care facilities, to parks, museums and places of worship –some of our most fundamental needs are met by charities. In our times of need and distress, the unseen hand of a charity is there, supporting and guiding us to a better life and healthier community, in ways large and small, and we may not even know it.”

The MSH fundraising campaign will begin **Monday, September 13th** with a game called **“Name That Movie!”** More details will follow next week.

To learn more on how to donate please visit the SECC Donation Page at this link: <https://secc.americascharities.stratuslive.com/>