

# Trauma-Informed Care: Approaches in Yellowstone County

# Amy Fladmo

Executive Director  
The Center for Children  
and Families



**Phone:** (406) 696-2005

**Email:** [amyf@forfamilies.org](mailto:amyf@forfamilies.org)



# Benefits of TIC

- Better outcomes for EVERYONE
- Cost-effective
- Increased client engagement/response
- Better outcomes for children



# **What is Yellowstone County Doing to Address Trauma?**



# Development of **S**ystems for **T**rauma **R**esponse **E**ducation and **S**upportive **S**olutions

A collaborative project of Billings Clinic, RiverStone Health, St. Vincent Healthcare, The Center for Children and Families, United Way of Yellowstone County and Walla Walla University - Billings Campus.

**Created by the Center for Children and Families with funding from the HHS/OASH National Prevention Partnership.**



# DE-STRESS Project Structure

## **Grant Leadership Team**

(St. Vincent Health Care,  
RiverStone Health, Billings Clinic)

Provides guidance on overall  
project direction

## **Full Partner Team**

(United Way of Yellowstone  
County, Center for Children and  
Families, Walla Walla, St. Vincent  
Health Care, RiverStone Health,  
Billings Clinic)

Work together and support  
each other to accomplish  
common goals and objectives

# Project Goals

- “Realize” – increase awareness about ACEs and physical, mental, and social health outcomes
- “Recognize” – provide trauma-informed care assessment and training
- “Respond” – develop and implement a trauma-responsive continuum of care
- “Resist” – seek to actively resist re-traumatization

# How?

- Education/training
- Increasing Number of Trauma-Informed Organizations
- Increased Access to Trauma-Informed Services
- Prevention/Early Intervention
- Increasing Resource Awareness

# Education/Training



*If I have seen further it is by standing on the shoulders of giants.*

Isaac Newton

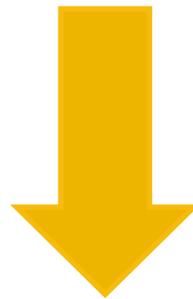
# A Few Resources...

- National Child Traumatic Stress Network
- ACE Study
- Creating Cultures of Trauma-Informed Care,  
Dr Roger Fallot and Dr. Maxine Harris
- SAMHSA
- Chadwick
- National Council on Behavioral Health
- ARC Model
- Institute for Health and Recovery



# Tiered Education/Training

Introduction to  
Trauma-Informed Care  
(Level 101 Training)



Discipline Specific Trauma-Informed Care  
(Level 201 Training)



# 10 | Objectives

- What is trauma?
- What are ACEs and how do they affect health outcomes?
- How can our understanding of clients/patients' ACEs improve our ability to care for them?
- What is Trauma-Informed Care?
- What can we do to reduce the impact of ACEs and trauma on health outcomes?

# 20 | General Objectives

- In-depth look at trauma
- Short and long-term effects of trauma
- Trauma Triggers
- Secondary traumatic stress (STS) and Burnout
- Self-care strategies
- Implementing the 5 Domains of Trauma Informed Care

# 20 | Discipline-Specific Objectives

- Trauma and brain development
- Teaching/promoting self-regulation
- Crisis prevention/intervention
- Motivational Interviewing Skills
- Cultural competency skills
- Interaction of trauma, mental illness & substance abuse

# **Increasing The Number of Trauma-Informed Agencies/Organizations**

## **Integrating Trauma-Informed Practices Toolkit**

**(301 level – assessment/mentorship)**



# Toolkit Content

- Identify Integration Team
- Organizational Self-Assessment
- Agency Walkthrough
- Client Satisfaction Survey
- Staff Practice Survey
- Planning Tools
- Sustainability Planning

# Increased Access to TIC

- Community resource awareness
- Walla Walla Billings Mental Health Clinic
- MSW/LCPC candidate supervision



# Prevention/Early Intervention

## Universal Home Visiting



healthy  
by  
design

# Resource Awareness

## Montana 211 System



healthy  
by  
design

# Outcomes

- **2,500+ individuals trained in TIC 101**
- **1,000+ individuals trained in TIC 201**
- **9 organizations assessed and provided with mentoring/coaching**
- **17 clinical licensure candidates supervised**
- **394 resources catalogued**
- **UHV referral process piloted**



# Lessons Learned

- Partnerships are key
- Diverse needs of training
- Long-term approach
- Collaboration is hard work, but worth the effort
- More funding needed for Prevention Programs

[www.healthybydesignyellowstone.org](http://www.healthybydesignyellowstone.org)

