

COVID-19 Trauma-Informed Care Resources

Protecting Against COVID-19

eBasedAcademy, <http://www.ebasedacademy.org/learn>.

- Trauma-Informed Approaches
 - One-hour webinar focuses on the four R's (Realize, Recognize, Respond, and Resist) concept of trauma informed care from the Substance Abuse and Mental Health Services Administration (SAMHSA). Learn to recognize trauma and its impact; and identify trauma informed responses; identify strategies to avoid re-traumatizing victims.
 - Approved for Continuing Education Units, including Physician's Recognition Award units for Continuing Medical Education.
- Secondary Trauma for Administrators/Organization Transformation
 - One-hour video is part of a 23-course series about drug addiction and its impact. Provides a look at secondary traumatic stress (STS) and its impact on organizations and the workforce. Organizations can learn about building resiliency, post-traumatic growth, and the benefits of becoming an STS-informed organization.
 - Approved for Continuing Education Units, including Physician's Recognition Award units for Continuing Medical Education.

Center for Health Care Strategies

- Trauma-Informed Care Implementation Resource Center: What is Trauma, <https://www.traumainformedcare.chcs.org/what-is-trauma/>.

SAMHSA

- TIP 57: Trauma-Informed Care in Behavioral Health Services, <https://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816>.

- Manual helps behavioral health professionals understand the impact of trauma; discusses patient assessment and treatment planning strategies to support recovery and build a trauma-informed care workforce.
- Trauma-Informed Care in Behavioral Health Services: Quick Guide for Clinicians Based on TIP 57, <https://store.samhsa.gov/product/Trauma-Informed-Care-in-Behavioral-Health-Services-Quick-Guide-for-Clinicians-Based-on-TIP-57/SMA15-4912>.
 - Guide has information for providers and administrators on caring for people who have experienced trauma or are at risk of developing traumatic stress reactions. Also addresses prevention, intervention, and treatment issues and strategies.

American Psychological Association

- Trauma and Post Traumatic Stress Disorders in Ethnic Minorities, <https://www.apatraumadivision.org/files/57.pdf>.

National Latino Network

- Trauma Informed Principles Through a Culturally Specific Lens, http://nationallatinonetwork.org/images/Trauma-Informed-Principles-through-a-Culturally-Specific-Lens_FINAL.pdf.

American Academy of Pediatrics

- Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting, https://www.aap.org/en-us/Documents/ttb_addressing_aces.pdf.

National Association of Social Workers

- Social Work Talks Podcast.
 - Self-Care for Social Workers During the Coronavirus Pandemic, <https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP48-Self-Care-During-the-Coronavirus-Pandemic>.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

For more information, visit: coronavirus.ohio.gov

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov