HTR$^3$: Adopting a Trauma Informed Care Model
This resource guide was developed to provide Family and Youth Services Bureau Runaway and Homeless Youth grantees information on adopting a trauma informed care model when working with victim-survivors of human trafficking. It is intended to serve as a support resource for the accompanying webinar titled, “Adopting a Trauma Informed Care Model.” The guide provides basic definitions of trauma and trauma informed care, the effects of trauma, tips for integrating a trauma informed care model in RHY programs, as well as information on trauma-specific interventions and resources.

**What is Trauma?**
Young people seeking services through runaway and homeless youth programs across the country most likely have experienced many types of trauma. They may have faced abuse, neglect, or sexual trauma. They may have witnessed violence in their homes or neighborhoods. They may have lost a loved one. It is important that those providing day-to-day support and care become more trauma informed and understand the impact trauma has on the behavior, development, and relationships of the youth we serve.

**What are the effects of trauma?**
Trauma can impair development and function in several areas, including:
- Attachment
- Health
- Mood regulation
- Dissociation
- Behavioral control
- Cognition
- Self-concept

In addition, without the security provided by safe and permanent connections, victim-survivors must shift resources normally earmarked for growth and development to self-protection in order to simply survive their environments. Left unaddressed, these impairments place young people in lifelong danger of serious mental health concerns, as well as substance abuse and dependence. It could leave them susceptible to further traumatization.

**What is Trauma-Informed Care (TIC)?**
“TIC is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.”

It is important to remember that Trauma Informed Care can be implemented in any service setting and is distinct from trauma-specific interventions which are designed to address the effects of trauma and to facilitate healing.

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Tips for Integrating a TIC Model in RHY Programs

- Increase trauma awareness within the agency by providing trauma-specific trainings.
- Ensure your agency places an emphasis on the physical and emotional safety of the clients and providers.
- Increase your clients’ level of self-sufficiency by assisting them to reduce feelings of being overwhelmed and to make new meaning of their trauma history and current experiences.
- Become skilled in providing trauma informed care using trauma-specific intervention techniques anchored in the strengths-based perspective.

Resources

National Centers That Address Trauma and Trauma Informed Care

The National Child Traumatic Stress Network
The National Child Traumatic Stress Network was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events. [http://nctsnet.org/](http://nctsnet.org/)

The National Center for Trauma Informed Care (NCTIC) and Alternatives to Seclusion and Restraint
NCTIC is devoted to the elimination of coercive tactics, including seclusion, and restraint, by supporting development of trauma-informed care approaches, thus expanding the knowledge base of trauma-informed approaches. [http://www.samhsa.gov/nctic/](http://www.samhsa.gov/nctic/)

Trauma Specific Interventions

Information on each of the following available at: [http://www.samhsa.gov/nctic/healing.asp](http://www.samhsa.gov/nctic/healing.asp):

Following are some well-known trauma-specific interventions based on psychosocial educational empowerment principles that have been used extensively in public system settings. These interventions are provided for informational and educational purposes only. The Family and Youth Services Bureau does not endorse any particular intervention.

Addiction and Trauma Recovery Integration Model (ATRIUM)
ATRIUM is a 12-session recovery model designed for groups and individuals and their therapists and counselors. ATRIUM brings together peer support, psychosocial education, interpersonal skills training, meditation, creative expression, spirituality, and community action to help survivors to address trauma and heal.
**Essence of Being Real**
The Essence of Being Real model is a peer-to-peer approach intended to address the effects of trauma. The developer says this model is particularly helpful for survivor groups (including abuse, disaster, crime, shelter populations, and others), first responders, and frontline service providers and agency staff.

**Risking Connection®**
Risking Connection is intended to be a trauma-informed model aimed at mental health, public health, and substance abuse staff at various levels of education and training. There are several audience-specific adaptations of the model, including clergy, domestic violence advocates, and agencies serving children.

**Sanctuary Model®**
The goal of the Sanctuary Model is to help children who have experienced the damaging effects of interpersonal violence, abuse, and trauma. The model is intended for use by residential treatment settings, public schools, domestic violence shelters, homeless shelters, group homes, outpatient and community-based settings, juvenile justice programs, substance abuse programs, parenting support programs, acute care settings, and other programs aimed at assisting children.

**Trauma Affect Regulation: Guide for Education and Therapy (TARGET)**
TARGET is designed for use by organizations and professionals with a broad range of experience with and understanding of trauma. This model provides practical skills that can be used by trauma survivors and family members to de-escalate and regulate extreme emotions, manage intrusive trauma memories, and restore the capacity for information processing and memory.

**Trauma Recovery and Empowerment Model (TREM and M-TREM)**
The Trauma Recovery and Empowerment Model is intended for trauma survivors, particularly those exposed to physical or sexual violence. This model is gender-specific: TREM for women and M-TREM for men. It has been implemented in settings for mental health, substance abuse, co-occurring disorders, and criminal justice. The developer says this model is appropriate for a full range of disciplines.

**Trauma Informed Care Research and Publications:**

**Responding to Childhood Trauma the Promise and Practice of Trauma Informed Care**
http://www.childrescuebill.org/VictimsOfAbuse/RespondingHodas.pdf

**Healing Invisible Wounds why Investing in Trauma Informed Care Makes Sense**
Shelter from the Storm: Trauma Informed Care in Homelessness Service Settings

Fostering Resilience and Recovery in the Face of Trauma

Trauma Informed Care Tip Sheets
The Safe Start Center provides a variety of trauma informed care tip sheets for specific care givers and service providers.
http://web.safestartcenter.org/resources/tip-sheets.php

Medical Treatment of Victims of Sexual Assault and Domestic Violence and Its Applicability to Victims of Human Trafficking, April 2010
This Issue Brief examines the procedures and protocols for assessing and treating victims of domestic violence and sexual assault in health care settings in an effort to begin evaluating their applicability to victims of human trafficking. This topic was identified at the National Symposium on the Health Needs of Human Trafficking Victims. http://aspe.hhs.gov/hsp/07/humantrafficking/sa-dv/index.shtml

Evidence-Based Mental Health Treatment for Victims of Human Trafficking, April 2010
This Issue Brief examines the evidence-based research for treating common mental health conditions experienced by victims of human trafficking. This topic was identified at the National Symposium on the Health Needs of Human Trafficking Victims. http://aspe.hhs.gov/hsp/07/HumanTrafficking/MentalHealth/index.shtml

Study of HHS Programs Serving Human Trafficking Victims, Final Report, December 2009
This report, the last in a series, synthesizes information from a literature review, site visits, and the National Symposium on the Health Needs of Human Trafficking Victims and includes an executive summary.
http://aspe.hhs.gov/hsp/07/HumanTrafficking/MentalHealth/index.shtml

Human Trafficking into and within the United States: a Review of the Literature, August 2009
This comprehensive review of current literature on human trafficking into and within the United States surveys the social science or other literature to learn what has been published about identifying and effectively serving trafficking victims. The review further focuses on phenomenon of “domestic trafficking” (trafficking involving U.S. citizens or lawful permanent residents, often within the U.S.), the impact on domestic youth, and the availability and the availability and effectiveness of services for these victims. http://aspe.hhs.gov/hsp/07/HumanTrafficking/LitRev/index.shtml
National Symposium on the Health Needs of Human Trafficking Victims, Post-Symposium Brief, July 2009
This Issue Brief presents an overview of the major topics discussed at the National Symposium on the Health Needs of Human Trafficking Victims sponsored by ASPE and held in Washington, DC, Sept. 22-23, 2008. The brief focuses on the post-presentation discussions and suggestions of participants. The Brief focuses on the post-presentation discussions and participant suggestions. The brief contains links to Symposium materials.

This Issue Brief focuses on the needs of victims of human trafficking and the services available to meet those needs. Additionally, it discusses barriers to providing services to victim—international and domestic, adults and minors—highlighting innovative solutions to these challenges and promising practices to overcome barriers. Where appropriate, the brief makes distinctions between international adult victims, international minor victims, and domestic minor victims.

Case Management and the Victim of Human Trafficking: A Critical Service For Client Success, June 2008
This Issue Brief focuses on the importance of case management in working with international victims of human trafficking from the point of identification until a victim reaches self-sufficiency. This brief examines the characteristics of an effective case manager. It identifies the benefits of effective case management not only to victims, but also to key stakeholders, including law enforcement and service providers. It also examines challenges to effective case management and the implications for victim recovery.
http://aspe.hhs.gov/hsp/07/HumanTrafficking/CaseMgmt/ib.htm

Treating the Hidden Wounds: Trauma Treatment and Mental Health Recovery for Victims of Human Trafficking, March 2008
This Issue Brief focuses on the trauma experienced by most trafficking victims and its impact on health and well-being. It examines the challenges of meeting the trauma-related needs of trafficking victims, and offers promising approaches to treatment and recovery. While this Issue Brief touches on trauma across human trafficking populations, it has a special emphasis on trauma resulting from sex trafficking of women and girls.
http://aspe.hhs.gov/hsp/07/HumanTrafficking/Treating/ib.htm
Identifying Victims of Human Trafficking: Inherent Challenges and Promising Strategies from the Field, January 2008

This Issue Brief focuses on the identification of international and domestic victims of human trafficking in the United States. Critical to identifying someone as a victim is knowing first who meets the legal definition of a trafficking victim. This brief presents the inherent challenges of identifying victims based on the legal definition, as well as promising strategies undertaken by law enforcement, service providers, and other organizations to identify and reach victims.

http://aspe.hhs.gov/hsp/07/HumanTrafficking/IdentVict/ib.htm

Finding a Path to Recovery: Residential Facilities for Minor Victims of Domestic Sex Trafficking, September 2007

This Issue Brief focuses on minors victimized by sex traffickers across the U.S. It provides practical information about the characteristics of these minors and their needs and describes the type of residential programs and facilities providing services for this population. Directors and staff of residential facilities for minor victims of domestic trafficking, juvenile corrections facilities, programs for runaway and homeless youth, child protective services personnel, and law enforcement identified the promising practices discussed here.
