



Pennsylvania
Department of Drug and
Alcohol Programs

OCTOBER 6, 2025

Trauma Informed Care: Principles for Everyday Practice

DDAP TECHNICAL ASSISTANCE WEBINAR

Disclaimers

- Alignment with The ASAM Criteria is required of drug and alcohol treatment providers that receive funding for providing treatment services under agreements with Single County Authorities and/or Managed Care Organizations.
- DDAP stresses the importance of reviewing the ASAM Criteria text in its entirety, attending the ASAM training, and reviewing the resources available through DDAP including trainings and documents

Learning Objectives

- Define trauma and trauma informed care
- Promote general understanding of adverse childhood experiences, cultural competence, and social determinants of health through a trauma informed lens
- Identify ways in incorporate trauma informed practices into your everyday work

Poll Question 1

What is your role at your agency?

- Executive Director
- Clinical Director
- Counselor
- Administration
- Medical Staff
- Support Staff (e.g. CRS)
- Case Manager
- DDAP
- SCA
- MCO



Poll Question 2

I believe being informed about trauma is essential to my work.

- Strongly agree
- Somewhat agree
- Neither agree or disagree
- Somewhat disagree
- Strongly disagree

Poll Question 3

My workplace incorporates trauma informed practices for both staff and the individuals we serve.

- Strongly agree
- Somewhat agree
- Neither agree or disagree
- Somewhat disagree
- Strongly disagree

Today's Presenter

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What is Trauma?

SAMHSA defines individual trauma as an event or circumstance resulting in:



physical harm



emotional harm, and/or



life-threatening harm

What is Trauma?

Individual trauma results from:

- an event
- series of events *or*
- set of circumstances

...that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Trauma and Stress Responses



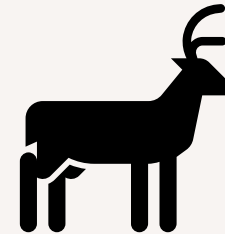
Fight



Freeze



Flight



Fawn

Trauma and –Stressor Related Disorders

- DSM-5 (2013) & DSM-V Text Revision (2022)
 - Reactive Attachment Disorder (*children only*)
 - Disinhibited Social Engagement Disorder (*children only*)
 - Acute Stress Disorder
 - Adjustment Disorders
 - Posttraumatic Stress Disorder
 - Prolonged Grief Disorder (*new in DSM-5 TR*)
 - Other Specified Trauma and Stressor-Related Disorder
 - Unspecified Trauma and Stressor-Related Disorder



Adverse Childhood Experiences (ACEs)

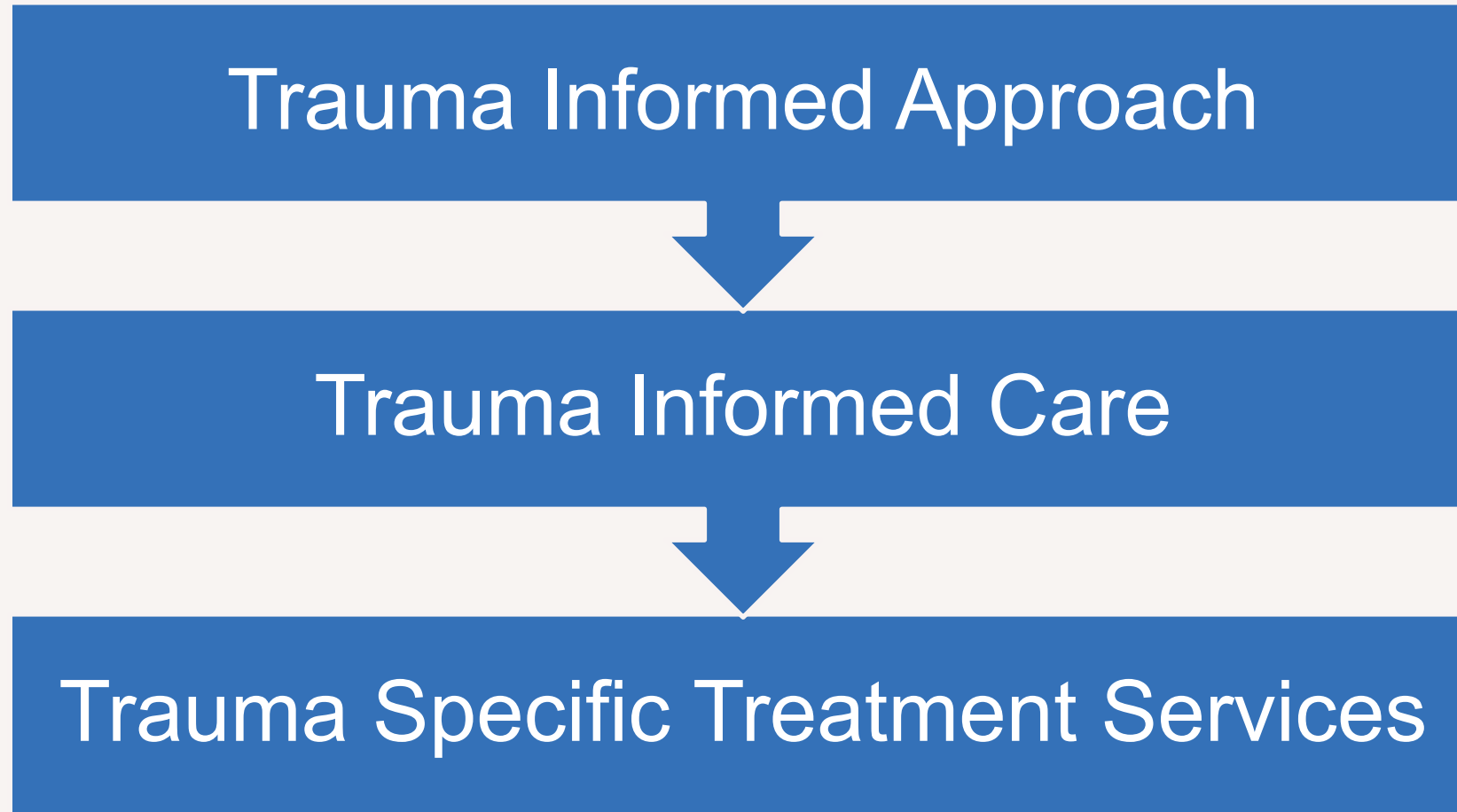


Trauma & Substance Use Disorder

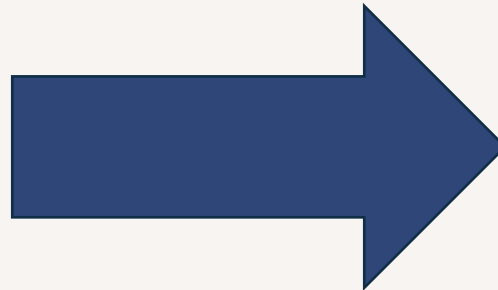
- Closely linked
- Can be cyclical
- Relationship between substance use and human trafficking
- Relationship between intimate partner violence and substance use
- Telehealth considerations



Agency Approaches to Trauma

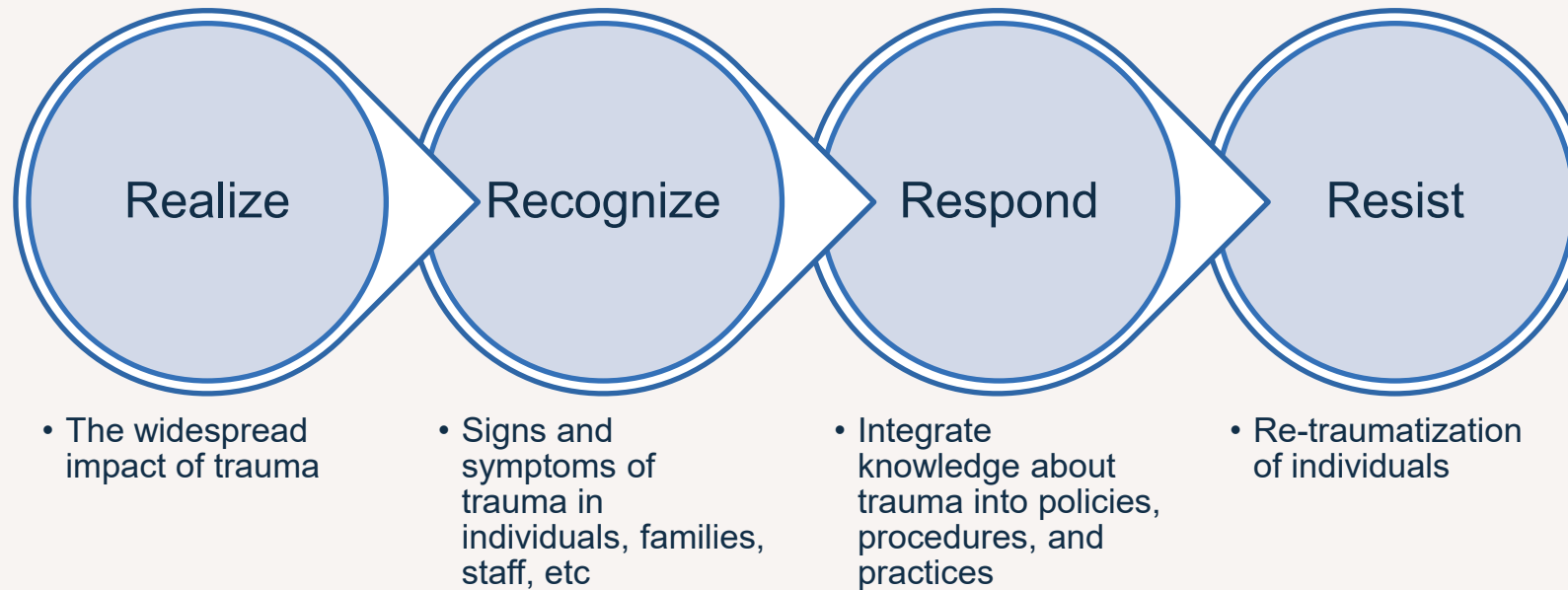


Trauma Informed Approach



Trauma Informed Approach

SAMHSA's 4 R's



Trauma Informed Care

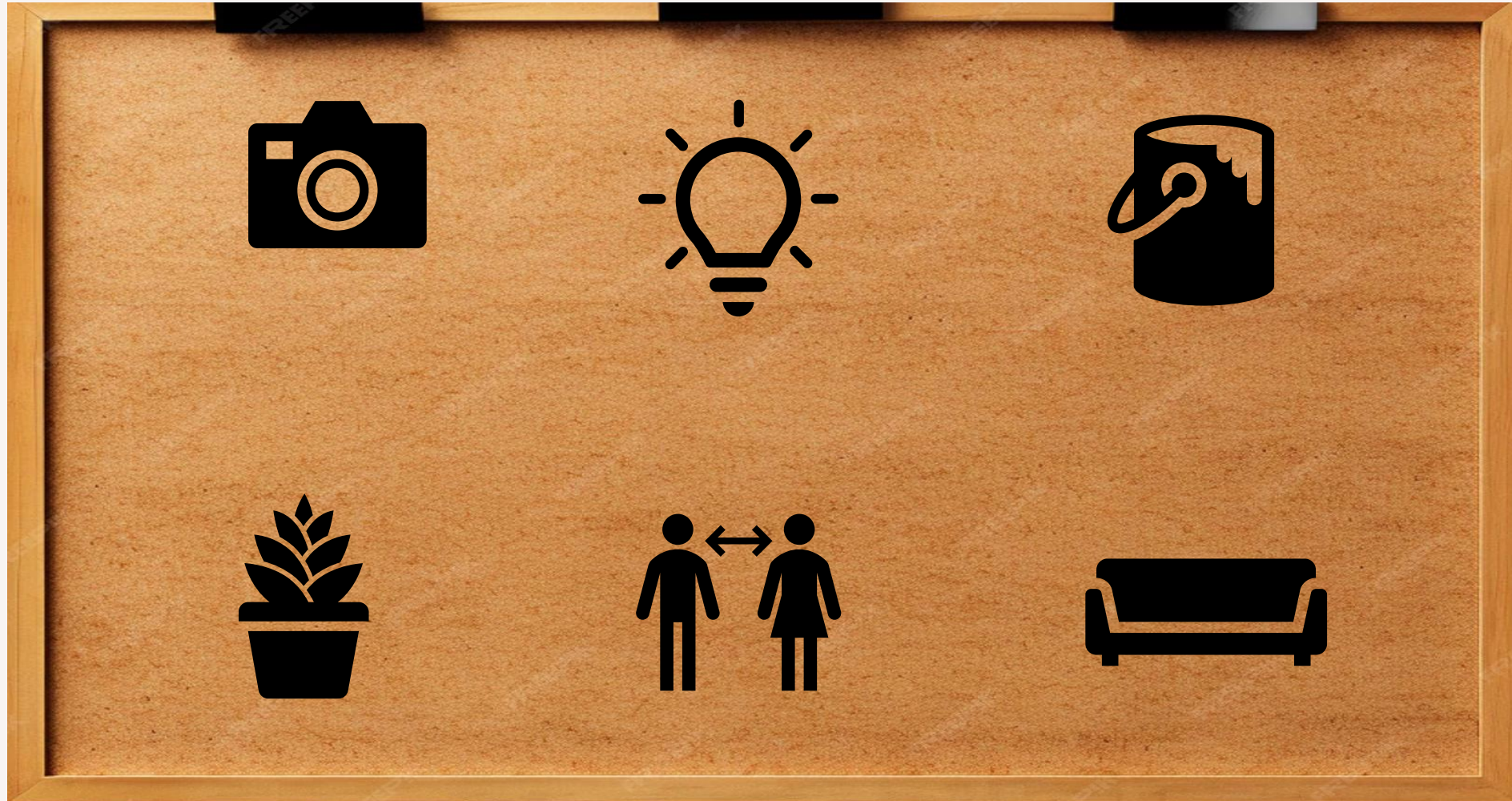


Trauma Specific Treatment Services

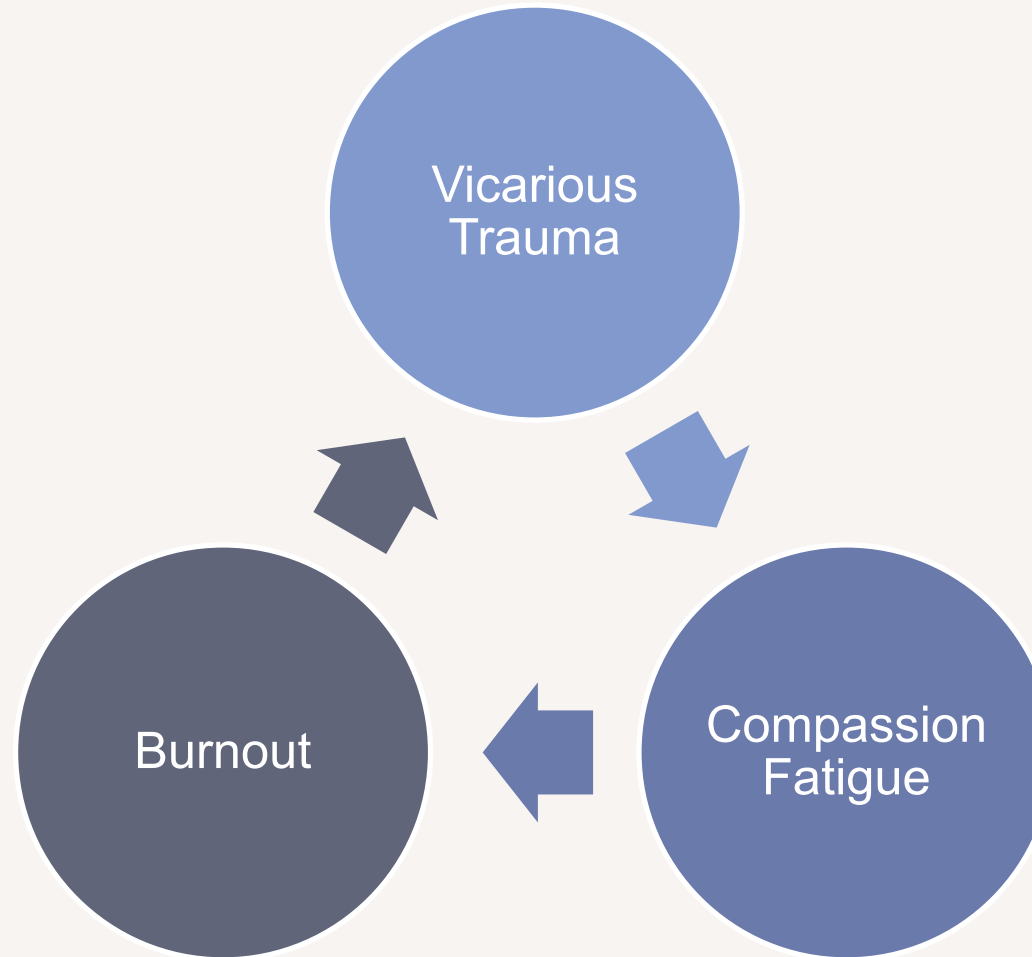
- Evidence-based services and promising practices that facilitate recovery from trauma.
- Integrated treatment (SUD/Trauma)
- Examples:
 - EMDR
 - Seeking Safety
 - TREM
 - TF-CBT



In Practice



Vicarious Trauma



Trauma Informed Supervision



- Practice reflective supervision
- Protect your supervision time
- Ensure mutual respect

Culturally and Linguistically Appropriate Services (CLAS)



PRINCIPLES OF TRAUMA INFORMED CARE

Cultural Humility

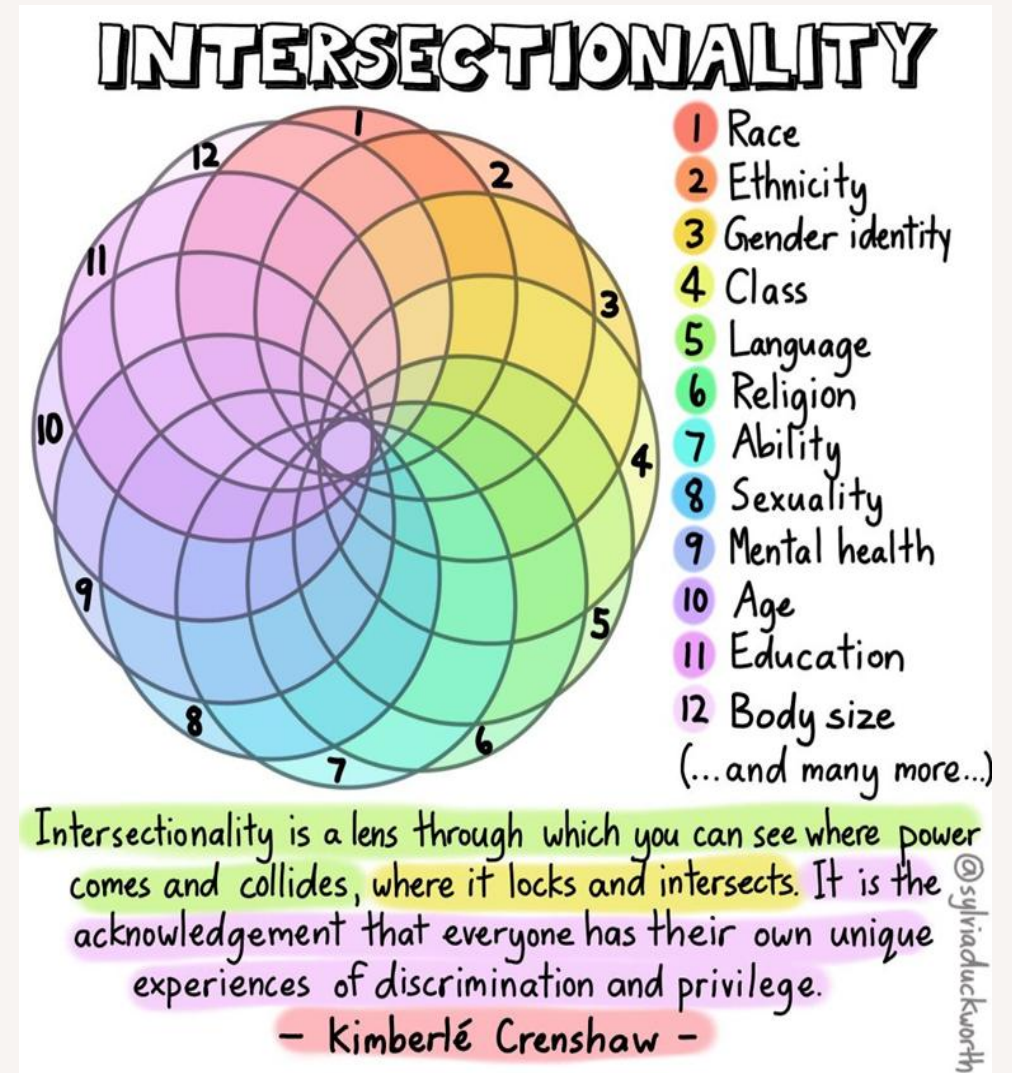


Social Determinants of Health (SDOH)



Intersectionality

- Individuals are made up of all their experiences
- Oppression that compounds and exacerbates traumatic experiences.
- Substance use does not occur in a vacuum.



Resources

- [Case Management and Clinical Services Manual](#)
- [TIP 57 Trauma-Informed Care in Behavioral Health Services](#) (SAMHSA)
- [About Adverse Childhood Experiences | Adverse Childhood Experiences \(ACEs\) | CDC](#)
- [Philadelphia ACE Survey | ACES Philadelphia](#)
- [National CLAS Standards](#)
- [Social Determinants of Health | Public Health Gateway | CDC](#)





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Next Technical Assistance Call
November 3, 2025 @ 10:00am
Topic: Updates to DDAP's Case Management and Clinical Services
(CMCS) Manual