



Trauma Informed Care ■ Time for Organizational Change

What is Trauma?

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as overwhelming or life changing and that has profound effects on the individual’s psychological development or well-being often including a physiological, social or spiritual impact.



trau·ma

noun
/'troumə, 'trômə/

a deeply distressing or disturbing experience

TRAUMA: any event beyond a person’s ability to master at the time.

What is Trauma-Informed Care?

The Triple Aim

- 1 Improving the experience of care
- 2 Improving the health of populations
- 3 Reducing per capita costs of health care

Unfortunately, trauma is too often shrouded in secrecy and its impact is often ignored and misunderstood. When we fail to ask about and address trauma and our services are not built on the emerging science around what trauma survivors need to heal and recover, we risk re-traumatizing the people we serve, many times causing disengagement from and poor satisfaction with the services provided. Trauma-informed

care is the path to ensuring we honor this most sacred promise, and offers great potential for effectively partnering with our clients to help them move forward in their recovery and wellness. The good news is that this model not only strengthens the individuals we serve, but also moves us closer to achieving the Triple AIM, and becoming a Certified Community Behavioral Health Clinic.

Members of our Core Implementation Team include



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Feel free to ask any of us at any time about the progress of our work or if you have any questions!

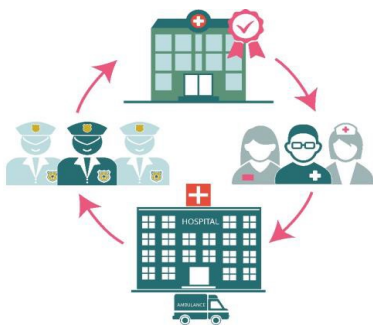


For more information, please visit the National Council’s [CCBHC Resource Hub](https://www.thenationalcouncil.org/topics/certified-community-behavioral-health-clinics/)
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What is A Certified Community Behavioral Health Clinic?

The **Excellence in Mental Health Act demonstration** established a federal definition and criteria for Certified Community Behavioral Health Clinics (CCBHCs). These entities, a new provider type in Medicaid, are designed to provide a comprehensive range of mental health and substance use disorder services to vulnerable individuals. In return, CCBHCs receive an enhanced Medicaid reimbursement rate based on their anticipated costs of expanding services to meet the needs of these complex populations.

(www.thenationalcouncil.org/topics/excellence-in-mental-health-act/)



CCBHCs are responsible for directly and integration with physical health providing (or contracting with partner organizations to provide)

nine types of services, with an emphasis on the provision of 24-hour crisis care, utilization of evidence-based practices, & care coordination. The demonstration program represents the largest investment in mental health care in generations. Comprehensive care includes, but is not limited to, the following criteria:

1. **24/7/365 crisis services** to help people stabilize in the most clinically appropriate, least restrictive, least traumatizing and most cost-effective settings.
2. **Immediate screening and risk assessment** for mental health, addictions and basic primary care needs to ameliorate the chronic co-morbidities that drive poor health outcomes and high costs for those with behavioral health disorders.
3. **Easy access to care** with criteria to assure a reduced wait time so those who need services can receive them when they need them, regardless of ability to pay or location of residence.
4. **Tailored care for active duty military and veterans** to ensure they receive the unique health support essential to their treatment.
5. **Expanded care coordination** with other health care providers, social service providers and law enforcement, with a focus on whole health and comprehensive access to a full range of medical, behavioral and supportive services.
6. **Commitment to peers and family**, recognizing that their involvement is essential for recovery and should be fully integrated into care.
7. **Outpatient mental health** and substance use services.
8. **Patient-center treatment planning** or similar processes, including risk assessment and crisis planning.
9. **Psychiatric rehabilitation** services.

