

Trauma – Informed Care

TBHS services are designed to deliver mental health care in a manner that recognizes the presence of trauma symptoms and acknowledges the role that violence and victimization may have played in individuals lives. Our understanding drives the design of services to support trauma survivors, promote resiliency, recovery, and reduce/eliminate practices that have the potential to be traumatizing and re-traumatizing.

Healing and recovery takes time. Many questions, hurdles, and frustrations may surface throughout the recovery process.



Resilience has been described as the capacity for positive outcomes despite challenging or threatening circumstances. Byron Egeland



Healing

It doesn't have to look magical or pretty. Real healing is hard, exhausting and draining. Let yourself go through it. Don't try to paint it as anything other than what it is. Be there for yourself with no judgement.
Unknown



Administrative Services
323 N. State Street,
Caro, MI 48723

Emergency Services are
available 24/7
989.673.6191 or
1.800.462.6814

www.tbhsonline.com

Clinical Programs located at
Personal Independence Center
1332 Prospect Ave.
Caro, MI 48723

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Trauma In Adults



Trauma is not a diagnosis; it is an experience. Healing and recovery take time.



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What is Trauma?

Trauma is any difficult experience that overwhelms a person's ability to cope. It can be a long or short-term experience and usually completely out of a person's control.

What are some of the causes of traumatic stress with adults?

Trauma can be the result of exposure to:

- A natural disaster
- Community violence
- Loss of a loved one
- Witnessing or experiencing domestic violence
- Terminal illness of a loved one
- Vehicle fatality/accident
- Medical procedures
- House fire
- War and terrorism
- Refugee or war experience
- Military family related stressors (i.e. deployment, parental loss/injury)
- Violence - bullying, hate crimes
- Serious injury
- Psychological, physical or sexual abuse
- Neglect
- Intimate partner violence
- Unaddressed childhood trauma

If an adult has gone through a terrible experience, it is normal for them to feel a host of emotions, such as distress, fear, helplessness, guilt, shame, or anger. They may start to feel better after a few days or weeks, but sometimes these feelings do not go away.

If signs of trauma are prolonged and start to disrupt an adult's life, it may be time for more help. For others, the symptoms may not begin or may not become a problem until years later. For many people, symptoms begin almost immediately after the trauma happens.

There are effective treatments for trauma. Things may not go back to exactly the way there were before the trauma but they can get better, even if a person has been experiencing trauma for years.

Adults may show some of the following signs and symptoms below. Remember each person may experience different symptoms.

Source: Mental Health America

- Reliving the trauma
- Being constantly on guard or hyper-aroused
- Aggressive/reckless/isolated
- Panic attacks
- Physical symptoms
- Feelings of mistrust
- Problems in daily living - home, work, social environment
- Difficulty with sleep

- Flashback images
- Survivor's guilt
- Suicidal thoughts
- Start and/or increase use of drugs & alcohol

How to get help.

The first step for all trauma survivors is getting to safety and feeling safe. The next step is understanding the role that trauma has played in your life. Every person's experience is unique, as is their recovery. Hope and healing are possible through the recovery process.



- Be patient. The healing process takes time.
- Reassure yourself what has happened to you is not your fault.
- Reach out to supportive individuals you trust.
- Remind yourself you are not alone.
- Recovery can be beautiful.

If the signs of trauma persist or disrupt your life, please contact Tuscola Behavioral Health Systems or your primary care physician.