

## Trauma –Informed Services

Trauma-informed 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 plays in the lives of most individuals of mental health services. This understanding drives the design of service systems to accommodate the vulnerabilities of trauma survivors, promote resiliency and recovery, and reduce and eliminate practices that have the potential to be traumatizing and re-traumatizing. Trauma informed services are provided in a way that will facilitate adult participation that is appropriate and helpful to the special needs of trauma survivors.

Healing and recovery take time and many questions, hurdles and frustrations may surface throughout the recovery process.

**RECOVERY  
IS  
POSSIBLE!**



### Administrative Services

323 N. State Street.,  
Caro, MI 48723  
989.673.6191 or  
1.800.462.6814

[www.tbhsonline.com](http://www.tbhsonline.com)

### Clinical Programs located at

1332 Prospect Ave.  
Caro, MI 48723

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# Trauma In Adults



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# Tuscola Behavioral Health Systems

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

Trauma can be the result of exposure to a natural disaster, sudden unanticipated death of a loved one, terminal illness of a loved one, car fatality, medical procedure, house fire or events such as war and terrorism. Trauma may also occur if witnessing or being the victim of violence, serious injury, physical or sexual abuse, or being neglected. Unfortunately, about 60% of men and 50% of women have experienced a traumatic event in their lifetime. (National Center for PTSD)

If an adult has gone through a terrible experience, it is normal for them to feel lots 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 the signs are prolonged or disrupt the adults life, it may be post traumatic stress disorder (PTSD). For many people, symptoms begin almost immediately after the trauma happens. For others, the symptoms may not begin or may not become a problem until years later.

## Adults may show some of the following signs and symptoms.

- Reliving the trauma
- Being constantly on guard or hyper-aroused
- Panic attacks
- Physical symptoms
- Feelings of mistrust
- Problems in daily living (Mental health America)
- Difficulty falling asleep
- Flashback images
- Survivor's guilt
- Suicidal thoughts
- Start and/or increase use of drugs & alcohol



**PTSD is real and can happen at any age, affecting children and nearly eight million American adults.**

## How to get help.

The first step for all trauma survivors is getting to safety and feeling safe. The second step is understanding the role that trauma has played in your life, past and present challenges and beginning to heal. Everyone's experience is unique, there is no one-size fits all remedy for trauma survivors. Hope and healing are possible through the recovery process.

- You must be in charge of your own healing .
- Take personal responsibility for your life by talking to supportive individuals.
- Be patient. Understand that it will take time for the healing process.
- Reassure yourself what has happened to you is not your fault.

Help may be needed, please contact Tuscola Behavioral Health Systems 989.673.6191 or 1.800.462.6814 or your primary care physician.



***Trauma is not a diagnosis it is an experience .***