

# **Trauma Informed Care & Substance Use**



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What does it mean to be trauma informed when assisting people who use substances?

- Considered “Best Practice”
- Include in all forms of service delivery
- All individuals have the potential for trauma
- Recognition of the impacts of traumatic experiences
- Becoming conscious of the diverse needs of trauma survivors
- Avoid re- traumatization
- Coping with abusive experiences



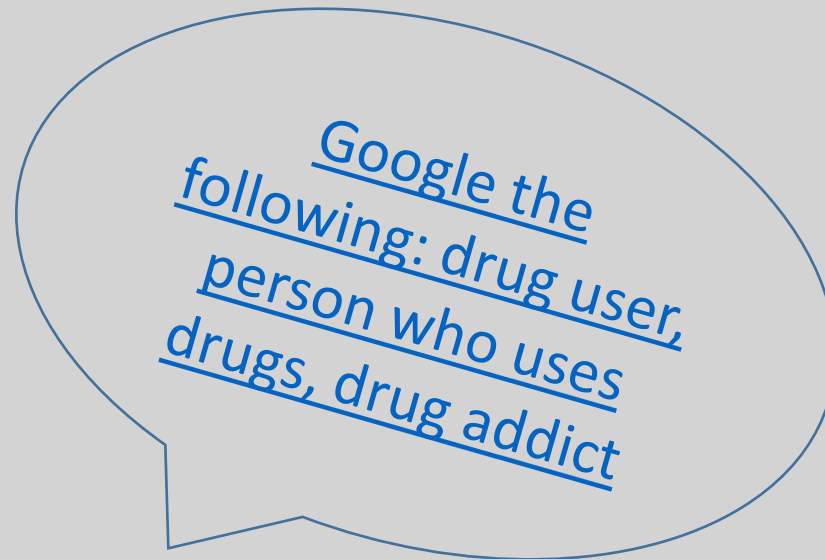
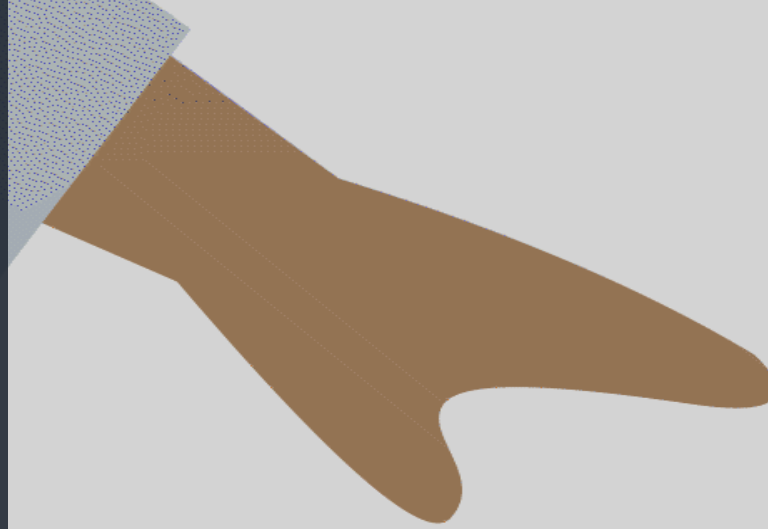
## How does stigma add to healthcare barriers for people who use substances?

### Participants:

- “All service providers are judgmental.”
- “I am always considered a drug seeker.”
- “Service workers and healthcare providers cannot be trusted.”
- “People who use drugs get treated badly by service providers.”
- “People who use drugs are not a priority.”
- “Service providers do not understand.”

### Service Providers:

- “Doctors can never be wrong.”
- “People who use substances do not take an active role in maintaining their health.”
- “Those people only care about drugs.”
- “It is always a good time to direct people who use substances to recovery.”



## ADOPTING A HARM REDUCTION APPROACH

- Distinguish the person from the behavior
- Meet the person where they are at
- Treat the need, not the risk
- Educate and empower
- Your response is important
- Human Centered Approach
- Equitable healthcare and services can reduce the harm on community members



**HARM  
REDUCTION  
SAVES  
LIVES**

## BEYOND BEST PRACTICES

- Go above and beyond
- Define a new standard
- Build trustworthy relationships
- Know your resources and navigate them well
- Improving our language and actions

