

Trauma-informed care

Washington | Medicaid

Trauma-informed care (TIC) is essential because it recognizes the widespread impact of trauma on an individual's mental, emotional, and physical wellbeing. By understanding and acknowledging these impacts, TIC aims to create an environment that promotes healing and avoids re-traumatization. By prioritizing TIC, organizations and care providers can create supportive networks that facilitate recovery and promote healthier communities.

TIC training opportunities and requirements

Access TIC training on the Washington State Department of Social and Health Services website at [Training Center \(tiawashington.com\)](https://tiawashington.com) or contact Health Care Networks at [Email a Provider Experience associate](mailto:ProviderExperience@hca.wa.gov) to request TIC training for your practice at no charge.

Importance of TIC:

- **Comprehensive understanding:** TIC helps caregivers and care providers recognize signs of trauma and understand its pervasive effects on behavior and health.
- **Safety and trust:** TIC fosters a safe and supportive environment where individuals feel secure and respected, which is pivotal for healing.
- **Empowerment:** TIC emphasizes the individual's autonomy and empowers them to take active roles in their recovery, enhancing their self-efficacy and resilience.
- **Avoidance of re-traumatization:** By being aware of trauma triggers, caregivers can better avoid practices or interactions that may inadvertently exacerbate a person's trauma.
- **Personalized care:** TIC promotes individualized care plans that are sensitive to the unique experiences and needs of each person, improving treatment effectiveness.
- **Holistic approach:** Recognizing that trauma can affect all aspects of someone's life, TIC integrates physical, emotional, and social dimensions in recovery efforts.
- **Improved outcomes:** By addressing trauma, this approach often leads to better health outcomes, increased engagement, and compliance with treatment.

Trauma-informed care resources

- [Trauma-Informed Care \(samhsa.gov\)](https://www.samhsa.gov)
- [Trauma-informed approach \(hca.wa.gov\)](https://www.hca.wa.gov)
- [Guide to Completing the Agency Self-Assessment \(PDF\) \(hca.wa.gov\)](https://www.hca.wa.gov)

<https://provider.wellpoint.com/wa>

Coverage provided by Wellpoint Washington, Inc.

Wellpoint Washington, Inc. profoundly acknowledges and respects the inherent sovereignty of the federally recognized tribes in Washington state. In our efforts to promote high-quality healthcare, we honor the tribal right of self-governance, holding in deep esteem the government-to-government relationship existing between the state and the tribes, a bond reiterated by the *Centennial Accord* and established by *RCW 43.376*. We heartily commit to enhancing our coordination, collaboration, and communication with tribal health programs and providers. Our activities are driven by an intent of respect, understanding, and recognition of the deeply rooted traditions and values of the tribal communities.

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