



HEAL, RISE, LIVE... REPEAT



## A JOURNEY TO **TRAUMA-INFORMED CARE** IN MONTANA INDIAN HEALTH CARE ORGANIZATIONS

### Project Summary

The Billings Area Office of Indian Health Services is partnering with Mountain-Pacific Quality Health on grant funding from the Montana Healthcare Foundation to support Indian Health Service (IHS) facilities, tribal health departments and urban Indian centers implement trauma-informed care. The project involves organizational and clinical practices in making widespread changes to address trauma and its impact on American Indian and Alaska Native (AI/AN) populations in Montana.

### Visit the Website

<https://www.mpqhf.org/QIO/trauma-informed-care-grant-project-home/>

Find grant documents, registration information for learning action network (LAN) events, presentations from meetings, videos from online events, data from sources like National Native Children's Trauma Center and the ChildWise Institute/Elevate Montana, policy examples and resources like staff training tools

### What is trauma?

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes trauma as **events or circumstances** experienced by an individual as **physically or emotionally harmful or life-threatening** that result in adverse effects on the individual's **functioning and wellbeing**.

*The model will incorporate long-term places of cultural healing and strength that are connected to their tribal communities. It will acknowledge trauma, heal emotional pain and build resiliency that sustains ongoing well-being of tribal members.*

*Instead of asking, "What's wrong with you?"  
Trauma-informed care asks, "What happened to you?"*

### What is trauma-informed care?

Trauma-informed care takes the patient's experience into account at a clinical and organizational level. According to SAMHSA, a trauma-informed organization **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma in clients, families and others; **responds** by fully integrating knowledge about trauma into policies, procedures and practices; and actively **resists** re-traumatization.

### Who is Mountain-Pacific Quality Health?

Mountain-Pacific Quality Health is a nonprofit corporation that partners within its served communities to provide solutions for better health. Mountain-Pacific first opened its doors in Helena, Montana, in 1973, and since then has broadened to include Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands. Mountain-Pacific partners with health care providers, practitioners, stakeholders and patients on a variety of quality improvement initiatives to achieve better care, better population health and lower health care costs.



## Learning Action Network (LAN) Calendar of Events

Visit the website for details on each LAN event and how to register. Sign up on the website for emails to receive alerts to register for LAN events.

### May 2019 - Heal, Rise, Live... Repeat (H.R.L...R.) Overview

- Introduction of LAN format for HRL... R
  - Overview of organization assessments and workplan
  - Using your assessment results to create your organizational workplan with action steps to address identified gaps

### July 2019 - Policies, Procedures and Prevention

- Understanding the dynamics of policy and procedure change in your organization
  - Creating understanding around policy change and getting buy-in from staff
  - Considering regulations from Centers for Medicare & Medicaid Services (CMS), The Joint Commission, Accreditation Association for Ambulatory Health Care (AAAHC) and IHS
  - Why policies are critical to ensuring H.R.L...R. is sustained and prevents secondary trauma

### September 2019 - H.R.L...R. and the Community

- How engaging trauma survivors can assist with designing emotionally safe environments
  - What support systems are already in your community, and how do you strengthen partnerships to address the social determinants of health as a community?

### November 2019 - Cultural Healing Methods - Sharing Best Practices

- Hear from each other what has been done to implement HRL...R and how others used cultural healing methods to address the gaps they identified in their organization assessment done at the February kick-off meeting.

### January 2019 - Ongoing Implementation and Monitoring of H.R.L...R.

- How do we guide and monitor our efforts to address trauma in our organizations?
  - Hear how using trauma screening tools has helped staff respond to patients with trauma and support them in recovering and building resiliency.
  - An expert will discuss what types of monitoring and measuring to use to track the progress of implementation.

## **What's missing? Contact us with your needs. We want to support you in your journey!**

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