

Faith Communities and Faith Community Nurses: Champions for Trauma-Informed Care

Trauma-Informed Care (TIC) is comprehensive coordination of care to address all types of trauma across the lifespan. According to the Trauma-Informed Care Project (2017), TIC provides guidance for system changes by

- promoting understanding, recognition of, and response to, the effects of all types of trauma
- emphasizing physical, psychological, and emotional safety for both consumers and providers
- ultimate focus is person-centered root cause analysis to develop effective treatment plans that include rebuilding a sense of control and empowerment for the individual, families, and community, and to collectively promote healing through resilience training and supportive services
- promotes the values that create sustainability: safety, value, ease of access to services, purposeful, frequent follow-up, community-embedded support structures, and comprehensive care.
- Engenders hope through understanding, mentorship, resiliency training, empowerment, and building strong social connections through trustworthiness

Multi-faceted training in resilience is emerging as an effective strategy to mitigate the emotional effects of ACEs, as well as benefit anyone experiencing stress, including caregivers. The most important resilience promoters are social support and a structured environment. The most common self-directed behaviors of resilience are adaptability, self-efficacy, active coping, and positive emotions, all of which can be fostered with mentorship for an individual, families, and communities (Pangallo et al., 2015).

Positive relationships and restoration of a spiritual connection and purpose in life are key to healthy lives. Faith Communities are uniquely positioned to be champions of TIC by identifying resources in their local communities and providing valuable meeting space where relationship and mentorship can occur in an accessible and safe environment. Ideally, the expertise of Faith Community Nurses (FCNs) could be more fully established, providing screenings and assessments, as well as educational sessions for the community members. Utilizing their spheres of influence in healthcare systems as well as their faith community, their pioneering efforts would have the potential to effect widespread changes toward the development of communities of care that work toward the prevention and treatment of trauma in children, adults, families, and communities collectively. A list of resources and examples will be available.