

THE CHALLENGE

The single most significant predictor that an individual will end up in the mental health system is a history of trauma



Trauma is almost universal among people with lived experience of mental health and psychosocial difficulties across all communities



Trauma-informed mental health and human services are essential for the safety, growth and recovery of service participants



Statistics rarely reflect the prevalence of trauma in the community due to shame, fear and isolation

High reported levels of trauma among people in mental health facilities often remains **HIDDEN** or **UNACKNOWLEDGED** - Those who have been previously traumatised are also vulnerable to re-traumatisation in multiple care settings



Men and women who experienced physical abuse before age 15 ¹



2 out of 3 people presenting at emergency, inpatient or outpatient MH services have underlying complex trauma related to physical or sexual abuse ²



Adults with history of trauma who experience at least one psychiatric disorder in their lifetime ³

THE GOAL



A nationwide cultural shift toward embedding trauma-informed care principles and practice across mental health and human services

THE SOLUTION: ticpot

MHCC's trauma-informed care and practice tools, resources and services support organisations to incorporate TICP principles at every level of service design, delivery and culture



TICPOT is applicable across a range of service types, environments, sectors and jurisdictions

TICPOT is mapped against 3 National Standards and the Recovery Oriented Service Self-Assessment Tool for Organisations (ROSSAT T40, 2015)



step 1

TICPOT Scaling Tool
FREE!
Assess baseline knowledge and practice - identify next steps

step 2

choose your package

TICPOT Assessment Package 1

Offline DIY self-assessment tool and resources to support continuous quality improvement

TICPOT Assessment Package 2



Orientation, comprehensive online assessment, assessment report and recommendations, and resources to support continuous quality improvement
ALSO AVAILABLE: post assessment consultancy services and TICP learning and development

step 3

Continuous Quality Improvement Across Domains



Visit www.mhcc.org.au for more information

I love how utterly thorough the TICPOT Toolkit is! There is not a single facet of the organisation that has been missed and it highlighted the direction we need to move in to become fully trauma informed

Jo Dechief, BSW Manager & Therapeutic Specialist, Great Southern Trauma Counselling Services

1. Australian Bureau of Statistics 2005, *Personal Safety Survey Australia 2005*, cat. No. 4906.0. ABS, Canberra.
2. Kezelman, K, & Stavropoulos, P 2012, *The Last Frontier: Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery*, Adults Surviving Child Abuse, Sydney.
3. Borger, S, Cox, B, & Asmundson, G 2005, 'PTSD and other mental health problems in adults who report histories of severe physical abuse and neglect', in T Corales (ed.), *Trends in posttraumatic stress disorder research*, Nova Science Publishers, Hauppauge, NY