



# National Center on Advancing Person-Centered Practices and Systems

## Trauma-Informed Person-Centered Thinking and Support

Summary of a webinar from November 18, 2019

### Introduction

This webinar was about trauma and people with disabilities. Trauma is when something bad happens. It may have a lasting impact on a person. The speakers on the webinar shared:

- Why it is important to know how trauma affects someone's life
- Many people with disabilities have been abused (70% of people with disabilities said they have been abused)
- How to help people who have had traumatic things happen to them

### Person-Centered Planning and Trauma

Person-centered discovery can help to learn about a person. This process can build trust. You can ask what makes the person feel safe. You might find out about trauma during person-centered planning. If you do, find someone for the person to talk to. It should be someone who is trained in healing and trauma. People who are trauma survivors may need help to heal.

### Personal Stories

Aimee shared her son's story. In fifth grade, he had a change in his classroom assistant. The new assistant was using power over him instead of supporting him. They saw changes in his behavior, and he started having trouble at school. Aimee learned that trauma is based on how the person feels. It might not always be something big like abuse, but it still affects the person. She called this "little t" trauma. They did things to help him heal like:

- Finding a better match for his assistant,
- Making sure he had skills to speak up for himself, and
- Connecting him with others.

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Aimee says, "Using person-centered and trauma-informed care has helped him to grow into a strong self-advocate and advocate for others."

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## Cultural Competence and Trauma-Informed Care

We see the world in many different ways. Being trauma-informed includes asking about a person's culture. People may have had traumatic things happen due to their identity or culture. Culture connects us with others. A person's culture may also offer ways for people heal.

You can watch the whole webinar and look at the slides here: <https://ncapps.acl.gov/Webinars.html>

The speakers on this webinar were:

	<p><b>Karyn Harvey</b> has a Ph.D. from the University of Maryland In Applied Developmental Psychology. She has worked in the field of intellectual disabilities as a psychologist for over 30 years and has published 2 books on the topic. Her third book, Trauma and Healing, will be coming out in the beginning of 2020</p>
	<p><b>Cathy Cave</b>, a founding partner of Inspired Vision, LLC, has over 30 years of experience in culture, inclusion and disparities elimination, trauma-informed services and supports, peer support, and strength-based approaches. She uses her survivor, family, community, provider and administrative perspectives to facilitate organizational change at local, state and national levels.</p>
	<p><b>Tanya M. Richmond</b>, MSW, LCSW, a partner with Support Development Associates, has over 30 years of experience working as a licensed clinical social worker. She has diverse expertise in direct practice and has directed programmatic and evaluative agencies in community service agencies, community college, and Research One University settings.</p>
	<p><b>Aimee Ortiz-Day</b> is the mother of two teenagers who are adventurous, funny, kind and have a disability. She joined the Center on Disability and Development at Texas A&amp;M University in 2014 and manages several programs that support person centered practices, increase self-advocacy and promote the inclusion of individuals with disabilities in their communities.</p>