

CAHCF/CCAL

Connecticut Association of Health Care Facilities
Connecticut Center for Assisted Living

Connecticut Association of Health Care Facilities
213 Court Street Suite 202
Middletown, CT 06457
860-290-9424 (tel); 860-290-9478 (fax); www.cahcf.org (website)

FYI

January 1, 2021

From our friends at the State Long Term Care Ombudsman's Office:

Subject: Trauma Informed Care During COVID-19: Healing Through Relationships

Good morning,

We have completed this training for SNF residents, family member and staff.

<https://portal.ct.gov/LTCOP/Trainings/Trauma-Informed-Care>

This link will take you to the page and can be shared with all of your communities. We hope it helps as we all begin to recover from this very long and traumatic year.

As the psychological effects of long-term isolation on both residents and families continue to be studied, our nations long term care residents remain at the epicenter of this global pandemic. However, when armed with education and resources, communities and people are empowered toward collective resilience. In partnership with Dr. Sheri Gibson, The Connecticut Long Term Care Ombudsman Program published this free online training for three distinct audiences; family members of individuals living in long-term care facilities, the residents of long-term care facilities, and the direct staff working with individuals in Connecticut's long-term care facilities. In the series, Dr. Gibson provides training on the topic of trauma-informed care. This training will emphasize the importance of understanding the prevalence of trauma and the effects that trauma can have on an individual's mental health, physical, social, and spiritual

well-being so as to ensure you can be sensitive to individual values while resisting the re-traumatization of vulnerable persons.

Learning Objectives for Trauma-Informed Care Training

- Understand what “trauma-informed” care means.
- Understand why trauma-informed care is important in long term care communities.
- Learn how trauma-informed care can improve service quality.
- Understand the impact that re-traumatizing events can have on a trauma survivor.
- Increase competency in recognizing and responding to the effects of all types of trauma.
- Appreciate the bio-psycho-social components of trauma-informed care to support survivors in rebuilding a sense of control and empowerment.

Stay well and I hope you have a happy and healthy NEW YEAR!

Mairead Painter

State Long Term Care Ombudsman
Department of Aging and Disability Services

55 Farmington Avenue, Hartford CT 06105

Tel: (860) 424-5238

Fax: (860) 772-1704

Mairead.painter@ct.gov



