

## Trauma Informed Care:

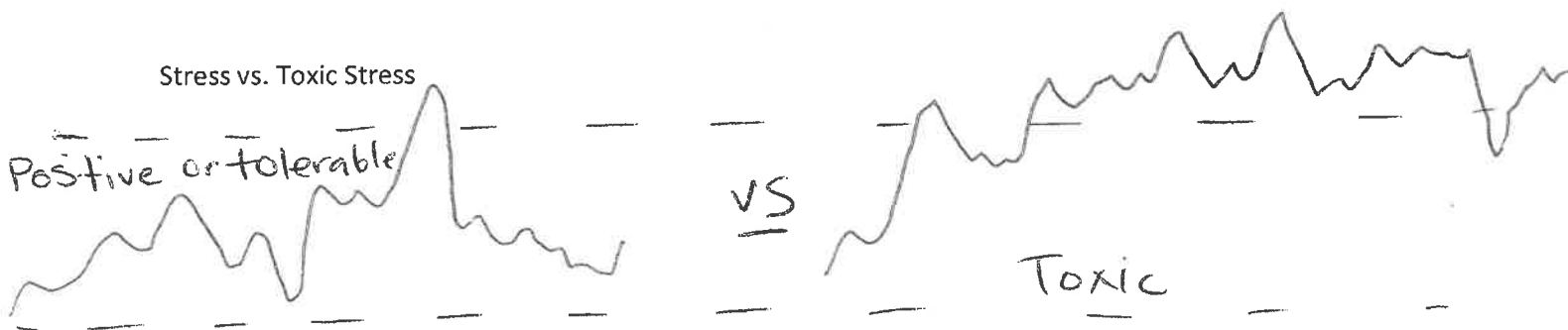
### Child Therapy and Infant Mental Health Services

Introduction: JulieAnn Steinberger, LCSW, LM; UC Davis- Napa Infant Parent Mental Health Fellowship

### Core Components Trauma Informed Care:

- 1) Safety...keep neurobiological functioning in mind!
- 2) Trustworthiness/ Transparency
- 3) Choice
- 4) Collaboration
- 5) Empowerment

### Stress vs. Toxic Stress



Resilience is not created by the absence of stress, but the level/prevalence of stress, and response

### Tenants of Infant Mental Health

- Early life is significantly important; Profound Effect of early experiences (prenatal to 5 years old) on a person's wellbeing over their lifespan (Brain structure, ACES, Epigenetics etc)
- Trusted caregiver helps provide child with sense of self, and sense of others, throughout life
- Support child/adult relationship; adult functioning and healing
- Development will continue, faster than adults may change
- Multidisciplinary; Silos do not provide for whole-person/system care or healing

