

## Towards trauma-informed care when working with alcohol and drug issues

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**Introduction:** Trauma-Informed Care (TIC) recognises the widespread prevalence of trauma and its impacts, including signs and symptoms in everyone involved in care; seeks to resist re-traumatisation of people and incorporates this knowledge into practice and policy.<sup>1,2</sup>

Experiences of trauma are common for people who seek treatment for alcohol and drug (AOD) issues.<sup>3-5</sup> Those working in the AOD sector are frequently exposed to trauma with secondary traumatic stress disorder in one in five AOD workers.<sup>6</sup> While AOD services are increasingly adopting TIC, access to training specific to AOD issues may be a barrier to uptake.

**Abstract body text:** To support the AOD workforce to implement TIC, a multipronged approach was developed with the support of specialised reference groups, those with lived experiences of AOD issues and AOD workers. Firstly, a one-day introductory workshop was developed which has been delivered to 431 participants through face to face workshops in Queensland.<sup>7</sup> In addition, a web-based tool kit of resources was created, including trauma-informed videos which have attracted 59127 views, an introductory e- Learning module completed by 634 people (52% completion rate) and downloadable resources.

**Discussions and Conclusions:** Update of TIC is important for all aspects of AOD service delivery and this approach can be employed alongside current treatment models and interventions. Clinicians value TIC training and are interested in applying TIC at individual and systemic levels.

### Disclosure of Interest Statement:

No conflict of interests to declare.

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