

Trauma Aware Communication Tool (TACT)	
Scripting	
Why are you even asking this?	
<ul style="list-style-type: none"> I am here to make sure your body is health and safe. 	
<ul style="list-style-type: none"> We are made up of our experiences... Both Good and Bad. Some can affect our health, both today and later in life. Our goal is build up what needs enhanced and to increase the resilience we already have. Want positives to be bigger than the stressors. 	
<ul style="list-style-type: none"> Stressful event like trouble getting food, violence, or loss are common and can affect your child’s health and development. To provide the best care, I ask all families about their experiences. 	
<ul style="list-style-type: none"> Stressful experiences can affect the health of many young people. Answering the following questions will help me to better understand you. The questions are designed to be completed by your alone and 	
<ul style="list-style-type: none"> I’m gonna ask about some stressors so we can make sure you are safe. You can choose to answer them or not. 	
Be Specific	
<ul style="list-style-type: none"> Has anyone hurt or frightened you since we last met? 	
<ul style="list-style-type: none"> Has anything bad, sad, or scary happened to you since we last met? 	
<ul style="list-style-type: none"> Has anyone every hit, kicked, punched you? 	
<ul style="list-style-type: none"> Has anyone ever asked you to touch their privates when you did not want to or ask to touch yours? 	
<ul style="list-style-type: none"> Has anyone ever asked to take pictures of you with your clothes off? 	
<ul style="list-style-type: none"> <i>If patient displays shame or embarrassment:</i> You don’t need to worry about anything you say here. We want you to be healthy and safe. 	
After disclosure of Assault/Abuse	
<ul style="list-style-type: none"> I am so sorry this happened. 	
<ul style="list-style-type: none"> I believe you what you are sharing with me, and I will get you connected with someone that can assist you further with what to do next 	
<ul style="list-style-type: none"> I commend you for speaking up and getting your child help. Our goal is to connect your children child to what he/she needs...I am so glad you are asking about this. 	
<ul style="list-style-type: none"> You are in the right place... we want to make sure you are safe and get the care you need 	
<ul style="list-style-type: none"> What happened is not your fault 	
<ul style="list-style-type: none"> You have good questions that need to be answered, let me get you connected to a Social worker to talk with you further. 	
<ul style="list-style-type: none"> It sounds like you were really scared...confused...not sure... That makes a lot of sense. 	
Associated Symptoms	
<ul style="list-style-type: none"> The body and mind are doing what they are supposed to do... 	
<ul style="list-style-type: none"> Your symptoms make sense. You are struggling to think about what do to after high school. Your mind has been razor focused on your current safety needs at home. 	
Safety in clinic	
<ul style="list-style-type: none"> It is normal to have limits, and if we need to stop and take a break or be done early, that is okay 	
<ul style="list-style-type: none"> Your body belongs to you and you have the right to control who touches your body and when and how. I will ask permission before I begin the exam and explain each thing that I do to the extent that you want me to. It's okay to say 'no' or 'stop'. 	

Trauma Aware Communication Tool (TACT)

- Who would you like to have in there with you today?
- I have invited Dr. ___ to join me. She is learning from me today.
- I'd like your private information to stay private. Can I close the door now for your privacy?

Person in Mental Health Crisis

- Acknowledge feelings. Tell a person how they matter
- Being suicidal is more than a feeling; its numbness that forces a person to harm themselves to feel better.
- Remind them they are important, and life is far more spectacular and worth living than death
- Remind them they are not alone, and you are here to help
- Validate and empathize with the person's feelings
- I'm here, I'm with you
- I will do what I can to get you the help that you need. You can get better. This is the good news. We have lots of ways to help.

Understanding Interventions

- If a child has experienced a trauma *and* is exhibiting symptoms of posttraumatic stress that are interfering with daily functioning, evidence-based mental health trauma treatment is recommended.
- **Treatments that work for child traumatic stress**
 - CPP - Child Parent-Psychotherapy - ages 0-6
 - TFCBT - Trauma Focused Cognitive Behavioral Therapy - ages 5-18
 - PCIT - Parent-Child Interaction Therapy - ages 2-7
 - EMDR - Eye Movement Desensitization and Reprocessing - ages 2-17
 - CARE workshops - Child Adult Relationship Enhancement - ages 0-18
 - AFCBT Alternatives for Families–Cognitive Behavioral Therapy – ages 5-17

Resources/CM Support

- **Social Work** – (816) 234-3670 After hours pager (816) 458-5147
 - Complete a hotline to Children's Division in Missouri or Kansas Department for Children and Families in Kansas.
 - Contact Law Enforcement to make a police report when child abuse, physical or sexual, is identified.
 - All Child Abuse/Neglect assessments are documented in a Patient At Risk.
- *At any time*, CM employees may contact the **SCAN (Safety Care And Nurturing Clinic) team** provider on call if there are questions or concerns. (816) 234-3424 and 24-hour Web OnCall
- **SCOPE Resources**
 - CM Well (Team Member wellbeing)
 - Child and Family Mental Health
 - Child Abuse Toolkit
 - Behavioral Health Toolkits
 - Trauma Informed Care Awareness, Education, Sensitive Practices
 - Library Services Spotlight Collections

Further Resources

www.nctsn.org