

Using Your Coping Plan Handout

Trauma Informed Care (TIC)

- TIC understands that trauma can shape people's mental, emotional, spiritual and physical well-being
- Trauma can come from violence, abuse, neglect, disaster, war, etc. Nearly every family is impacted in some way
- Instead of asking "*what is wrong with you?*" ask "*what has happened to you?*"
- TIC reduces the blame and shame that some people feel
- Builds understanding of how the past impacts the present to help you progress toward healing and recovery

WI Dept. of Health Services. (2012). Wisconsin State Trauma-Informed Care (TIC) Educational and Media Campaign. Retrieved 7-15-12 from http://www.dhs.wisconsin.gov/mh_bcmh/tic/index.htm

Creating Sanctuary

- Dr. Sandra Bloom developed the Creating Sanctuary Model, suggesting that we focus on creating nonviolent organizations and societies
- Creating Sanctuary involves helping you heal, feel safe and connected, with more self-awareness of how trauma in your past affected you
- Suffering from the long-term unresolved effects of trauma include emotional numbness, living with violence, isolating ourselves and each other, perhaps trapped in cycles of harmful behavior
- Using Coping plans can help prevent harmful behavior

Coping Plan Discussion

- **What triggers do you have that upset you or may cause you to lose control?**
- **What warning signs do you have when you feel upset, or like you are losing control?**
- **What is helpful if I feel like I am about to lose control?**
- **What is not helpful when I am upset or overwhelmed?**
- What did you learn about yourself when you filled out your coping plan?
- Who do you think you should share your coping plan with?
 - Bring it with you to behavioral health appointments
 - Use your coping plan as you cope with problems or upsetting memories
 - If your coping plan needs updating, let your provider know so your medical record can also be updated
 - Ask for a new form if there are so many changes that it becomes messy

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Other Ways of Coping

- **Be mindful**- Do one thing at a time. **Use all senses** when possible- seeing, hearing, smelling, feeling, tasting, sensing
- **Be present** (not looking back or forward) and be aware of surroundings
- **Be optimistic**- Think positively - “I can” rather than “I can’t” to increase your self-esteem and body image
- **Take control**- Focus on healing, wellness and problem-solving. Say, “I need to be safe”
- **Find help**, support, and resources from family, friends, or community programs and services in your area
- **Set realistic, specific goals**

Coping well: Discussion

- How will you use your coping plan?
- When will you use your coping plan?
- What is your overall goal for writing your coping plan?
- Do you think planning ahead for coping could help you with the “ups and downs, you will have?”

Conclusion

- Making a coping plan and using it can empower you and give you more control
- Trauma “triggers” can lead to behavior problems unless you feel respected, safe, and in control of your actions
- Your coping plan can be an important step toward a healthier life and a successful recovery