



geneTIC

"Genetics care that is
Trauma-Informed"

PARENTS & CAREGIVERS OF CHILDREN WITH GENETIC CONDITIONS

**WE ARE LOOKING FOR PARENTS
OR CAREGIVERS TO JOIN OUR
TRAUMA-INFORMED CARE
WORKGROUP!**

**STARTING IN
SUMMER
2025!**

2-4 hours/month

DO YOU WANT TO:

- Help genetics providers provide trauma-informed care?
- Increase access to behavioral health and support services?
- Create educational materials for providers to ask about and respond to family's stressful or traumatic experiences?

INTERESTED?

Contact:

Kelsey Sala-Hamrick
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WHAT IS TRAUMA- INFORMED CARE?

A method of delivering healthcare in which all members of a healthcare organization follow the 5 R's of trauma-informed care:

- **REALIZE**
- **RECOGNIZE**
- **RESPOND**
- **AVOID RE-TRAUMATIZATION**
- **RELATIONSHIP**

(See next page for more details)



QUESTIONS & ANSWERS

WHAT IS TRAUMA?

Traumatic experiences are those that threaten your feelings of safety or security, and can include (but are not limited to): scary or painful medical procedures, problems navigating or accessing care, bullying, family strain or divorce, mental illness, and financial stress or strain.

WHAT IF WE HAVEN'T EXPERIENCED TRAUMA?

You or your child may or may not have experience any or some of these events. You do not have to have experienced these events to participate as a workgroup member and you are not required to share details of your personal experiences if you have. How you contribute feedback to the group is completely up to you.

WHAT IS TRAUMA-INFORMED CARE?

Trauma-informed care is a method of delivering healthcare in which all members of a healthcare organization (doctors, nurses, dietitians, staff) follow the 5 R's of trauma-informed care:

- 1) **Realize** that many children and families have experienced potentially traumatic or stressful experiences and that these experiences may have an impact on the physical and mental health wellbeing of all members of the family.
- 2) **Recognize** that signs and symptoms of children and families who have experienced trauma.
- 3) **Respond** in a supportive, person-centered approach to identify the needs of children and families and make appropriate care decisions (such as referral to behavioral health services, securing respite care, providing psychoeducation, etc.).
- 4) **Avoid Re-traumatization** in which healthcare organizations and providers work to create safe, trustworthy and patient-centered care environments to lower and eliminate the risk of children and families experience new potentially traumatic or re-traumatizing events.
- 5) **Relationship** is key to create a safe space and rebuild trust with the healthcare system.



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QUESTIONS & ANSWERS

WHAT DOES PARTICIPATION LOOK LIKE?

Participation in this group offers an opportunity for parents and family representatives to connect with others, provide input, and help develop educational resources and materials for genetics providers. The overall goal of the group is to help genetics providers provide trauma-informed care and increase access to behavioral health and support services for children and families with genetic conditions.

WHEN ARE THE MEETINGS?

Workgroup meetings will take place twice a month starting in summer 2025. Once group members are assembled, we will send out a poll to find a time that works best for the largest number of people. All meetings are done virtually through Zoom. A computer and internet connection are needed, and a webcam is recommended. If necessary, you can also call in by phone, however many smart phones support the Teams app.

HOW DO I LEARN MORE?

If you would like to learn more about this opportunity, email Kelsey Sala-Hamrick (ksalaham@emich.edu) at Eastern Michigan University with your name, email, and contact phone number. Please indicate you are interested in joining the Midwest Genetics Network Trauma-Informed Care Workgroup. To visit our website, follow the link or QR code!



<https://starresearchcollaborative.com/genetic-workgroup-page/>



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