

*Kansas Consumer Advisory
Council For Adult
Mental Health, Inc.*

The Kansas Consumer Advisory Council for Adult Mental Health, Inc. (CAC), is a Consumer Run Organization serving the geographical area of Kansas and dedicated to improving the lives of people with psychiatric disabilities. The organization is entirely made up of people who self-identify as current or former consumers of mental health services.

Kansas CAC Mission Statement

Our mission is to educate, advocate, and collaborate with community partners to strengthen our voice in mental health causes.

Our Vision is that: All Kansans have hope and expect mental health recovery and wellness as an essential part of overall health. All people can use their life experiences or trauma background as assets to build dignity, self-direction for a life of their choice in the community.

We represent our fellow consumers from districts throughout Kansas and special constituent groups, to strengthen our voice in mental health causes.

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Kansas Consumer Advisory
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Trauma Informed Care

The CAC is proud to be an innovator and change agent in providing information and leadership in helping create a Trauma Informed Care (TIC) system in Kansas.

The CAC remains excited about and continues to work to educate Kansas consumers and the Consumer Run Organizations about TIC and implementing the model within their organizations. The CAC has also begun to take TIC to our international partners, most particularly in Australia. We are currently working with St Vincent's Hospital in Sydney, New South Wales, to provide training and education to both providers and peers. The international training will be a "first" for both the CAC and the Australian equivalent of CPS's as the CAC works with its partners to create a TIC curriculum that is applicable to the host site and country.

Trauma Informed Care asks "*What happened to you?*" vs. the current medical model of mental health care which asks "*What's wrong with you?*". The medical model sees trauma survival skills as psychiatric behaviors and symptoms that TIC recognizes as coping and/or survival skills. The TIC model first says "**Do no more harm**" and endeavors not to traumatize an individual or re-traumatize them when they seek help.

TIC is a complete paradigm shift that encompasses a complete culture change. At the heart of TIC lies the realization that the trauma survivor is the sole expert on themselves and on their experience. Only the individual can determine if the experience(s) were traumatic for them.

TIC is centered around the core values of voice, choice and trust plus the core principles of safety, choice, trustworthiness, collaboration, and empowerment. Both the worldview and personal life experiences determine how the trauma survivor and/or consumer view the core values and principles of TIC.

TIC promotes the understanding that even one traumatic event causes survivors to develop coping/ survival strategies that may serve to help a person cope and adapt to adverse experiences.

TIC takes into account that most people who receive help in the public mental health system have been exposed to underlying trauma. That exposure creates vulnerabilities which must be taken into account for real recovery to occur.

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Youtube: www.youtube.com/user/KansasCAC

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