



AIM Forward

A Trauma Informed Model for Collaborative Therapeutic Care

“Trauma-Informed Care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.”

(Hopper, Bassuk, and Olivet 2009, p. 133).

Loss of a caregiver, interpersonal violence, military deployment, Child Welfare involvement, abuse, neglect, mental and/or physical health challenges and other life challenges ... as individuals we all have a unique story which contributes to who we are and how we approach solving problems. Some navigate challenges using existing resources in their life and are able to process their past experiences and move forward to future life experiences.

Yet for many... traumatic incidents create barriers to information processing, self-regulation and engagement in relationships. These impediments delay and sometimes prevent being able to process past experiences in a way that allows for forward movement toward personal growth & well being. Research now shows that, **many individuals requiring behavioral health services have experienced these types of stumbling blocks due to unresolved traumatic events in their lives.**

AIM Forward:

Phase 1: Acceptance

Phase 2: Integration

Phase 3: Moving... Forward

In response to a growing knowledge of effective mental health practices, and a desire to enhance overall treatment services for the clients we serve, Providence developed the AIM Forward model. AIM Forward approaches the therapeutic care process using evidence informed practices demonstrated to improve clinical outcomes including...

Common Factors

*Collaborative Treatment Planning
Strengths and Resiliency Bolstering
Regular Incorporation of Feedback
Trauma Informed Practices
Phase Oriented Treatment Approach*

Using these foundational approaches to treatment, AIM Forward is designed to

- support clients in **accepting** what has happened and where they are
- collaborate with clients & their support systems to clarify goals & co-develop strategic plans to achieve them
- promote goal attainment by collecting and utilizing regular client, caregiver, & professional feedback
- educate clients in evidence informed practices that can improve coping and overall well-being
- facilitate clients in **integrating** new ways of coping with impact of trauma based barriers and current challenges
- assist clients' amplifying existing skills & strengths so they can utilize them in problem solving across life domain areas
- encourage clients & their support systems in **moving forward** with existing strengths & new skills to enhance their physical and mental well-being

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