

## IMAGINE, BELIEVE AND ACHIEVE

### MISSION

To enhance the quality of life of those we serve through an array of clinical best practices that inspire healthy living, empowerment, and recovery while promoting the attainment of personal goals and independence.

### FUNDING

Funding for TTI services comes primarily from local county community mental health agencies and authorities under contract with the Michigan Department of Community Health. Funding is also provided by HUD and MSHDA as well as through grants. This funding is generally used for persons with the most severe forms of disabilities who are eligible for Medicaid.

### ABOUT TTI

TTI is a private, not-for-profit agency that has been providing mental health services and training in Michigan since 1987. TTI provides a wide range of clinic and community-based services to support adults with behavioral health issues and co-occurring disorders. In addition, TTI provides a full array of services to children with autism spectrum disorders, developmental disabilities and emotional impairments. TTI delivers a wide range of specialty mental health services to include Applied Behavior Analysis, Clubhouse, and Employment Services. TTI accepts Medicaid and private insurances.

### NON-DISCRIMINATION POLICY

TTI complies with applicable Federal civil rights laws and does not discriminate on the basis of culture, ethnicity, religion, economic status, gender expression or identity, or sexual orientation.

TTI cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de cultura, etnia, religión, situación económica, expresión o identidad de género u orientación sexual.

TTI 遵守適用的 Federal 民權法，不基於文化、種族、宗教、經濟地位、性別表達或身份或性取向進行歧視。

تميز على أساس الثقافة أو الحقوق المدنية السارية ولا F بقوانين TTI تلتزم العرق أو الدين أو الوضع الاقتصادي أو التعبير عن الجنس أو الهوية أو التوجه الجنسي.

Training & Treatment Innovations, Inc. is accredited by the Commission on Accreditation of Rehabilitative Facilities (CARF)



Phone: (800) 741-1682

Website: [www.ttiinc.org](http://www.ttiinc.org)

### LOCATIONS

#### TTI Oxford

1450 S. Lapeer Rd.  
Oxford, MI 48371  
(248) 969-9932

#### Clubhouse Inspiration

1350 S. Lapeer Rd.  
Oxford, MI 48371  
(248) 969-9375

#### TTI Troy

1225 E. Big Beaver Rd.  
Troy, MI 48083  
(248) 524-8801

#### TTI Jackson (Housing)

2301 E. Michigan Ave.  
Suite 219  
Jackson, MI 49201  
(517) 782-0010

#### TTI Sterling Heights

13213 E. 14 Mile Rd.  
Sterling Hgts, MI 48312  
(586) 939-4374

#### TTI Flint

929 Stevens St.  
Flint, MI 48502  
(810) 232-6081

#### TTI Saginaw

3665 Bay Rd.  
Saginaw, MI 48603  
(989) 799-6542

#### Bayside

2700 W. Genesee Road  
Saginaw, MI 48602  
(989) 799-1266

Outpatient Clinic: (877) 688-5900

### ACCESS CENTERS

If you or someone you know could benefit from services, please contact the access center for your county to determine eligibility. The numbers are:

- **Oakland:** Common Ground, (800) 231-1127
- **Genesee:** Access Center, (810) 257-3742
- **Macomb:** Access Center, (586) 948-0222
- **Saginaw:** Access Services, (989) 797-3559
- **Jackson:** Lifeways Access Center, (517) 789-1200



## Trauma Informed Care

# Trauma Informed Care (TIC)

## WHAT IS TRAUMA?

Trauma is a mental health disorder that some people get after living through or seeing a traumatic event such as assault, a disaster or combat-related stress.

Though most of us will experience a difficult event, not everyone will develop trauma. However, those who do will continue to experience symptoms of fear and worry long after the event has passed.

Trauma develops differently in each person and can affect people of all ages, genders and ethnicities. Fortunately, the symptoms of trauma are treatable and TTI is here to serve those who experience it.

## WHAT IS TRAUMA INFORMED CARE (TIC)?

TIC consists of behavioral health services that incorporate an appreciation for the high prevalence of trauma we all experience. It's based on a thorough understanding of the profound neurological, biological, psychological and social effects of trauma on the individual.

As a TIC provider, TTI presumes the individuals we serve have a history of traumatic stress and thusly exercises "universal precautions" by creating systems of care that are trauma informed.

## WHAT ARE SOME CAUSES OF TRAUMA?

- Grief or loss
- Physical, emotional, sexual or verbal abuse
- Witnessing or experiencing violence or war



- Witnessing/experiencing natural disasters
- Medical interventions and/or conditions
- Experiencing prejudice or discrimination
- Bullying
- Environmental stressors
- Socioeconomic disadvantage

## SIGNS OF TRAUMA

- Shock, denial or disbelief
- Anger, irritability or mood swings
- Sadness or hopelessness
- Confusion or difficulty concentrating
- Anxiety or fear
- Withdrawal/isolation
- Trouble sleeping or nightmares
- Easily startled
- Flashbacks
- Fatigue
- Racing heart, aches/pains, or muscle tension



## TRAUMA INFORMED CARE TREATMENT

TTI clinicians provide these TIC, evidence based practices:

- Individual and Group Therapy
- Seeking Safety Group
- Cognitive Processing Therapy (CPT) for PTSD
- Cognitive Behavior Therapy for PTSD
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

TTI also works to ensure that those we serve have wellness tools that help them place less focus on their trauma. Wellness tools – unique to each person – are activities that help soothe people when they're stressed. Tools can include breathing exercises, meditation, yoga, prayer, listening to music, reading, journaling, etc.

