

## Trauma Screener

The objective of this Trauma Screener is to improve the quality of referrals and continuity of care for your clients. This screener may be used by any case manager, service provider or justice professional in their assessment process with new client check-ins. By doing this Trauma Screener, you will aid clients by:

- Ensuring safety by becoming aware of current or ongoing trauma or needs (domestic violence, etc.)
- Educating them about their past trauma by doing the screening, and staying within the boundaries within questions 5 and 6 to avoid re-traumatization
- Improve understanding of your client through active listening and empathy
- Referral-What do they need-counseling, case management, mental health outpatient, etc. Call with them, not just giving them a phone number to call

**Using the Trauma Screener section below, try to gather a summary of the following:**

1. Ensure safety, asses for current trauma, suicidal/homicidal tendencies, as well as past trauma/abuse
2. Identify if it impacts their functioning at home, social situations, work, or school
3. Have them describe their symptoms
  - a. *Emotional symptoms such as:* sadness, anger/irritability, fear, anxiety, worry, shame, insomnia, nightmares, flashbacks, disassociation, sleep difficulties, trouble regulating emotions, and difficulty with relationships
  - b. *Physical Symptoms such as:* nausea, dizziness, sleep difficulties, change in appetite, headaches, and stomach problems
4. Screen for any substance use or addiction problems

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## Trauma Screener

**Trauma Screeners:**

1. Are you currently experiencing current trauma, abuse (domestic violence), suicidal, or homicidal ideations?  Yes  No
2. Have you experienced trauma or abuse in the past?  Yes  No
3. Does this impact your functioning at home, social situations, work, or school?  Yes  No
4. What do you experience? Emotional or Physical symptoms?

5. Do you have any substance abuse or addiction problems?  Yes  No
6. Provide appropriate referrals based on needs.

\* Referral Places: TPC, RHN, Family Support Services, Counselors/Social Workers, etc.

\* See attached list of Trauma-Related Community Resources on the next page

## **Trauma-Related Community Resources:**

### **NWTH The Pavilion**

(806) 354-1810

7201 Evans Dr, Amarillo, TX 79106

Free assessments and services. Report through Northwest ER for assessment and medical clearance. Detox program for drug and alcohol withdrawal.

### **Texas Panhandle Centers**

(806) 358-1681

901 Wallace Blvd, Amarillo, TX 79106

Outpatient: (806) 337-1000, 1501 S Polk. Sliding scale and insurance.

Homeless: (806) 371-7716, 723 N Taylor. Free service.

### **Family Support Services Crisis Line**

(806) 374-5433

Anyone can call to get referral information or talk to someone about where to go for needed problems. CBT, marriage/family counseling, Domestic Violence Support, and Trauma Informed Yoga.

### **Mobile Crisis Outreach Team (MCOT)**

Crisis hot line: (806) 359-6699

Non-crisis line: (806) 337-1000

Mental health crisis help

### **Outreach Screening, Assessment and Referral (OSAR)**

Crisis: (806) 359-6699

Intake: (806) 349-5644

Assist with help for substance abuse and disorder treatments. Help with placement for substance detox. Can be referred through TPC, 2-1-1.

### **Cenikor**

1 (888) 236-4567

1001 Wallace Blvd, Amarillo, TX 79106

Inpatient & outpatient program for substance use. Currently only 30-day program. No detox or 2-year.