

Agenda:

PA PQC Trauma-informed Care Training Level 2.0

Learning Objectives:

- Describe the connection between trauma, substance use, and pregnancy—and how trauma can shape coping strategies, health behaviors, and patient engagement.
- Recognize how stigma and bias impact care for pregnant people who use substances, and how those dynamics show up in clinical environments.
- Apply trauma-informed principles—including safety, trustworthiness, empowerment, and cultural humility—to interactions with pregnant patients who may have experienced trauma or use substances.
- Identify opportunities to normalize care practices by offering consistent messaging, transparent communication, and supportive language for all patients, regardless of perceived risk.
- Implement strategies that foster trust and reduce traumatization, especially in moments of disclosure, suspicion, or when delivering difficult information.
- Reflect on how provider tone, language, and behavior—even outside the exam room—can impact patient trust and willingness to engage.

7:45-8:00 am	Registration/Sign-in/pre-workshop evaluations
8:00-8:30 am	Welcome/Self-reflection Exercise/intro to grounding skills
8:30-9:30 am	<i>“Understanding the pregnant person who uses opioids”</i> – Tracey Vogel, MD
9:30-10:30 am	Narrative review
10:30-10:45 am	Break
10:45-12:00 pm	<i>“Substance abuse and pregnancy: Trauma-informed Responses”</i> – Lecture and demonstration simulation. Mae Reale
12:00-12:30 pm	Lunch
12:30-1:30 pm	Provider-based trauma discussion
1:30 -2:30 pm	Narrative review
2:30-3:00 pm	Simulation exercise
3:00-3:30 pm	Large Group Debrief: questions, viewpoints, take-away, self-care techniques
3:30 pm	Conclusion/ Evaluation of course