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## Improving Psychological Trauma Awareness for Culturally Responsive Care: A DNP Project

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### Abstract

Racism and racial discrimination occur in a variety of forms (Kendi, 2017). Both can contribute to poor mental health outcomes in the United States (Alvarez, Liang, & Neville, 2016; Comas-Diaz, Hall, & Neville, 2019; Levy, 2019; Malott & Schaeffle, 2015; Williams, Lawrence, Davis, & Vu, 2019). These social conditions have been identified as chronic stressors that can illicit trauma symptoms, result in post-traumatic stress disorder (PTSD), and contribute to increased suicidality (French et al., 2020). Providers should understand the ramifications of the psychological trauma that can occur and endeavor to deliver evidence-based solutions. This doctoral project was designed to develop, implement, and evaluate a Trauma-Informed Care Program to improve provider awareness, knowledge, and confidence. Using the modified Trauma Informed System Change Instrument (TISCI), a significant improvement was seen in these areas, even among providers who had some previous understanding of trauma-informed care. Utilization of a trauma-informed care model allows for successful provision of culturally responsive, trauma-informed health care for patients who have experienced racism and racial discrimination.

*Keywords:* race, racism, discrimination, trauma, trauma-informed care