

WHAT IS TRAUMA-INFORMED CARE?



"A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization." (SAMHSA, 2014, p.9)

6 PRINCIPLES OF A TRAUMA-INFORMED APPROACH



Safety



Trustworthiness & Transparency



Peer Support



Collaboration & Mutuality



Empowerment, Voice & Choice



Cultural, Historical, & Gender Issues



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Building Psychological Safety in LTC
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"Trauma-informed practices move from asking "what is wrong with you?" to "what has happened to you?" (Sweeney et al., 2018)