

The Training You Need for the Care They Deserve

What does this mean?

That all levels of staff understand and can respond to the impact of trauma using a strengths-based approach while creating safety, empowerment, choice, collaboration, and trustworthiness.

HOW WILL SURVIVORS BENEFIT WHEN YOU ARE TRAUMA INFORMED?

- Avoid re-traumatization (lack of respect for our principles can trigger past traumatic experiences)
- Focus on strengths
- Recognize and promote resiliency
- Recognize and promote healing and recovery
- Increase awareness of the impact of trauma in the community
- The lack of awareness drives programs to only serve, but not heal (a “band-aid” approach)
- Support staff and help prevent compassion fatigue

HOW DO YOU BECOME TRAUMA-INFORMED?

- Administrative commitment to change/adaptations to include the values of safety, empowerment, choice, collaboration, and trustworthiness
- Screen all individuals seeking services
- Train and educate all levels of staff (relevant and updated)
- Hire employees who have a basic understanding of trauma dynamics or hire ‘trauma’ champions to encourage and educate peers
- Review current policies/procedures to adapt to the five core values

WHAT IS AT THE HEART OF TRAUMA-INFORMED CARE?

- We must understand that trauma is not a single event. It is a series of events that must be healed
- We must understand the individual (appreciate, share strengths)
- Understand the service relationship (open and genuine)
- The focus on trauma informed care should be viewed as being integrative instead of active

To learn more about how your agency can benefit from being certified to deliver trauma informed care, please visit the South Texas Trauma Informed Care Consortium at stxtic.org.

“ True **change** occurs when all the people within the system **embrace** and share common **principles** about trauma.



the
children's
shelter
harvey e. najim
hope center