

# TRAUMA INFORMED CARE



## Some Context to Keep in Mind

Trauma can be defined as anything that results from events, experiences and effects that overwhelm an individual's capacity to cope.

While trauma can be common, how people respond to it is unique. Depending on the individual, their past and/or current experiences, and their access to supports and resources, they may experience various physical, emotional, spiritual, behavioural and/or cognitive effects.

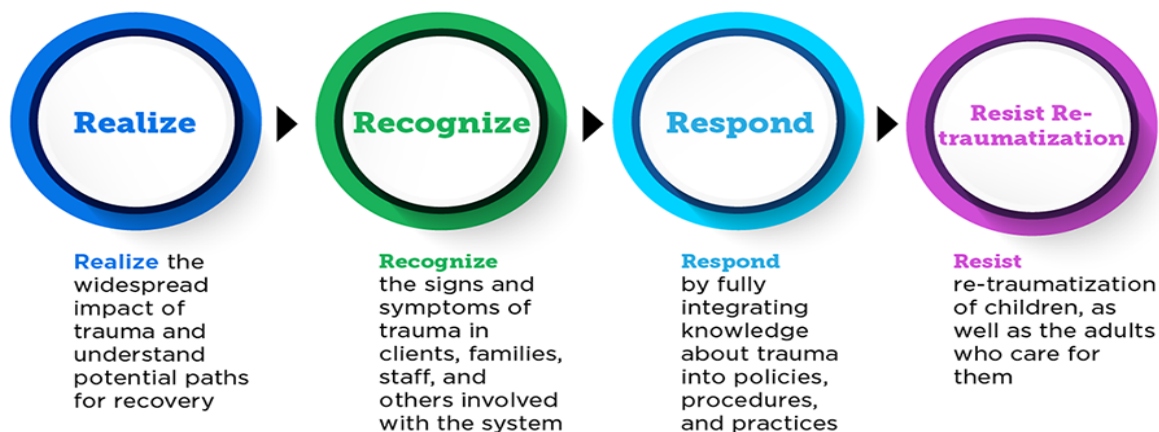
Trauma may happen at the personal, social, community and cultural level. Trauma can be impacted by current, historical and intergenerational experiences.

Trauma Informed Care is a universal, systematic, strengths-based approach that is rooted in an understanding of, and responsiveness to, the impact of trauma. It focuses on the strengths and resiliency of people and communities. Trauma informed care includes trauma education, creating safe environments, supporting staff wellness, collaborative community partnerships, trauma screening and trauma-specific treatment.

## Principles of Trauma Informed Care

<b>Safety</b>	Trauma informed care develops practices and interactions that understand trauma and actively seeks to create safe physical and psychological environments while considering cultural and unique differences of patients, families and staff.
<b>Trustworthiness</b>	Decisions and interactions are made with transparency and with the goal of building and maintaining trust in order to develop dependable and trusting relationships.
<b>Choice</b>	Providing opportunity for choice and options can lead to interactions and environments that foster respect, agency and dignity.
<b>Collaboration</b>	Improve engagement and involvement through increased partnerships and shared decision making.
<b>Empowerment</b>	Acknowledge and respect the strengths, resiliencies and experiences of people and communities to optimize the opportunity for autonomy.

## The Four Rs of Trauma-Informed Care



4Rs Source: Substance Abuse & Mental Health Services Administration, 2014

For more information, please visit: <http://yourexperiencesmatter.com>

