
YOUR EXPERIENCES MATTER — TO US —

TRAUMA INFORMED CARE
YOUREXPERIENCESMATTER.COM



YOU EXPERIENCES MATTER

OUR MISSION

To embed safety and trustworthiness into everyday interactions, policies and practices. To acknowledge and understand the effects of trauma on people.

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YOU EXPERIENCES MATTER

OUR VISION

A culture that understands trauma and actively creates safe physical and psychological spaces that improve everyone's experiences.

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YOU EXPERIENCES MATTER

OUR WORDS HAVE POWER.

Changing how we think and respond to people can make a difference.

What happened to you?

They are trying to get their needs met.

They are trying to connect the best they can.

People can continue to learn effective coping strategies, and can recover from trauma.

VS.

What is wrong with you?

This person is being manipulative.

They want attention.

They'll never get over it, they are permanently damaged.

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**EXPOSURE TO TRAUMA IS
COMMON; HOW PEOPLE
RESPOND TO IT IS UNIQUE.**

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YOUR EXPERIENCES MATTER

**TRAUMA INFORMED CARE IS AN
APPROACH TO CREATING A SAFE
AND TRUSTWORTHY ENVIRONMENT
FOR OUR CLIENTS, FAMILIES AND STAFF
AT THE INDIVIDUAL, ORGANIZATIONAL
AND SYSTEM LEVEL.**

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