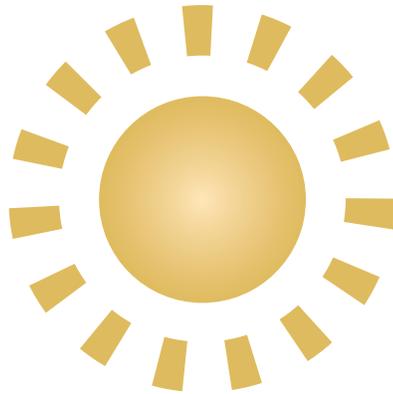


Growing a Healing & Resilient System

Trauma-Sensitive

- Growing Knowledge
- Developing Shared Language
- Messaging
- Changes in Environment
- Endorsement of Leadership



Healing-Centered & Resilience-Oriented

Trauma-informed Care is a person-centered framework for understanding, recognizing and responding to the effects of all types of trauma. It focuses on physical, psychological, and emotional safety and healing for every person. The practice of trauma-informed care resists re-traumatization, and helps people rebuild a sense of control and empowerment. This approach is based in cultural humility and equity. Using a trauma-informed lens promotes meaningful support, empathy and compassion.

Trauma-Responsive

- Changes to Policy and Practice
- Creating Sustainability
- Continual Adaptation



Trauma-Informed

- Cultivate Change Agents: Trauma Champions, Trainers, People with Lived Experience, Leaders
- Ongoing Evaluation and Accountability
- Person-Centered Services and Supports

Trauma-Aware

- Growing Awareness
- Recognition of Individual and System Needs
- Educating and Sharing Information
- Understanding the Landscape

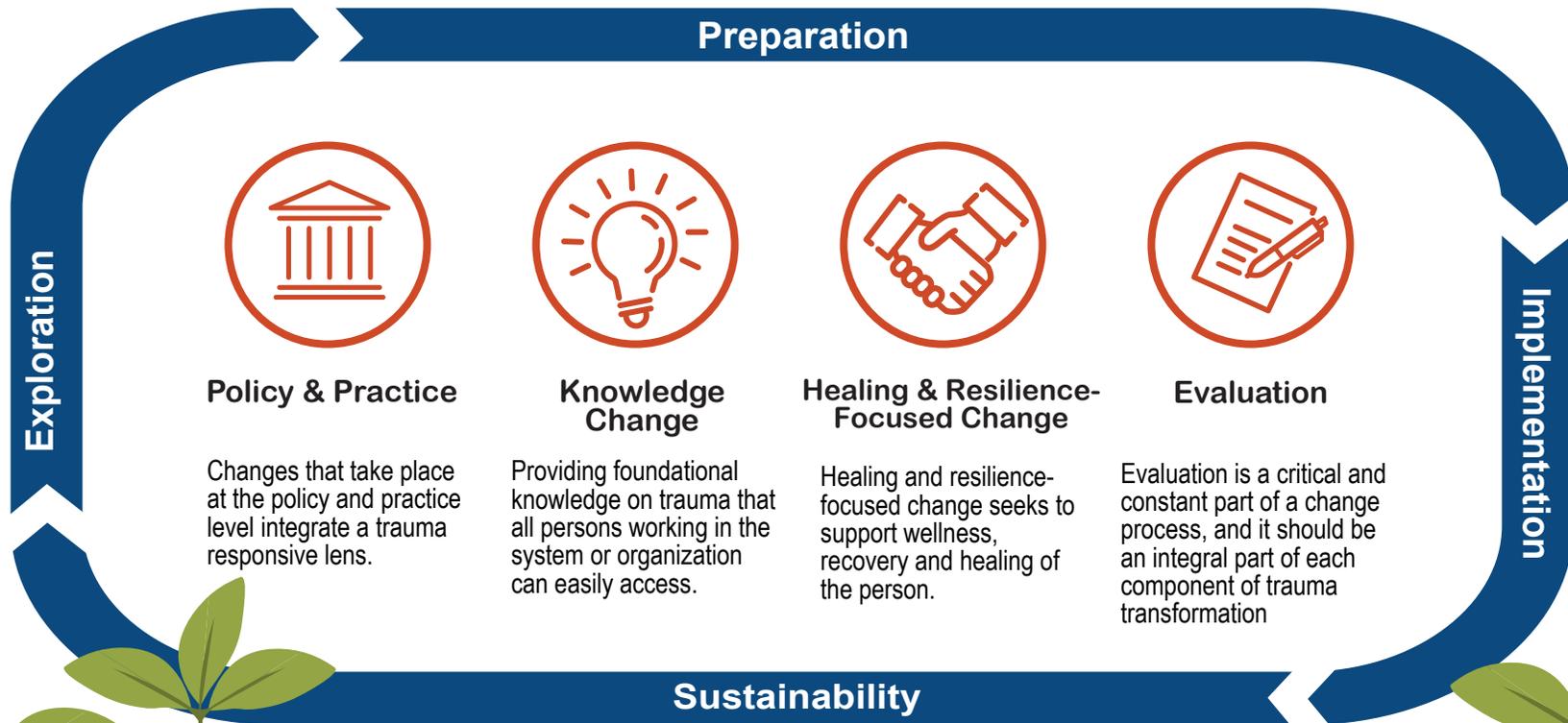


Stigma Associated

Systemic Inequities

Historical Trauma

Trauma Transformation within Systems



A growing body of data on trauma exposure supports a need for trauma transformation across all service systems. Benefits of a trauma-informed transformation include (SAMHSA, 2011; National Council for Behavioral Health, 2013):

- Systems and spaces that are responsive to physical and psychological safety for staff and people served;
- Embedded opportunities for individual choice, power, and control;
- People with lived experience involved in decision-making;
- Meaningful support for staff wellness and professional development;
- Practices and services built on community wisdom, resiliency, and strengths
- Increase in staff fulfillment, positive service outcomes, and workforce retention;
- Increased service quality and efficacy using trauma-informed evidence-based practices and interventions; and
- Increased system efficacy through meaningful engagement, collaborative staff teams, and improved outcomes.