Building Healthy Agencies
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SAMHSA’S 6 PRINCIPLES
of a
TRAUMA-INFORMED APPROACH

SAFETY
Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS
Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT
Ensures opportunities for growth are available for all.

COLLABORATION
Promotes involvement of residents and partnership among agencies.

PEER SUPPORT
Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE
Values and supports history, culture and diversity.
Principles of a Trauma-Informed Approach

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice, and Choice
- Cultural, Historical, and Gender Issues
Final Thoughts

“When the paramedic is called to someone in medical distress the first thing they do is check for signs of life. And they start to work tirelessly to resuscitate that person. Why do we give up so easily on people who are obviously still breathing?

Why don’t we work hard to resuscitate their lives? Where there’s breath, there’s hope. Do we truly believe in the people we serve?

If you are serving them and you don’t believe in them, how can we expect them to believe in themselves?“

-Tonier Cain