BECOMING A HEALING ORGANIZATION

JOURNEY TO TRAUMA INFORMED CARE

"A TRAUMA-INFORMED APPROACH IS MORE THAN A LIST OF TASKS— IT IS A PARADIGM SHIFT DELIBERATELY INFUSED INTO EVERYTHING, EVERY DAY.

- DENESE SHERVINGTON

DEFINITIONS TO CONSIDER

TRAUMA An external event that overwhelms a person's coping and activates neurobiological stress response. Exposure to actual or threatened death, serious injury.

STRESS Threat to an individual's physiologic and psychological integrity – results in biologic and behavioral responses necessary for survival.

SECONDARY TRAUMATIC STRESS The emotional distress experienced when exposed to the trauma and/or suffering of others.

PRINCIPLES OF TRAUMA INFORMED CARE



Substance Abuse & Mental Health Services Administration (SAMHSA)

QUESTIONS FOR SELF-REFLECTION

1. Whether large efforts or small meaningful steps, what more could we being doing to help ourselves and others thrive?

2. What is my edge state? How do I avoid burnout?

TRAUMA INFORMED SYSTEMS

Realize the prevalence of trauma in the population

Recognize the signs/symptoms of trauma

Respond integrate knowledge into:

- Practices and procedures
- Advocacy to eliminate trauma conditions
- Organizational policies and practices

Avoid re-traumatizing of clients & providers

"BEING TRAUMA-INFORMED IS AN ON-GOING PROCESS RATHER THAN A DESTINATION."

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