



*Los Angeles County DMH, Continuum of Care Reform Division*

## Trauma/Resilience Tip of the Week: Trauma Informed Planning

**Trauma affects everyone differently. Recognizing those differences can foster healthier communication and improve understanding of a trauma survivor's behaviors (TIP 57, SAMHSA, 2014). By understanding behaviors through a culturally sensitive trauma informed lens, we are better able to explore and plan for treatment options.**



### Considerations in Planning

- Healing comes in many different forms: your ideas, beliefs, and values may differ from the family's.
- Integrate the family's understanding of diagnosis, prognosis, and healing into treatment.
- Consider each family's resources and barriers to utilizing supportive services within the community.