



Trauma Tip of the Week: Utilize Trauma Informed Care

To avoid triggering symptoms of trauma or worse, re-traumatizing the children and families we work with it is critical to be aware of and utilize interventions and approaches designed for individuals who have been affected by trauma in order to be supportive in their areas of need and foster resiliency. Trauma Informed Care (TIC) is a strengths-based approach to delivering services at the individual and organizational level that is based on understanding, recognizing, and responding to the effects of all types of trauma. TIC emphasizes physical, psychological and emotional safety for children, families, and providers, and helps those affected by trauma to rebuild a sense of control and empowerment. TIC also recognizes the importance of having clients actively participate in the development, delivery, and evaluation of services. (TIP 57, SAMHSA, 2014) .



Here are some key points to help you utilize Trauma Informed Care. According to SAMHSA's concept of a trauma-informed approach, "A program, organization, or system that is trauma-informed:

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
 - **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
 - **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and seeks to actively resist re-traumatization."
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