

CCR Trauma/Resilience Tip



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: What is Trauma-Informed Care?

Trauma-Informed care is not a therapy, intervention, or specific action. It is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Trauma is extreme stress that overwhelms a person's ability to cope. It can be an event, a series of events, or set of circumstances that harms person's physical or emotional well-being.



According to SAMHSA TIP 57 (2014), there are five primary principles for trauma-informed care:

- Physical and emotional safety
- Trustworthiness and Transparency
- Meaningful sharing of power and decision-making.
- Voice and choice
- Collaboration and Mutuality