

Trauma- Informed Care

Participant Guide



For today's activities: Polling, Q&A

We'll use an interactive tool for activities, trivia, and your questions for us. Here's how it works:

1. Open your browser
2. Navigate to [slido.com](https://www.slido.com)
3. Enter the event code: **1344369**

If you prefer to respond using your phone, you can open your camera and point it at this QR code to navigate to Slido.



Let's try it out!

Head over to Slido to join the poll and let us know how you're feeling today.

We'll use this short grounding activity to begin our session; you can use it any time you need to decompress and get into your body.

To begin, take a few deep breaths. Notice your chest and belly rising and falling with each breath.

Taking your time, notice the space around you. Find:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**

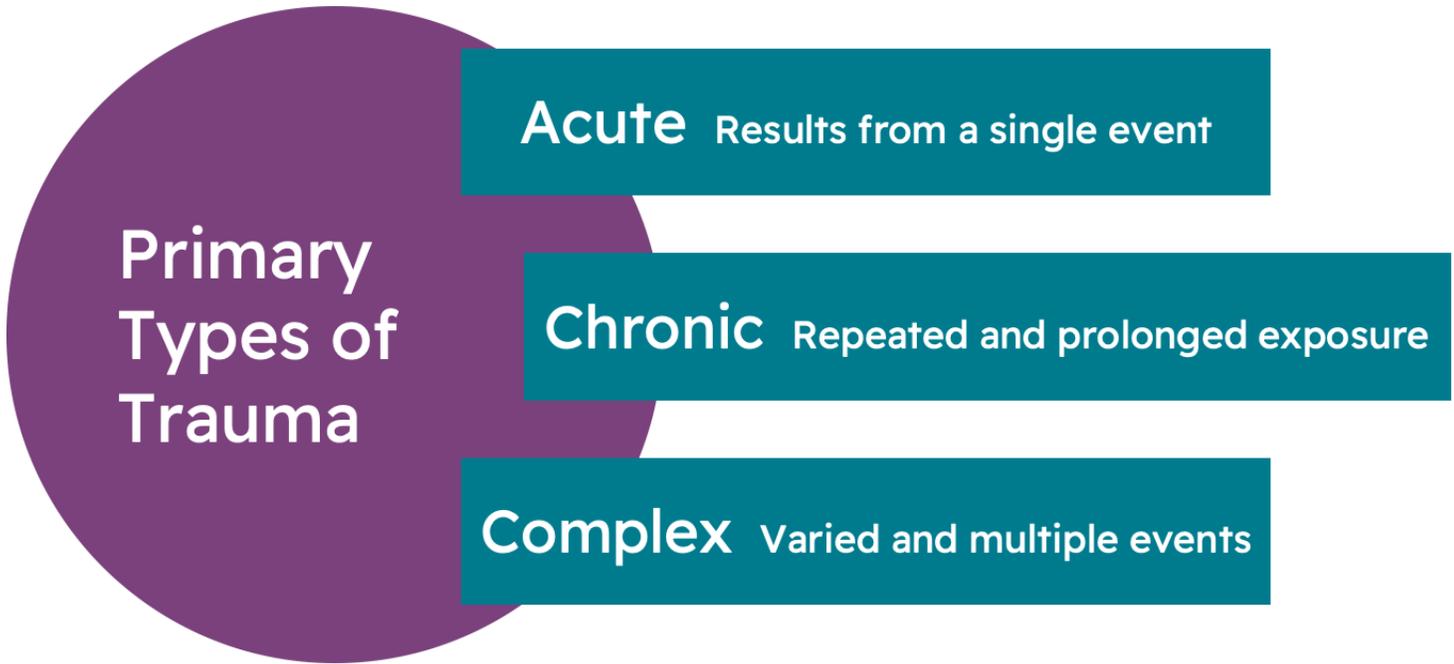


What is Trauma?

- An emotional response to an event outside the realm of common human experience
- Traumatic events or experience involve:
 - Intense fear, horror, or helplessness
 - A threat of death, serious injury, or threat to physical integrity
- Individuals may be impacted by the event or experience directly, or through connection to the people around them

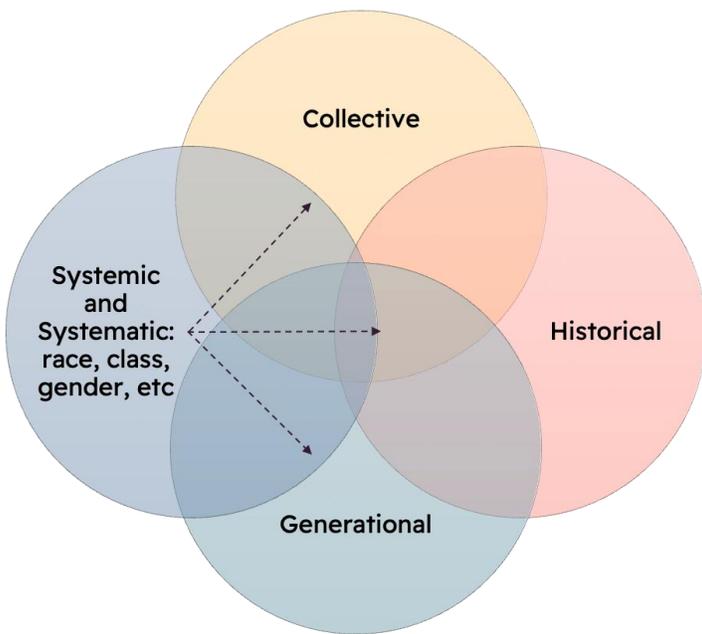
Notes:

Types of Trauma



Notes:

Trauma can be...



Collective: Affects and involves entire groups of people, communities, or societies

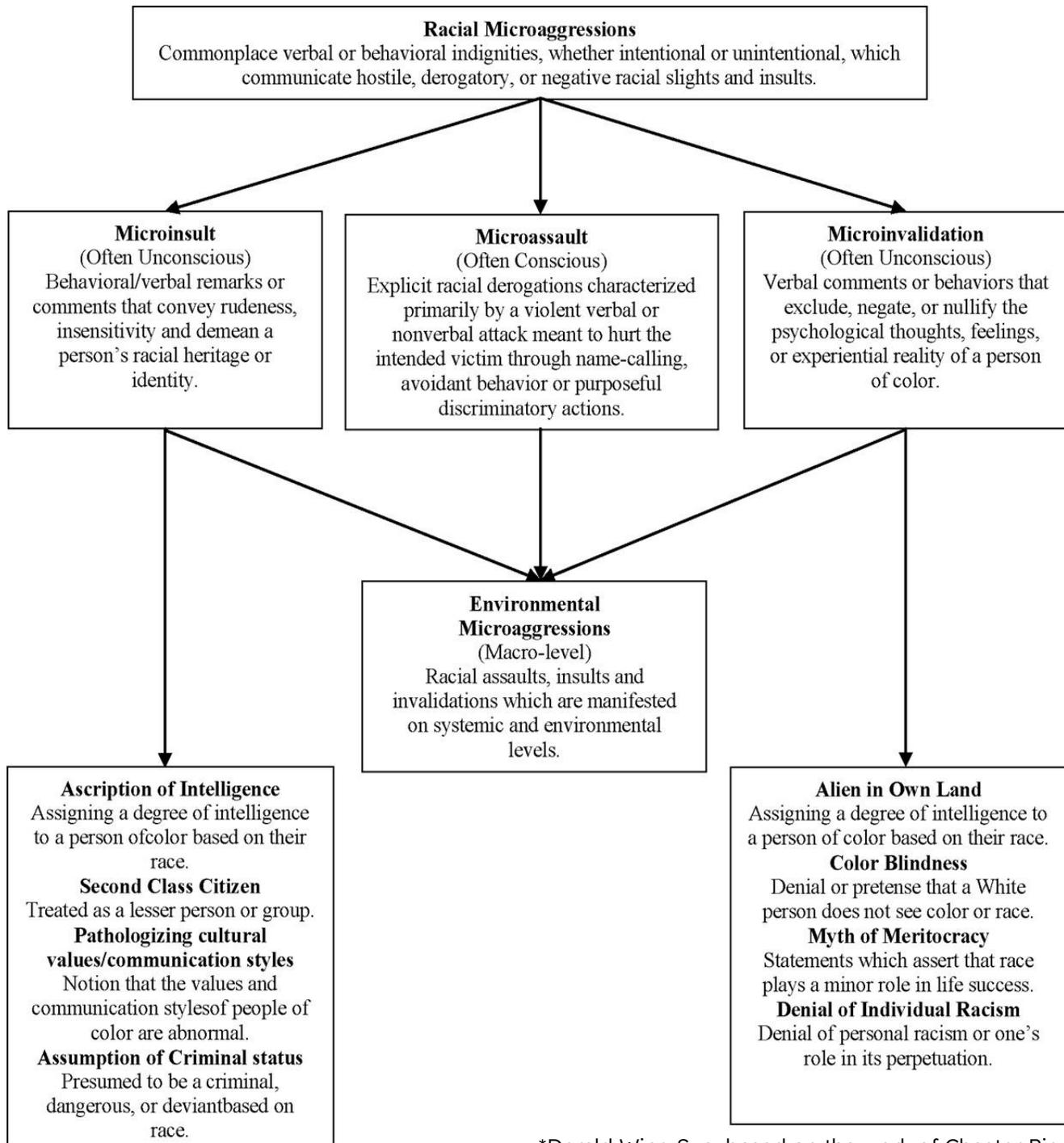
Historical: Accumulative emotional and psychological pain over an individual's lifespan and across generations as the result of massive group trauma (Yellow-Horse Brave Heart, 1995)

Generational: Transmission (or sending down to younger generations) of the oppressive or traumatic effects of a historical event

Systemic and Systematic: Mental and emotional injury caused by encounters with bias, microaggressions, discrimination, and hate crimes.

Notes:

White Supremacy Culture and Trauma



*Derald Wing Sue, based on the work of Chester Pierce

White Supremacy Culture Characteristics

Perfectionism	<p>A Perfectionist Culture Worship of Written Word Only One Right Way Either/Or Thinking</p>	<ul style="list-style-type: none"> - little to no learning from mistakes - if it's not in a memo, it doesn't exist - position is final, not up for discussion - singular view/end goal
Progress is More	<p>Progress is More Objectivity Quantity over Quality Sense of Urgency</p>	<ul style="list-style-type: none"> - values productivity over process - avoiding feeling or emotion - volume over value - less time to be more inclusive
Concentration of Power	<p>Power Hoarding Paternalism Defensiveness</p>	<ul style="list-style-type: none"> - power is limited, not shared - authority and control - protecting power of dominant few
Individualism	<p>Individualism I'm the Only One</p>	<ul style="list-style-type: none"> - leaving out other contributors - "I have to do it"
Right to Comfort	<p>Right to Comfort Fear of Open Conflict</p>	<ul style="list-style-type: none"> - power = comfort; complicity - politeness over interrogation

Notes:

Principles of Trauma-Informed Care

Substance Abuse and Mental Health Services Administration's (SAMHSA) concept of trauma: Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Safety

Throughout the organization, patients and staff feel physically and psychologically safe



Trustworthiness + Transparency

Decisions are made with transparency, and with the goal of building and maintaining trust



Peer Support

Individuals with shared experiences are integrated into the organization and viewed as integral to service delivery



Collaboration

Power differences — between staff and clients and among organizational staff — are leveled to support shared decision-making



Empowerment

Patient and staff strengths are recognized, built on, and validated — this includes a belief in resilience and the ability to heal from trauma



Humility + Responsiveness

Biases and stereotypes (e.g., based on race, ethnicity, sexual orientation, age, geography) and historical trauma are recognized and addressed

Reference:

https://ncsacw.acf.hhs.gov/userfiles/files/SAMHSA_Trauma.pdf

<https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>

Trauma-Informed Self-Care



With your group:

Discuss the questions below. You can use the blank spaces on this page to capture any notes you want to keep on the conversation.



How do you embody the principles of trauma-informed care in your own self-care?

Example: I take time to list out my own strengths, and I keep that list near me to look at when I need a reminder.



How do you show care for your colleagues and teammates?

Example: I show care by listening and validating their experiences. “I hear you saying that was really stressful.”



What resources do you need to be to be able to do those things?

Example: I need time and space to sit with my colleagues and share our stories.

Trauma-Informed Care & Justice Praxis



With your group:

Discuss the questions below. You can use the blank spaces on this page to capture any notes you want to keep on the conversation.



The principles of trauma-informed care are also principles of justice. What do you make of this? How does this connect to the way you think about your work, about yourself, and about communities? **Have a short discussion as a group.**



How do you embody the principles of trauma-informed care in your work?

Example: We have a steering committee of (paid) community members who make decisions about our services.



How can trauma-informed care help us to further disrupt white supremacy culture in our work and organization?

Example: We disrupt Objectivity by listening and being responsive to people's lived experience.

Trauma-Informed Care – Session take-aways



As we wrap up the session, take a few minutes to capture your insights below.

- What new insights did you gain in this session?
- How are you feeling right now?
- What actions will you take based on your learning?

Example: I've learned about how important transparency and trust is in trauma-informed care. I feel overwhelmed with the learnings but for starters, I want to make sure that the spaces I am in or I create are built on trust and transparency.



Share one take-away in this session's poll. (Your response in Slido is also how we'll take attendance!)

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