

TRAUMA INFORMED CARE

Trauma Informed Care (TIC) recognizes that traumatic experiences *terrify, overwhelm, and violate* the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to **restore a sense of safety, power, and worth**.

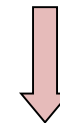
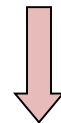
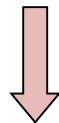
THE FOUNDATIONS OF TRAUMA INFORMED CARE



Commitment to Trauma Awareness

Understanding the Impact of Historical Trauma and Oppression

Agencies Demonstrate Trauma Informed Care with Policies, Procedures and Practices that:



Create Safe Context

through:

- Physical safety
- Trustworthiness
- Clear and consistent boundaries
- Transparency
- Predictability
- Choice

Restore Power

through:

- Choice
- Empowerment
- Strengths perspective
- Skill building

Build Self-Worth

through:

- Relationship
- Respect
- Compassion
- Acceptance and Non-judgment
- Mutuality
- Collaboration

FRAMEWORK FOR ACTION

