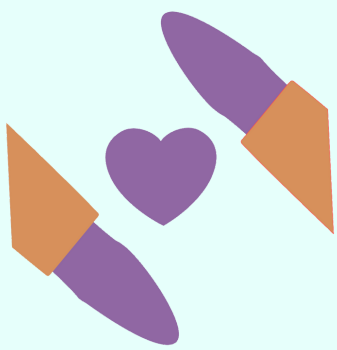


# SAMHSA 6

## principles of trauma-informed care

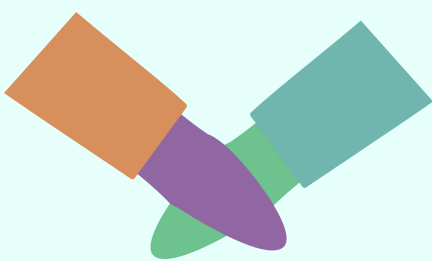


### SAFETY

Throughout the organization everyone feels physically and psychologically safe.

#### WHAT YOU CAN DO

- Clearly explain confidentiality
- Recognize and know how to respond to signs of trauma responses
- Meet in physically secure and accessible locations



### CULTURAL HUMILITY AND RESPONSIVENESS

The impacts of biases, stereotypes, systemic oppression, and historical trauma are recognized and addressed.

#### WHAT YOU CAN DO

- Respect names and pronouns
- Recognize the impact of historical and cultural trauma
- Make appropriate referrals to culturally specific organizations within the community
- Actively engage in cultural and community honoring practices

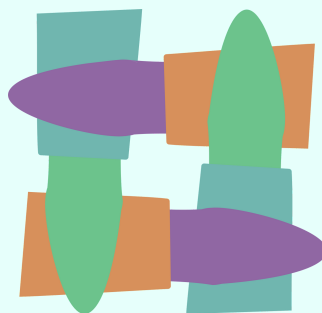


### TRUSTWORTHINESS AND TRANSPARENCY

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

#### WHAT YOU CAN DO

- Maintain privacy and confidentiality
- Explain defined advocacy role
- Clarify and maintain appropriate boundaries
- Explain the reasons behind policies, procedures, and approaches



### COLLABORATION

Power differences between and among staff and clients are leveled by supporting shared decision-making.

#### WHAT YOU CAN DO

- Share power in decision-making
- Acknowledge that victims and survivors are the experts in their own lives
- Avoid leading discussions about trauma like a teacher and involve victims/survivors in the learning process

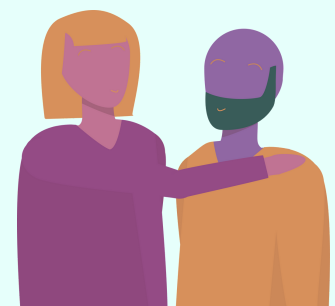


### EMPOWERMENT, VOICE AND CHOICE

Staff and client's strengths are recognized and built on, including a belief in resilience and the ability to heal from trauma.

#### WHAT YOU CAN DO

- Communicate adaptive trauma responses and validate resilience
- Allow victims and survivors to provide feedback on the services they receive
- Highlight strengths
- Offer choices in meeting environment (e.g. door locked or unlocked, where to sit)



### PEER SUPPORT

Individuals with shared experiences, who volunteer to do so, are integrated into the organization and viewed as integral to service delivery.

#### WHAT YOU CAN DO

- Offer victims and survivors opportunities to be with other victims and survivors and offer mutual support