

FIVE KEY ELEMENTS OF TRAUMA-INFORMED CARE

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1

ORGANIZATIONAL ASSESSMENT

Conduct an initial assessment and continue to reassess

2

PARADIGM SHIFT

Shift away from “we’ve always done things this way”

“Trauma-informed care is now the expectation, not the exception, in our service delivery system.”

3

SAFETY

Create a safe environment for those you serve and all who work at your organization

4

WELLNESS & SELF-CARE

Promote wellness and self-care to those you serve, employees, and supervisors

5

EVERYONE IS INCLUDED

Include all staff and every element of your organization in trauma-informed care