

WHAT IS TRAUMA-INFORMED CARE?



Trauma-informed (TI) care is care in which participants recognize, understand, and respond to the impact of traumatic stress. This maximizes physical and psychological safety and recovery through building meaningful relationships among individuals, families, and professionals. It involves fostering safety, healing, and meaningful connections while exploring the many ways trauma shows up in children's lives and the supports that can make a difference.



FAMILIES & TRAUMA

- Traumatic experiences can impact parenting. Caregivers need support so they can support their children.
- Extended family and friends and returning to routines and rituals can help to buffer the effects of trauma.



SCREENING & ASSESSMENT

- Screening and assessment provides early identification of trauma exposure and related needs.
- A safe and supportive process reduces stress and builds trust.
- Results guide the services and supports that promote healing and resilience.



CULTURE & TRAUMA

- Different communities and cultures also have distinct responses to trauma.
- TI systems and services work to understand different community strengths and needs.
- Building on child and family strengths reduces barriers to care.



FAMILY-YOUTH PROVIDER PARTNERSHIPS

- Shared decision-making and mutual respect is key to a beneficial collaboration.
- In TI settings, provider, family, and youth voices are valued.



SECONDARY TRAUMATIC STRESS (STS)

- Exposure to other people's trauma can affect the trauma-related symptoms of a caregiver or provider.
- Understanding STS supports adult health, ensuring a child receives the best care.