

BECOMING A TRAUMA INFORMED ADVOCATE

Being trauma-informed means providing services in a way that is accessible to those who have experienced trauma.

WHAT ADVOCATES CAN DO:

- Provide options to victims/survivors
- Shift the focus from 'what is wrong with you?' to 'what happened to you?'
- Minimize re-traumatization
- Acknowledge the experiences of the victim/survivor
- Focus on ensuring safety
- Emphasize strengths and resiliency
- Play a part of a system-wide approach to realizing the widespread impact of trauma and potential paths for healing

THREE THINGS EVERY ADVOCATE SHOULD KNOW ABOUT TRAUMA-INFORMED CARE

1

What is it?

Trauma-informed care involves adapting an organization's policies, practices, and physical environments, not just training individuals.

2

How does it work?

Being trauma-informed means providing all services in a way that is accessible to trauma survivors, not simply understanding the impacts of trauma or directly treating trauma.

3

Who practices it?

Everyone at all levels of an organization can do their work in a trauma-informed way, not just those treating trauma or working directly with trauma survivors.



THE FOUR Rs OF TRAUMA-INFORMED CARE

Adapted from SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014).
Substance Abuse and Mental Health Services Administration.

REALIZE

the widespread impact of trauma and
understand potential paths to recovery.

RECOGNIZE

the signs and symptoms of trauma in clients,
families, staff & others involved with the system.

RESPOND

by fully integrating knowledge about trauma
into policies, procedures, and practices.

RESIST

re-traumatization of clients and those providing services.