

Principles of Trauma Informed Care

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

The purpose of this document is to:

- ◇ **reflect upon when we are already being trauma informed**
- ◇ **enhance our opportunities to be trauma informed moving forward.**

As individuals, teams and as organizations, think about the principles and how they show up in our day to day, environments and interactions.

SAFETY: (Physical, Psychological and Cultural)

What is in place now to create physical, psychological and cultural safety for your clients?

What would you like to do differently so that your clients feel even more physically, psychologically and culturally safe?

What is in place now to create physical, psychological and cultural safety for staff in the workplace?

What would you like to do differently so that you feel even more physically, psychologically and culturally safe while at work?

TRUSTWORTHINESS

What is in place now to create/build trust between you and your clients?

What would you like to do differently to increase a sense of trust for your clients as they interact with us?

What is in place now to create/build trust between you and your peers, supervisors and your organization?

What would you like to do differently to increase a sense of trust between you and your peers, supervisors and your organization?

CHOICE

What is in place now which allows you to offer choice to your clients?

What would you like to do differently to provide your clients more choice even when the outcome or expectation cannot change?

What is in place now to which allows you to have choice within your role?

What would you like to do differently so that you have more choice within your role?

COLLABORATION/PARTNERSHIP

- What opportunities are available now for your clients to collaborate with you?
- What would you like to change so that your clients have more opportunities to collaborate with you?
- What is in place now which allows you to collaborate with each other, your supervisors and systems partners?
- What would you like to do differently so that you can collaborate better with each other, supervisors and system partners?

EMPOWERMENT

- What is in place now that allows you to identify existing resilience factors in your clients so that you can support their goals and work with them?
- What would you like to do differently so that you can empower your clients better to meet their goals and work with them?
- What is in place now to empower you and build your resiliency and professional skill set?
- What would you like to do differently to feel empowered and build your resiliency and professional skill set?

10 KEY INGREDIENTS OF TRAUMA INFORMED CARE AT THE IWK HEALTH CENTRE

 Co-Create (Patients, Families and Staff)	 Train Everyone	 Lead & Model	 Create Safe Environments	 Support Staff Wellness
 Communicate & Advocate	 Build Partnerships	 Screen, Assess & Respond Thoughtfully	 Offer Trauma- Specific Treatment	 Create & Measure Culture Change