



Compassionate

Present focused

Strengths-based

Respectful. Responsive. Resourceful.

Trauma-Informed Care

Mary Fowler



Stress

Traumatic Stress



SAMHSA Trauma Definition

- Event
- Experience
- Effect



SAMHSA's 4 R's

REALIZE

RECOGNIZE

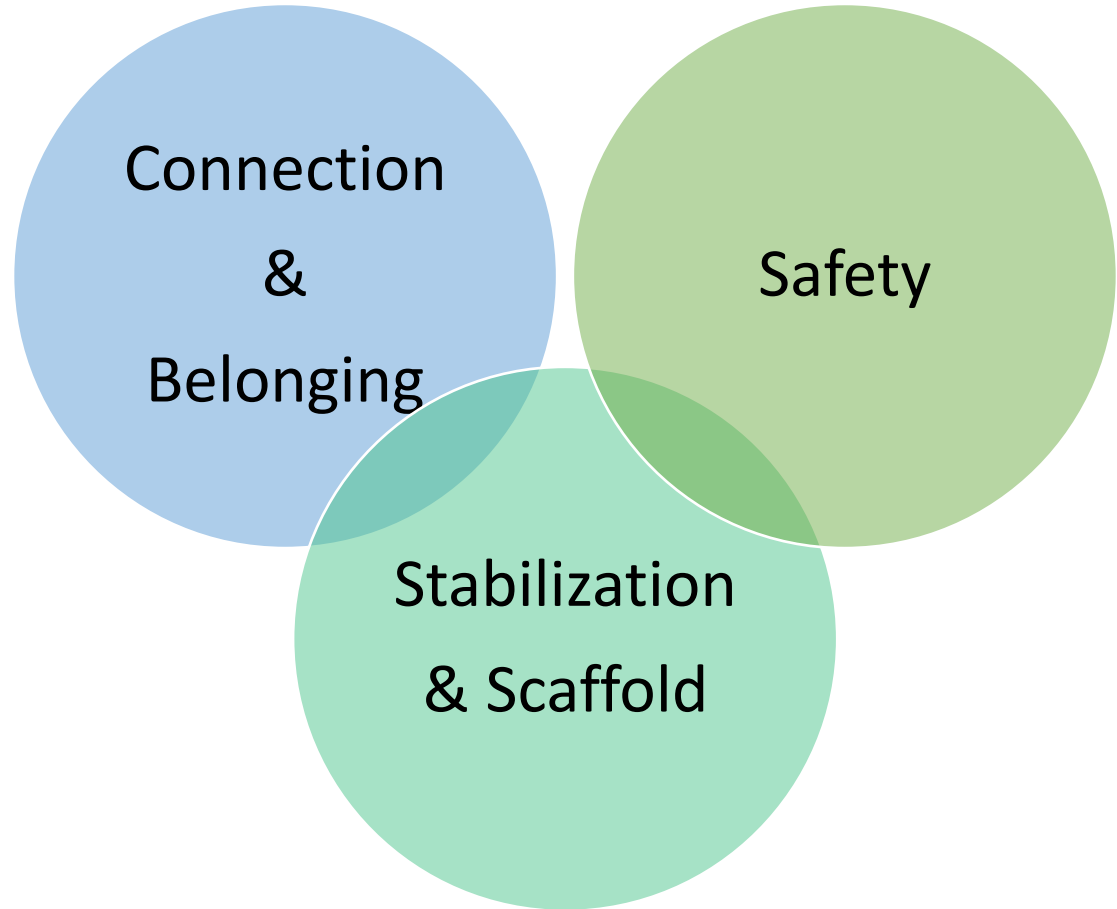
RESPOND

RESIST RE-
TRAUMATIZATION

SELF-MODEL Sandra Bloom

Human universals for people impacted by trauma





Essential Elements

Strength Based & Capacity Building



ID strengths



Acknowledge effects of historical & structural conditions



Teach and model skills



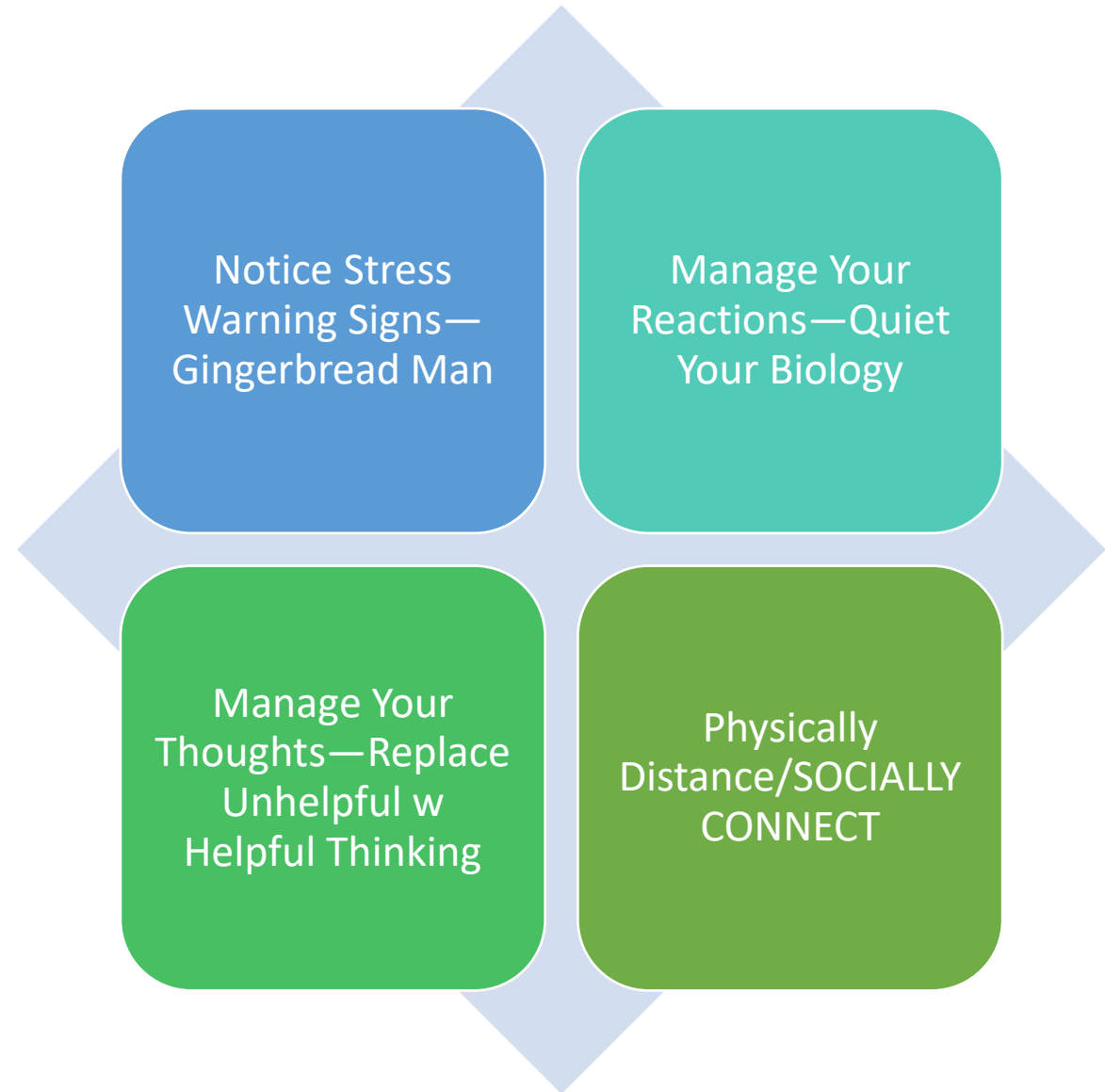
Recognize triggers:

Calming

Centering

Staying present

Essential Coping Skills



Be the Change...



Self-Compassion



Joyous Selfie