

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



Finding emotions difficult to manage

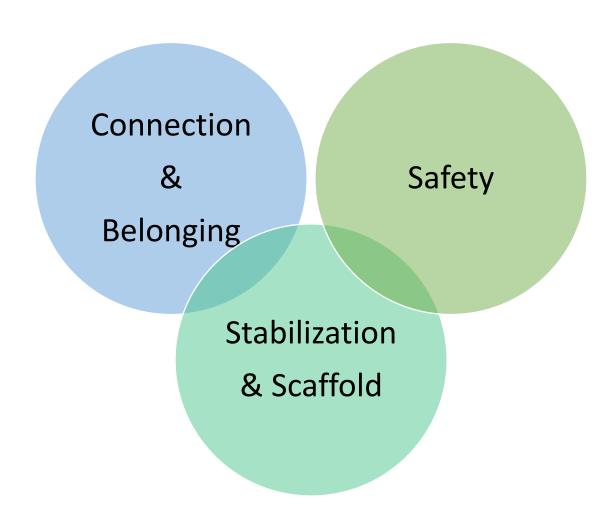
Have suffered many losses

Difficulty envisioning a future so frequently in danger

Lose emotional control or are so numb can't access emotions

Have many signs of unresolved loss

Haunted by past unable to move into a better future Impact from bystander effect.



#### **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

Notice Stress
Warning Signs—
Gingerbread Man

Manage Your
Reactions—Quiet
Your Biology

Manage Your
Thoughts—Replace
Unhelpful w
Helpful Thinking

Physically
Distance/SOCIALLY
CONNECT

#### Be the Change...





Self-Compassion

Joyous Selfie