



# Resilient Sacramento

3/14/18

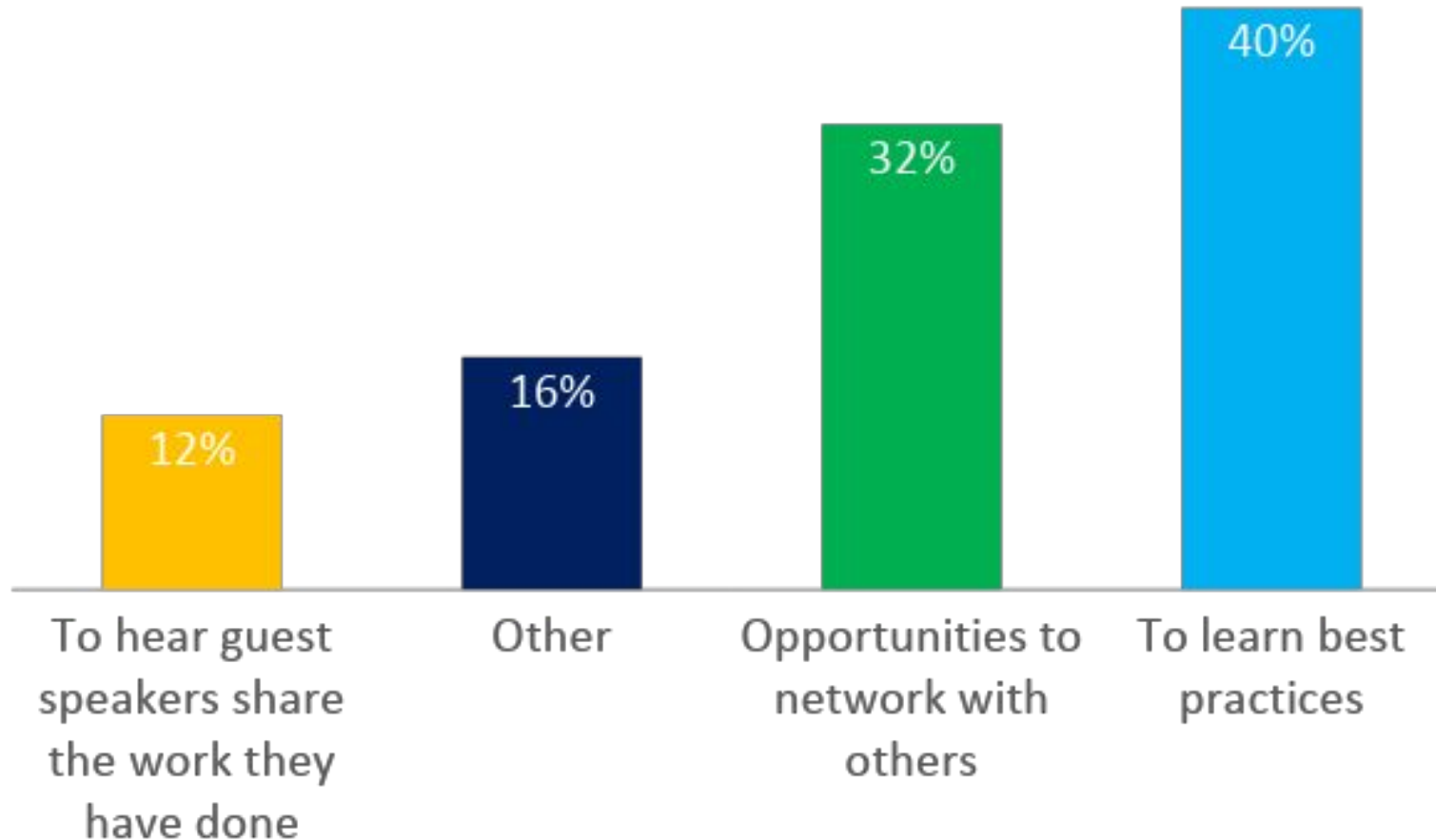
# Goals

- Why do you come to Resilient Sacramento?
  - Reviewing survey results
- Discussion of Best Practices
  - Defining trauma-informed
  - Trauma-informed assumptions & principles (SAMHSA)
  - What you can do from where you stand?

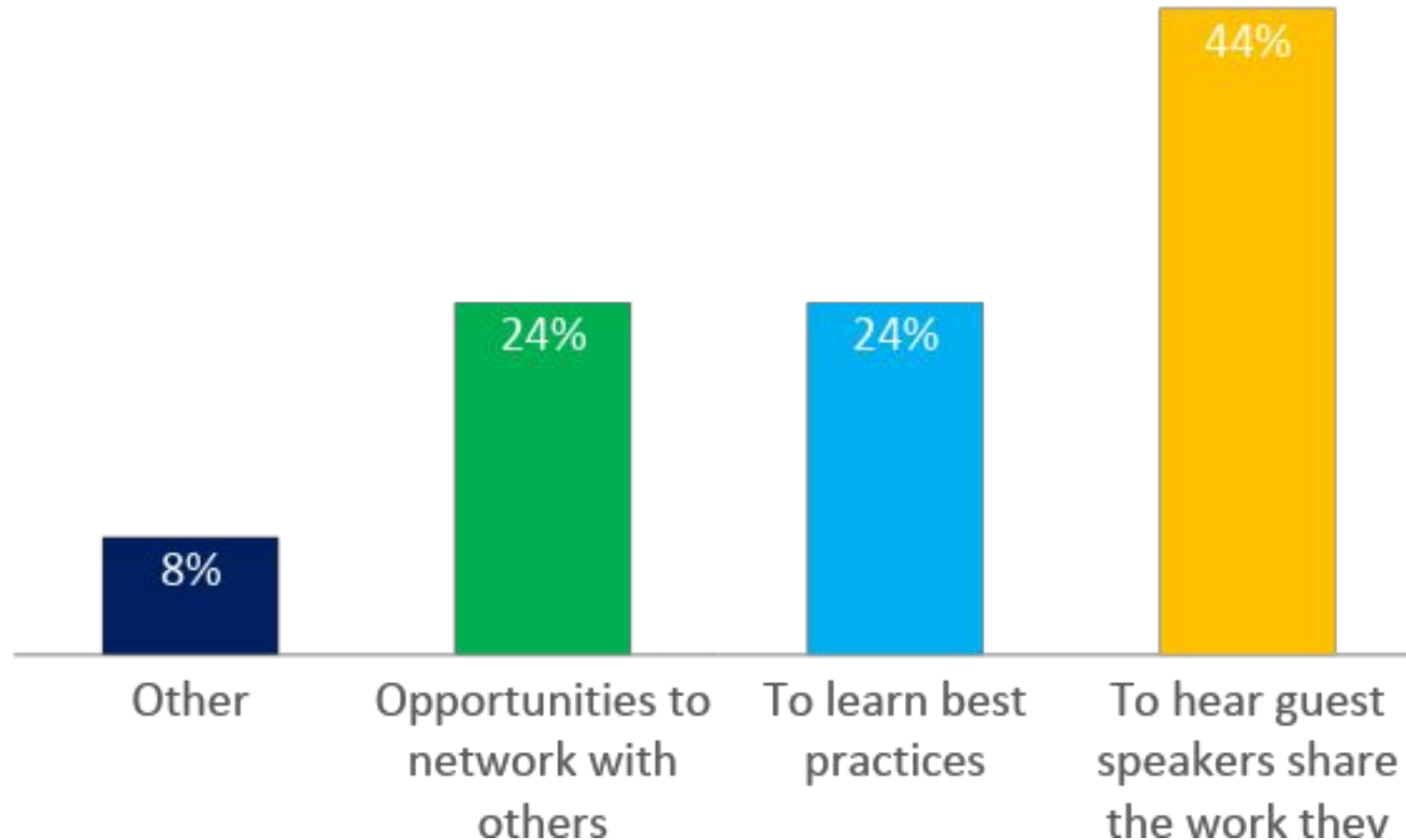


# Survey Findings

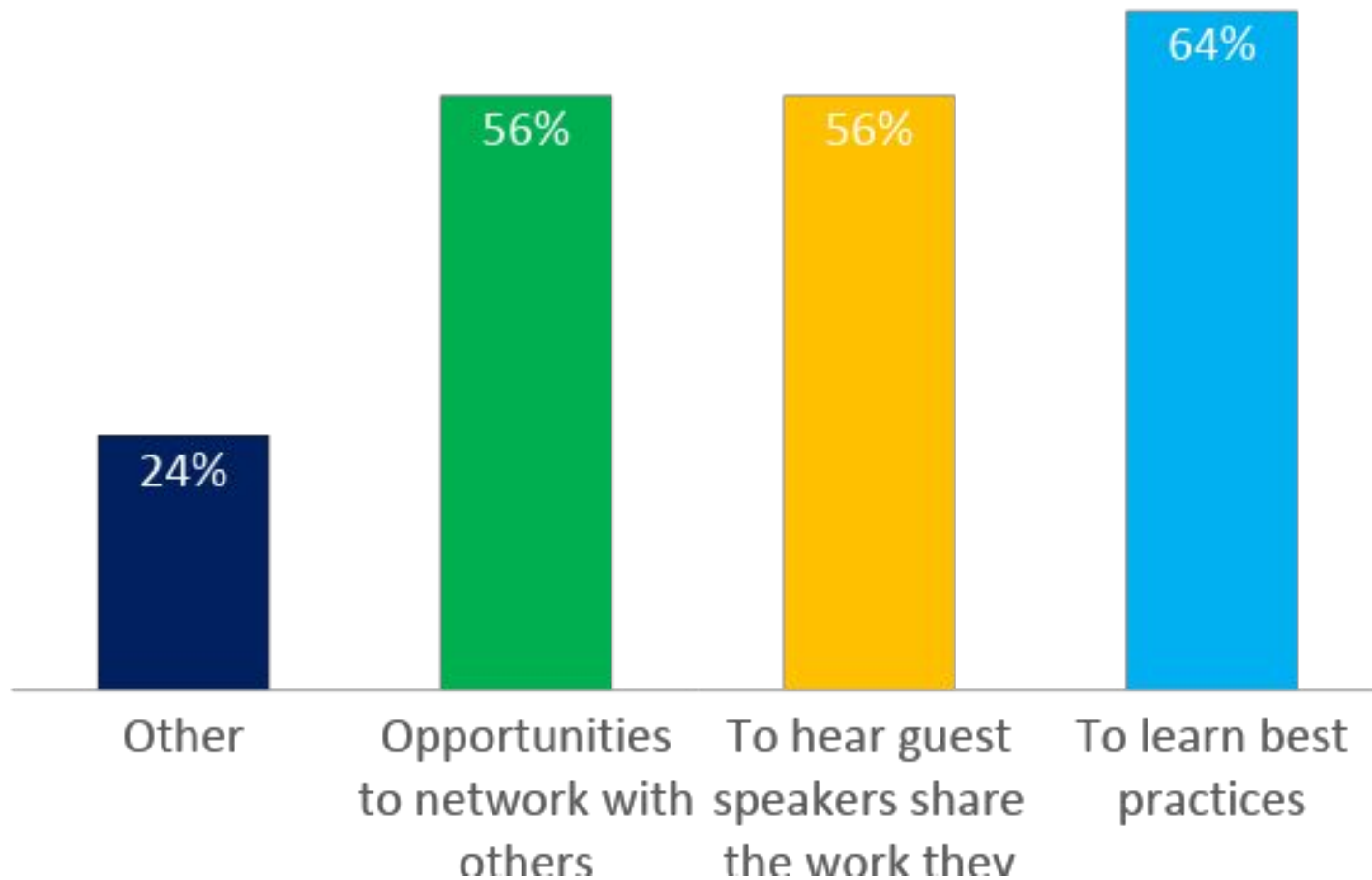
# What is the most important reason that you attend Resilient Sacramento meetings? (n=25)



What is the second most important reason that you attend Resilient Sacramento meetings? (n=25)



# In sum...Totals (n=25)

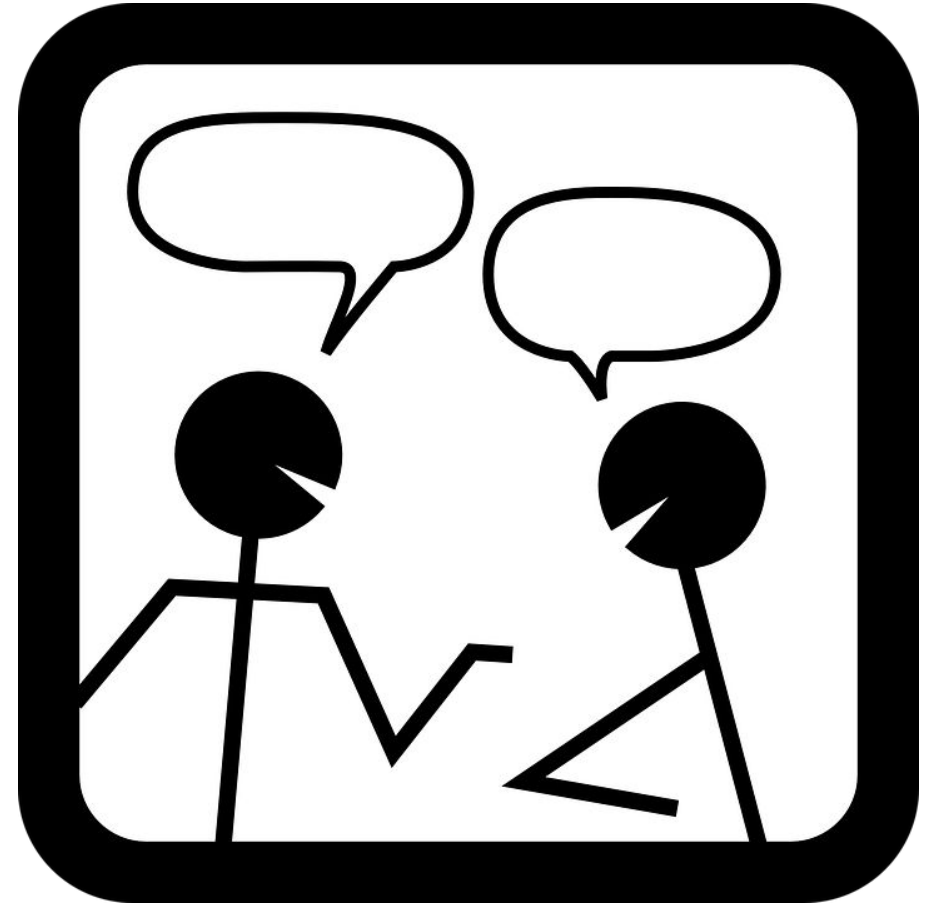


- Steering Committee will use this information to shape meeting agendas
- We would like to partner with you all to meet the interests of the group
- Please speak with one of us if you're interested in helping to plan an agenda item



# Discussion of Best Practices

What does being  
trauma-informed mean  
to you?





The image features three overlapping circles in shades of blue, arranged horizontally. A horizontal grey bar with a slight gradient is positioned across the center of the circles. The text "Not a single definition..." is centered within this bar.

**Not a single definition...**

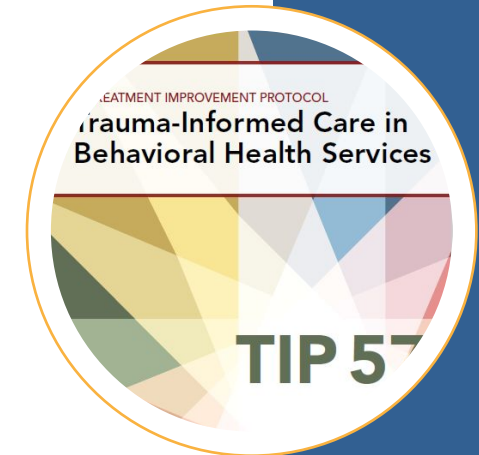
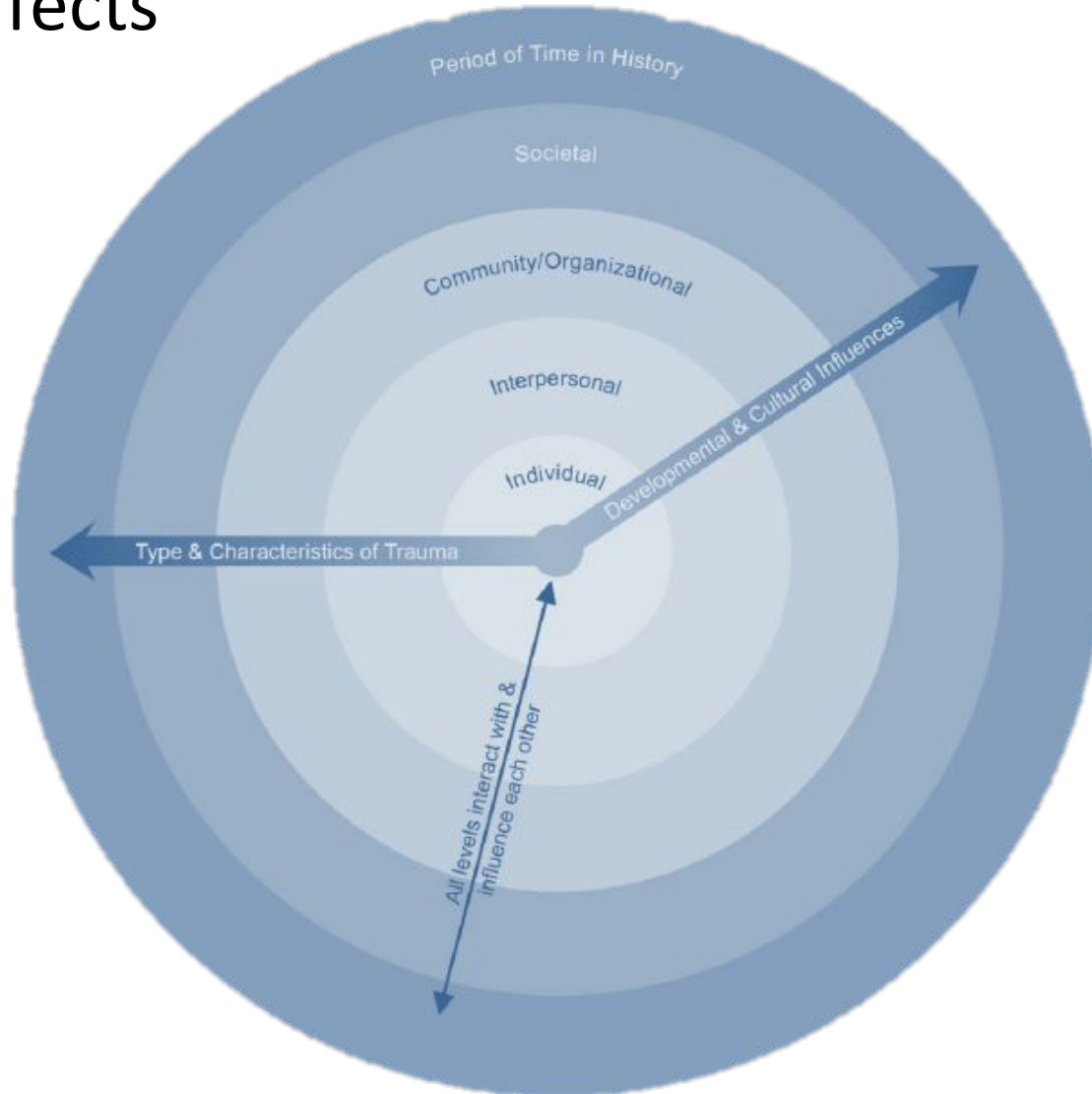
A TREATMENT IMPROVEMENT PROTOCOL

# Trauma-Informed Care in Behavioral Health Services

## TIP 57



# A social-ecological model for understanding trauma and its effects



# SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach

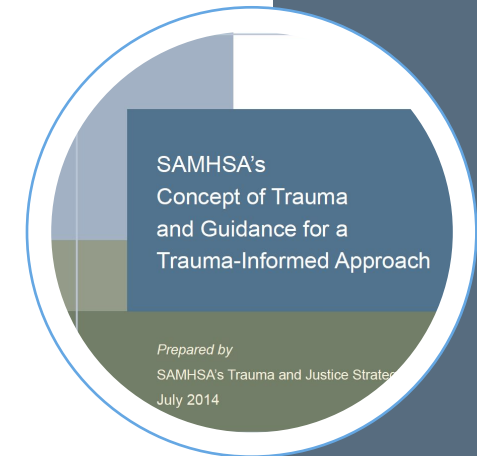
*Prepared by*

SAMHSA's Trauma and Justice Strategic Initiative

July 2014

# SAMHSA's 4 Key Assumptions

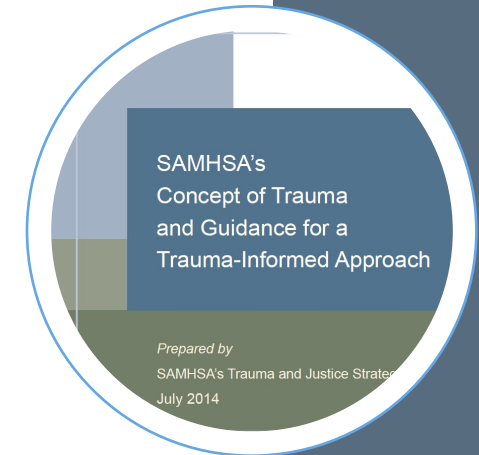
*A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.*



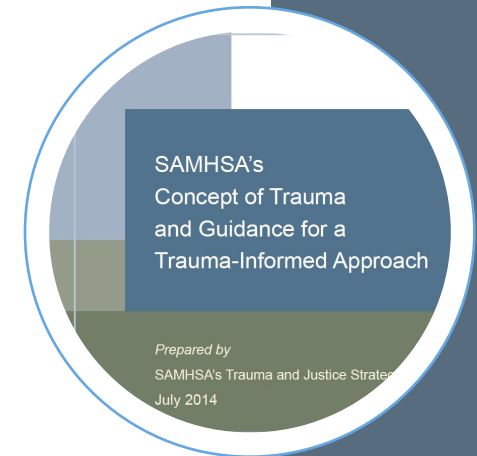
# SAMHSA's 6 Key Principles

## *SIX KEY PRINCIPLES OF A TRAUMA-INFORMED APPROACH*

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical, and Gender Issues



“A trauma informed approach...also incorporates key trauma principles into the organizational culture” (p. 9)



In your current role,  
what do you/can you do  
to take steps towards  
trauma-informed work?

