

Core Principles of Trauma and Resilience Informed Care

Use this handout to guide a discussion with yourself or your team. For each principle (listed across the top), reflect on how you/your organization currently supports it in the 'self-reflection box'. Include any ideas you/your team has to support each principle going forward in the 'team ideas box'.

	Safety & Nurturing	Trust & Stability	Collaboration & Support	Empowerment & Choice	Cultural, Historical & Social Issues	Strength Based
Example	We insure that the lights in all hallways are working.	We have a policy that says how long it will take to return phone calls and we adhere to that policy.	Individuals share in the decision making about the types of support they receive.	We offer individuals with a choice about who provides supports and services (time, location, etc.)	We have an understanding of cultural/historical factors that may impact individuals, and we actively move past cultural stereotypes and biases.	We recognize what assets individuals bring to the work we do, and we build upon and validate those strengths.
Self-Reflection						
Team Ideas						

