

WHAT IS A TRAUMA-INFORMED ORGANIZATION?

A person, program, organization, or system that is trauma-informed RESPONDS by fully integrating knowledge about trauma into policies, procedures, and practices. A trauma-informed organization fosters a culture of empathy, understanding, and resilience.

“It’s not a thing you do; It’s how you do your thing.”

A trauma-informed organization recognizes the widespread impact of trauma on individuals and aims to create an environment that fosters healing, safety, and empowerment.

The process is NOT a checklist for an organization to complete. It is a way of thinking and an on-going journey of learning and healing. All organizations from schools non-profits, healthcare settings, governmental agencies, and businesses can become trauma informed.

Substance Abuse and Mental Health Services Agency (SAMHSA) 's Trauma-Informed Guiding Principles provide a framework for understanding this journey.

6 PRINCIPLES OF TRAUMA-INFORMED APPROACHES:



The 6 Principles of Trauma-Informed Approaches are important for interactions with individuals, within organizations, in communities, within systems change work and to influence policy change.

WHY SHOULD OUR ORGANIZATION CONSIDER BECOMING TRAUMA-INFORMED?

When organizations integrate knowledge about trauma into policies, procedures, and practices, there are many benefits:

- » Enhanced well-being (mental and physical health) for employees and clients/students
- » Improved collaboration with enhanced teamwork and partnerships
- » Increased resilience for staff and clients to cope with challenges
- » Higher engagement with increased commitment and participation
- » Better outcomes for clients
- » Reduced burnout and staff turnover
- » Positive reputation

READY TO MAKE A DIFFERENCE?

Transform your organization into a trauma-informed haven where healing, growth, and collaboration flourish.

To learn more about what's happening in your community, contact:

For more information on resilience & trauma-informed organizations visit www.resilientnorthcarolina.org