

## Defining being Trauma-Informed

- Building on the SAMHSA definition of “trauma-informed”
  - ***Any setting is “trauma Informed” if the people there realize how widespread trauma is, recognize signs and symptoms, respond by integrating knowledge into practice and resist doing further harm.***
- The definition needs to acknowledge the causes of trauma
  - Specifically, the social determinants
- Community is always present and there is a power dynamic at play
- Include principles in the definition
  - The practice of being trauma-informed needs to address substance abuse, social issues, income disparities, housing insecurity, healthcare, and neighborhood safety
  - SAMHSA'S 6 PRINCIPLES of a TRAUMA-INFORMED APPROACH
    - § SAFETY - Prevents violence across the lifespan and creates safe physical environments.
    - § TRUSTWORTHINESS - Fosters positive relationships among residents, City Hall, police, schools and others.
    - § EMPOWERMENT - Ensures opportunities for growth are available for all.
    - § COLLABORATION - Promotes involvement of residents and partnership among agencies.
    - § PEER SUPPORT - Engages residents to work together on issues of common concern
    - § HISTORY, GENDER, CULTURE - values and supports history, culture and diversity
- Trauma does not exist without a relationship. Healing does not exist without a relationship. Social isolation will continue to perpetuate trauma.
- <http://schottfoundation.org/sites/default/files/loving-cities-2020.pdf>

## Loving Cities are created by having a system of local and state policies and practices that provide all children and families with:

**1. CARE** through access to mental and physical health services from birth, nutritional food and healthy community spaces

**3. COMMITMENT** through economically and civically empowered communities that democratize access to healthy living and learning environments



**2. STABILITY** through consistent expectations and practices that reinforce a culture of inclusion and healing among students and adults

**4. CAPACITY** through well-resourced learning climates that meet the physical, emotional and academic needs of students

· Additional Tools and Resources:

<https://organizingengagement.org/models/adverse-community-experiences-and-resilience-framework/#:~:text=Prevention%20Institute's%20Adverse%20Community%20Experiences,for%20building%20more%20resilient%20communities>