

The Five Rs of Trauma-Informed Care

Realization

- All people at all levels of the organization or system understand how trauma can affect individuals, families, communities
- Many of the policies and systems we interact with may need to be reshaped

Recognition

- Recognize how individual participants and staff members may be expressing signs and symptoms of trauma
- Assess participants regularly
- Provide trainings & supervision

Respond

- Agency's policies, procedures and actions calibrated to TI best practices
- Commitment to physically and psychologically safe environment
- Supportive of connection
- Models/teaches emotional regulation

Resist re-traumatization

- Organizational awareness of potentially re-traumatizing practices
- Staff training prioritizes TI support
 - Routine processes with clear expectations
 - Minimize triggers
 - Prioritize consent
- Physical environment as intervention

Repair

- We will make mistakes! Acknowledge when it happens
- Opportunity to strengthen relationship
- Focused on safety, bolsters TIC commitment
- Models TIC for clients in their lives

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.