

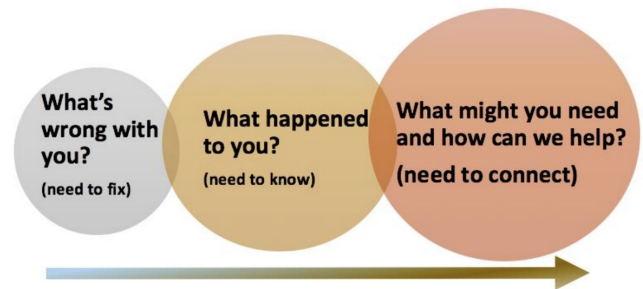


Division of Developmental Disabilities Trauma-Informed Newsletter

Welcome!

The goal of this newsletter is to provide you with valuable information on what it means to be trauma-informed and to incorporate these approaches in your everyday life.

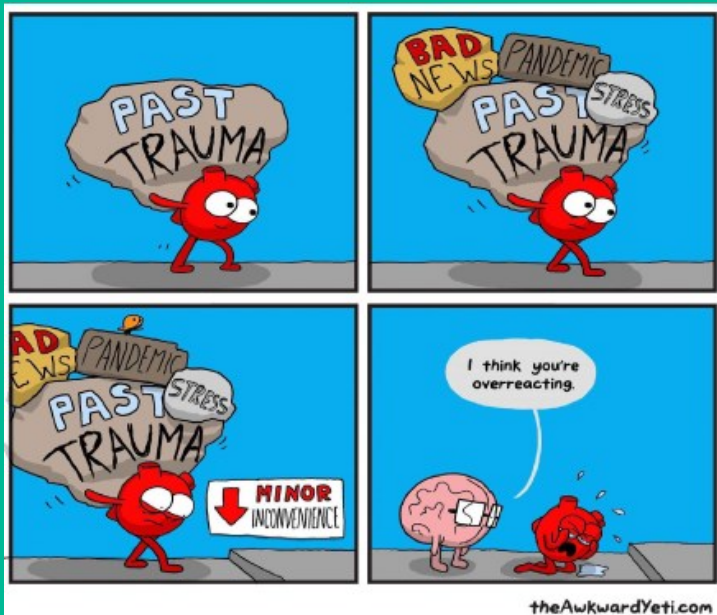
Paradigm Shift



What is trauma and what does it mean to be trauma-informed?

Trauma is an experience of emotional distress that results from an event that overwhelms the ability to emotionally digest it. The incident could be a one-time event or a series of events that are perceived as harmful or life-threatening to oneself or to the loved ones of the person. It is important to understand that everyone has experienced trauma at some point of their life. However, these trauma events are processed differently from person to person. Each individual processes their trauma in their own way. Some people are able to process things and easily function with the trauma, while others have difficulties managing their trauma and difficulties functioning.

Being trauma informed means being aware the personal and shared consequences of trauma, anticipating how trauma survivors may respond to the words and actions we demonstrate, while also doing our part to create a world that does not cause further harm. Trauma-informed approaches help to create an environment that can foster growth, resiliency, and healing. Being trauma-informed shifts the question from "What is wrong with you?" to "What happened to you?"



Trauma: What Friends & Family Need to Know

(https://nnedv.org/spotlight_on/understanding-importance-trauma-informed-care/)

Everyone heals differently. Respect multiple coping styles.

Do not force the survivor to talk about it. Survivors who choose not to talk about trauma can be just as healthy as those who do.

Some people may wait years to speak about trauma. Reasons might include fear of being labeled a victim or a past experience of being blamed.

Healing takes time. Avoid saying that a trauma survivor should just “let it go” and move on. Understand that your relationship with them is valuable to their healing. The relationship may have challenges and moments of strength, but it is normal for the relationship to adjust as the survivor is healing, feeling more empowered, and rebuilding trust.

Practice supportive interaction techniques. Ask open-ended questions. Strive to be nonjudgmental. Point out the person’s strengths. Try not to minimize. Allow for silence. Reflect the emotion being described (“It sounds like...” or “No wonder you feel...”). Join in enjoyable activities to help establish a normal routine.

SAFETY
Physical and psychological safety is priority within the organization, for staff and people who are served. Understanding how people perceive safety is key.

TRUSTWORTHINESS & TRANSPARENCY
In its operations and decisions, organizational business is conducted with transparency. A goal exists to build trust among all who interact with the organization.

PEER SUPPORT
People's stories and lived experiences are valued and recognized as key to building safety, establishing trust, and growth after healing. Mutual self-help and peer support are valued as vehicles for recovery and growth.

6 Principles of Trauma-Informed Approaches

COLLABORATION & MUTUALITY
Everyone has a role to play in a trauma-informed approach. Power differences between staff and people being served and within staff are leveled in favor of shared decision-making.

EMPOWERMENT, VOICE, & CHOICE
Individuals' strengths and experiences are recognized and built upon throughout the organization. The culture fosters a belief in the primacy of the people served, in resilience, and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma.

CULTURAL, HISTORICAL, & GENDER ISSUES
The organization actively moves past cultural biases, offers access to gender responsive services; leverages the healing value of traditional cultural connections; incorporates policies, protocols, and processes that are responsive to the racial, ethnic and cultural needs of individuals served; and recognizes and addresses historical trauma.

SAMHSA, 2014

Future Happenings:

- **Peer Support Training Program**
 - **DDDS will be participating in the pilot launch of the training! Peer P.O.W.E.R. is a for you, by you program that manages stress, maintains a consistent positive outlook and supports each other in building resilience**
- Keep an eye out for this exciting new opportunity!**

Resources and Links:

[Brene Brown Podcast on Trauma, Resilience, and Healing](#)

[Common misconceptions to Trauma-Informed Care](#)

[Translating Trauma-Informed Principles into Trauma-Responsive Practices](#)

[The Difference Between Being Trauma Aware And Trauma Informed](#)

If you feel you are in crisis, please ask for help.

Employee Assistance: 877-527-4742

Suicide and Crisis Lifeline: 988

Mobile Crisis Northern Delaware: 800-652-2929

Mobile Crisis Southern Delaware: 800-345-6785