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SHIFTING TO TRAUMA INFORMED CARE
Our journey toward Trauma Informed Care continues to take people from despair to hope.
To accomplish this, there are some things we must do:
BE DETECTIVES

- Investigate behavior patterns and triggers
Avoid Retraumatization

- Provide a safe environment where past trauma is assumed and triggers are avoided
EMPOWER EVERYONE

- Take ownership and build a compassionate community of healing for all
OFFER CHOICES

- Minimize power and control issues
HELP DEVELOP SURVIVAL KITS

- Use resources and tools for coping
CREATE A SANCTUARY OF HOPE

- Fill our unit with compassion, respect and kindness
USE A RECOVERY ORIENTED APPROACH

- Design all care with discharge in mind
BE PART OF THE SHIFT

- Remove stigma in our unit and stabilize the effects of trauma among patients and staff
SHIFT HAPPENS