

Additional Resources

Trauma-Informed Care 101

Preventing Secondary Traumatization in Helping Professionals

The key is to **reduce risk and enhance protective factors**.

- Provide regular trauma-informed supervision that is **relationally based**.
- Supervisors should **raise questions on boundaries** on a regular basis. **Supervisors' openness is vital** in assisting staff manage intense feelings.
- Trainings that **raise awareness of secondary traumatic stress** (i.e. Boundaries, Self-Care)
- Encourage **staff to explore their own trauma histories**
- Encourage **physical activity and teach mindfulness strategies** (i.e. Self-Care training)
- Regular scheduled team debrief sessions, offering a **dedicated safe environment where staff can talk about their fears and worries**

Source: SAMSHA

SAMHSA Principles of Trauma-Informed Care



Safety

Feeling physically safe
Feeling psychologically safe
Safety in interactions with others

Collaboration & Mutuality

Sharing power in decision making
Every voice is important and equal

Trustworthiness

Transparent decision making
Maintaining boundaries
Promoting trust

Peer Support

Being able to connect with others who have experienced trauma

Cultural Competence

Invite and understand diversity
Welcome cultural differences
Be aware of personal biases
Know blind spots

Empowerment & Choice

Individualized care planning
Drawing upon individual strengths
Promotes resiliency building

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)



Recognize: What Does the Impact of Trauma Look Like?

Common Signs and Symptoms of Trauma

- Headache, backache, stomachache
- Flashbacks or frequent nightmares
- Sensitive to or easily startled by noise or being touched
- Difficulty trusting and / or feelings of betrayal
- Always expecting something bad to happen
- Not remembering periods of your life



- Finding yourself in situations where others abuse or take advantage of you
- Lack of concentration, irritability, sleep problems, feeling numb
- Excessive watchfulness, anxiety, anger, shame, or sadness
- Emotional swings and/or outbursts of anger
- Sudden sweating and / or heart palpitations

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Brief Resiliency Scale

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I tend to bounce back quickly after hard times.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
3. It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5. I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Download the pdf on [HubConnect](#) to see full instructions and scoring interpretation for this scale.

Source: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.