

Discussion Guide for Learning Circles: Trauma-Informed Care 101

Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

1. Using SAMHSA's six principles of trauma-informed care, develop ground rules that will help your Learning Circle remain trauma-sensitive. Also make a plan for who facilitates the weekly discussions or if that role rotates and what the schedule looks like.
2. What behaviors, actions or interaction styles might indicate someone has been impacted by trauma?
3. What steps can you take in your role to promote an environment that actively resists re-traumatization for the people we serve and our staff?
4. Resiliency is often described as the "bounce back" factor. Without going into details, share with your group a strategy you have used to help "bounce back" from difficult situations.