

TRAUMA INFORMED CARE *Top Tips*

Being 'trauma informed' requires us to understand what's behind those signs/symptoms

BRAINS ROLE IN SAFETY

Brains are hard wired to keep us safe. When danger is sensed, the body goes into a state of alarm. Some dangers can't be fought or fled from and this overwhelm can 'trick' the alarm system to staying on high alert, even once danger has passed.

FACTORS THAT MAKE IT HARDER TO HEAL

When a young person remains unsafe, with a trusted person hurting them, trauma is cumulative. The nature & duration of the trauma + other stressors make it hard to heal.

WHAT CAN YOU DO?

This is complex, but don't panic. At the centre of trauma informed care is being a warm, kind and boundaried person in the presence of someone who is in pain.

HANDLING DISCLOSURES

Listen & validate. Gather enough information to signal risk and come up with a plan. Don't make promises you can't or shouldn't keep. Deal with these situations with support, both for you and the young person.

TAKE CARE OF YOURSELF

Get support for yourself (both in the moment and over time) as receiving disclosures can be upsetting. Build your trauma knowledge so you can understand what you are seeing. Be aware that people (including us) have hurts and impacts can vary.



KNOW YOUR LANE AND YOUR WORKPLACE PROTOCOLS, SO YOU KNOW WHEN AND WHERE TO GO TO FOR SUPPORT

BE A SAFE SPACE

Breathe, slow down & regulate yourself so they can 'borrow' your calm.
Be predictable, transparent & realistic.

CHAMPION THEIR VOICE

Allow for choice & support agency where possible. Work WITH them to build their understanding of what is going on. Ask & listen to the opinions & needs of the young person you are talking to.



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