

SAMSHA'S 6 PRINCIPLES OF A TRAUMA-INFORMED APPROACH

For your personal use: Rate each section on a scale from 1 (not trauma-informed, may even be causing harm) to 10 (cutting edge, consistent & enthusiastically trauma-informed). Use the Notes/Examples section to write specific actions that support your scale rating.

Trauma-Informed Principle	Personal	Agency	Collaborative	Notes/Examples:
Safety: Prevents violence across the lifespan and creates safe physical environments.				
Trustworthiness: Fosters positive relationships among residents, City Hall, police, schools and others.				
Empowerment: Ensures opportunities for growth are available for all.				
Collaboration: Promotes involvement of residents and partnership among agencies.				
Peer Support: Engages residents to work together on issues of common concern.				
History, Gender, Culture: Values and supports history, culture and diversity.				

TRAUMA-INFORMED ACTION GOALS

Describe and reflect on activities you will implement to increase or sustain trauma-informed efforts.

Area of Control/Influence	Activity <i>Be specific! With any long-term goals make sure to include a specific action you can realistically perform soon to move towards your trauma-informed vision.</i>	Accountability <i>Who/What is going to help you do this?</i>	Timing <i>By when will you do this, check in or evaluate?</i>
Myself: <i>What is one thing I will do to increase/sustain trauma-informed actions?</i>			
Agency: <i>What is one thing my agency could do to increase/sustain trauma-informed actions? What is one action I can take to support this goal?</i>			
Collaborative: <i>What is one thing the collaborative could do to increase/sustain trauma-informed actions? What is one action I can take to support this goal?</i>			