



Trauma-Informed Care Fact Sheet

Trauma:

SAMHSA defines trauma as the result of “an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

Practice:

Trauma-Informed Care (TIC) is an approach that recognizes the widespread impact of trauma and understands how trauma can affect a person’s physical health, emotional well-being, behaviors, relationships, and ability to feel safe. TIC views trauma through an ecological and cultural lens, recognizing that context plays a significant role in how individuals perceive and process traumatic events.

Perspective:

Rather than asking, “What’s wrong with you?” trauma-informed care asks, “What happened to you?” It emphasizes the core principles while taking a trauma-informed approach to the delivery of behavioral health services across settings, services, and populations.

Goal:

The goal of trauma-informed care is to promote healing, build trust, support resilience, and improve outcomes for individuals, families, organizations, and communities.

Benefits of Trauma-Informed Care:

A trauma-informed approach provides meaningful benefits for patients, providers, staff, and entire organizations by creating environments that promote safety, trust, understanding, and healing. Many patients with trauma have difficulty maintaining healthy, open relationships with a health care provider. For patients, trauma-informed care offers the opportunity to engage more fully in their health care, develop a trusting relationship with their provider, and improve long-term health outcomes. Trauma-informed care can also help reduce burnout among health care providers, potentially reducing staff turnover. Trauma-informed care helps create healthier relationships, stronger communities, and systems rooted in dignity, compassion, and healing.

Core Principles of Trauma-Informed Care:

- Safety
- Trustworthiness
- Peer Support
- Transparency
- Collaboration
- Empowerment
- Humility
- Responsiveness