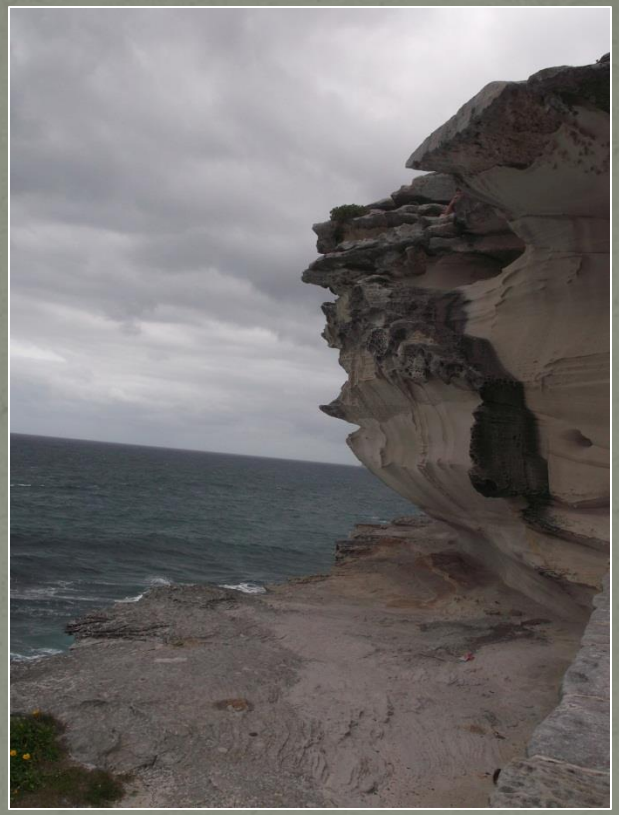
Created by Mary Knutson RN 10-15-12.
Copyrights to **Here Comes the Sun** music belong to the Beatles and the album of Instrumental Songs - Soft Rock Guitar.

SHIFTING TO TRAUMA INFORMED CARE

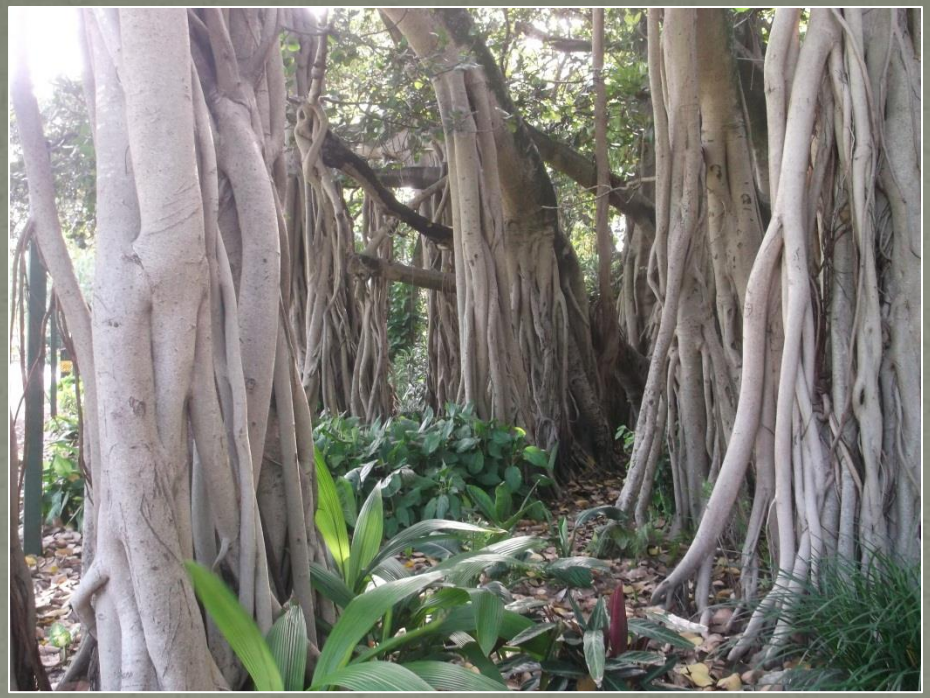
- Our journey toward Trauma Informed Care continues to take people from despair to hope

- To accomplish this, there are some things we must do:



BE DETECTIVES

- Investigate behavior patterns and triggers



AVOID RETRAUMATIZATION

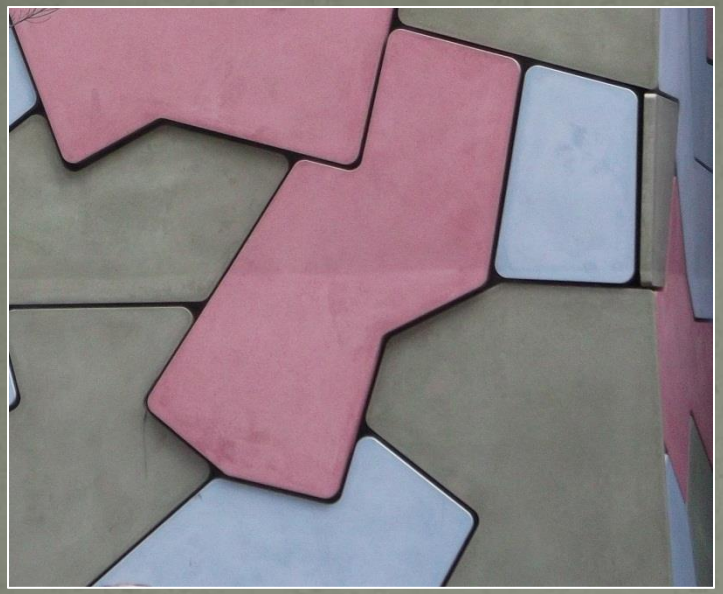
- Provide a safe environment where past trauma is assumed and triggers are avoided

EMPOWER EVERYONE

- Take ownership and build a compassionate community of healing for all

OFFER CHOICES

- Minimize power and control issues

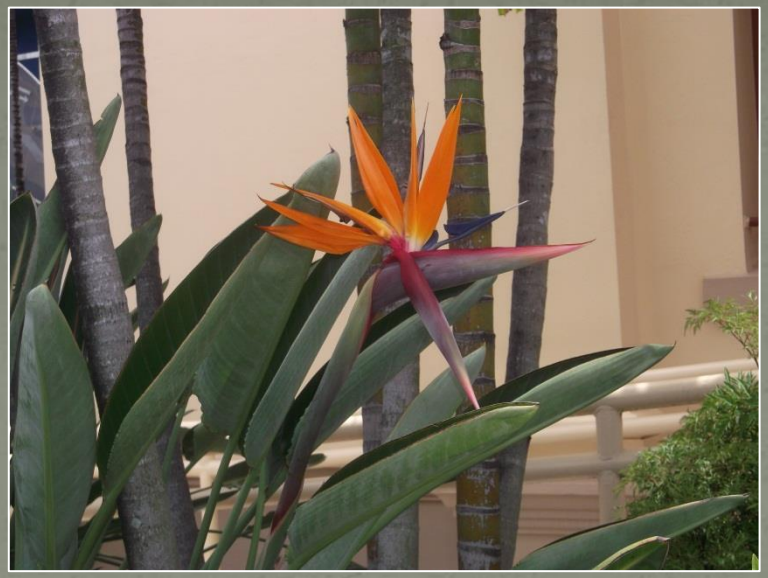


HELP DEVELOP SURVIVAL KITS

- Use resources and tools for coping

CREATE A SANCTUARY OF HOPE

- Fill our unit with compassion, respect and kindness

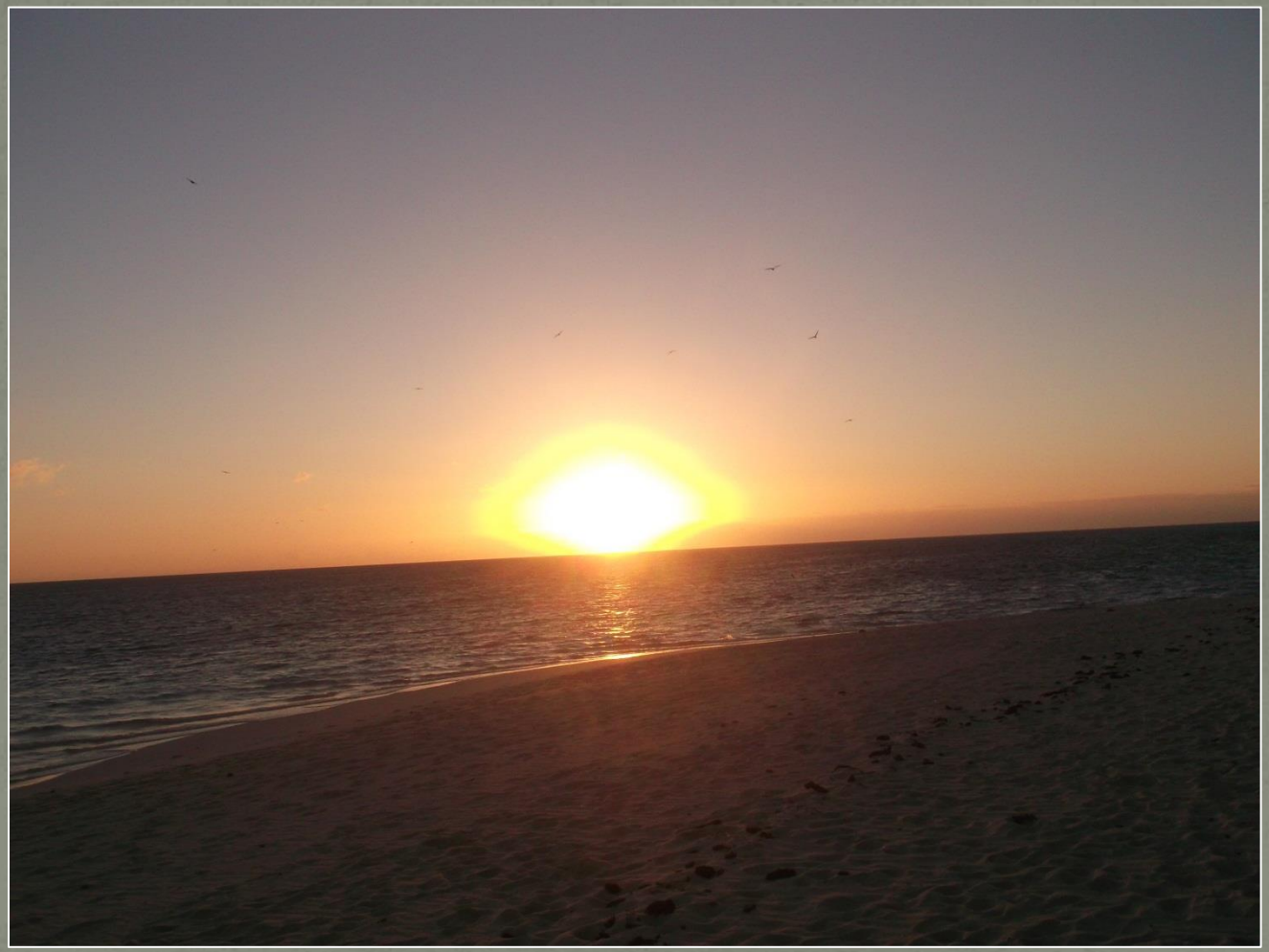
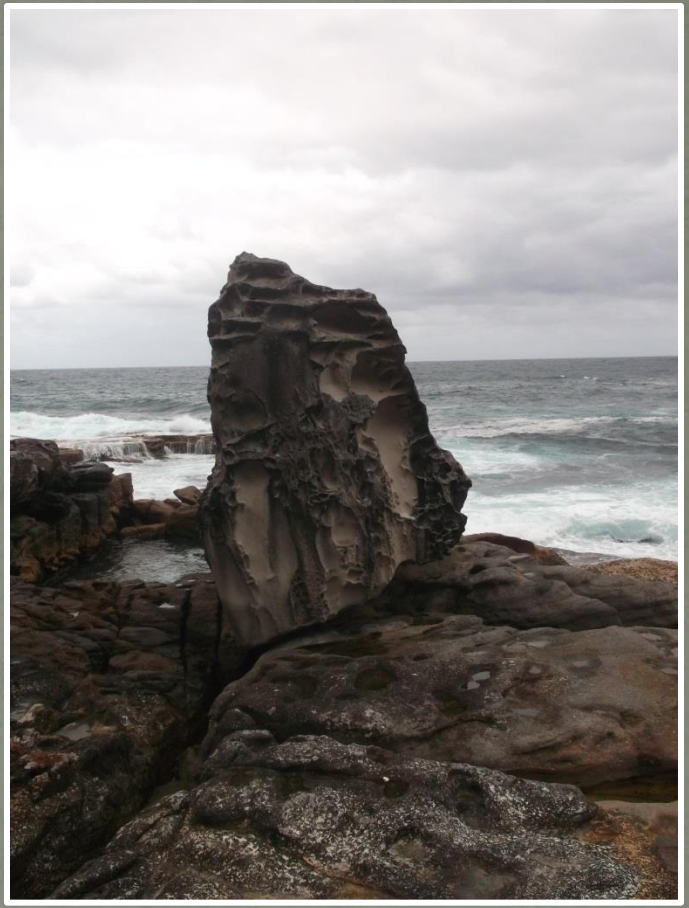


USE A RECOVERY ORIENTED APPROACH

- Design all care with discharge in mind

BE PART OF THE SHIFT

- Remove stigma in our unit and stabilize the effects of trauma among patients and staff



SHIFT HAPPENS