Building on our strengths
What does it mean to be “trauma-informed”?

Programs and organizations that are “trauma-informed”:

- Provide welcoming spaces
- Offer choice, voice, and control to everyone accessing services
- Work to create physical, emotional, and cultural safety for everyone, including staff
- Offer opportunities to learn wellness skills and coping skills for managing trauma responses
- Provide information about the effects of trauma and resources for learning more about trauma or how to access trauma treatment in the community
- Identify and work with people’s strengths rather than focusing on deficits and “difficult behavior”
Building on our strengths
Trauma-Informed Practice Principles

Trauma-Informed practice means integrating an understanding of past and current experiences of violence and trauma into all aspects of service delivery.

| Trauma Awareness | Safety & Trustwothiness |
|------------------|-------------------------|
| Do you understand the effects of trauma, the different types of trauma, and the impact on individuals, families and communities? | How do you promote physical, emotional, spiritual, and cultural safety? How do you build trust? |

| Choice, Collaboration & Connection | Strengths Based & Skill Building |
|-----------------------------------|---------------------------------|
| What kinds of choices do you offer girls and women? How do you promote a sense of control and responsibility? | How do you help people build skills? In what ways do you recognize people’s strengths and resilience? |
Safety, choice, collaboration
YWCA Toronto is committed to integrating trauma-informed practices and approaches throughout all aspects of our programs, services, and organizational culture.
Building on our strengths
We believe that people are resilient and capable of healing from experiences of trauma and violence.
Safety, choice, collaboration
## What is Trauma?

A traumatic event involves a single experience, or enduring repeated or multiple experiences, that overwhelms an persons’s ability to cope or integrate the ideas and emotions involved in that experience.

| Trauma can result from:        | Trauma can impact:                      |
|--------------------------------|----------------------------------------|
| • Child abuse and neglect,    | • Development                           |
| • Witnessing violence         | • How people cope and survive           |
| • Accidents                   | • Potential substance use               |
| • Natural disaster            | • Physical health                       |
| • Sexual assault and rape     | • Mental health                         |
| • War and refugee experiences | • Social connections                    |
| • Intergenerational events    | • Social involvement                   |
Safety, choice, collaboration
What is Trauma-Informed Practice?

Trauma-informed practice means recognizing that many people have experienced trauma and that this may affect their ability to access care and support.

Trauma-informed practice integrates an understanding of the effects of trauma on individuals, families, and communities into all aspects of programs, services, and organizational culture.

Core Trauma-Informed Principles:
- Trauma awareness
- Safety and trustworthiness
- Choice, collaboration, and connection
- Strengths based and skill building