

# THE IMPORTANCE OF Trauma-Informed Care

## When Working with Adolescents

### WHAT IS TRAUMA-INFORMED CARE

An approach to care based on knowledge of the impact of trauma, aimed at ensuring care is individualized and environments are safe



### THE PREVALENCE OF TRAUMA IN ADOLESCENTS

1 in 4 children experiences some sort of maltreatment, including physical, sexual, or emotional abuse

The impact of childhood trauma can continue into adulthood, leaving a long-lasting impact on individuals



### Why is trauma-informed care important for adolescents?

Allows youth to focus minds and understand their feelings and experiences

Reintroduces control into adolescents lives early in the recovery process

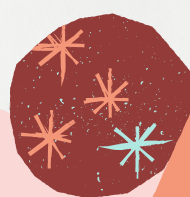
Taps into resiliency and allows for future hope



### The main goals of trauma-informed care

See the widespread impact of trauma and understand paths for recovery

Actively try to avoid re-traumatization



## The Core Principles in Enacting Trauma Informed Care

**Safety** – creating a physically and psychologically safe environment

**Trustworthiness** – making transparent decisions and building trust

**Collaboration** – Shared decision making is utilized to give adolescent more autonomy

**Empowerment** – individual strengths are recognized and validated, focusing on resilience and healing

**Peer Support** – Potential to create relationships and support with shared experiences

**Humility + Responsiveness** – Biases, stereotypes, and trauma are recognized and addressed