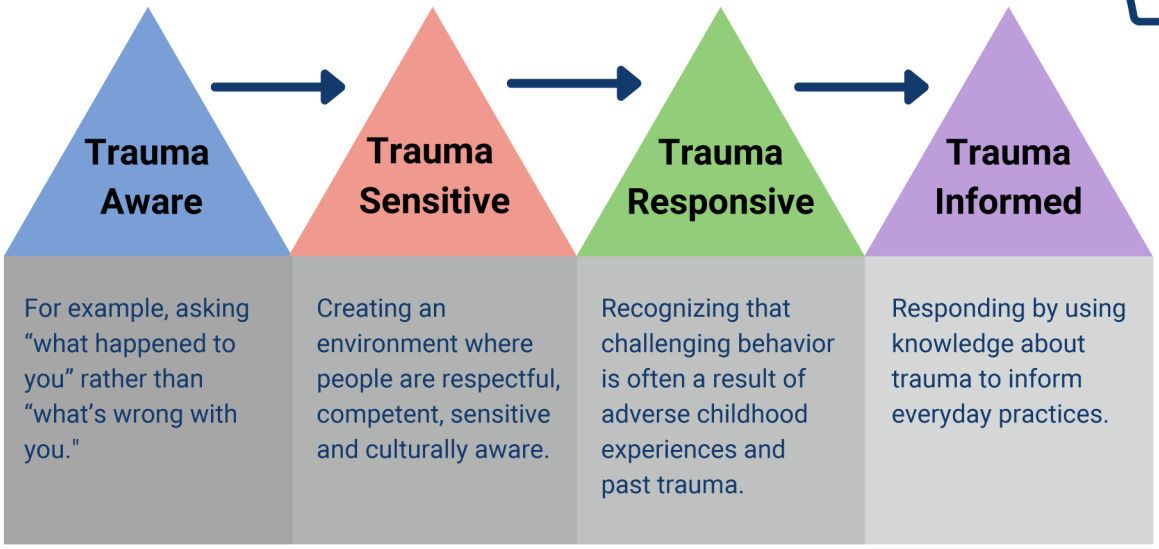
Trauma-Informed

Definition

Trauma is any experience that is extremely frightening, harmful, or threatening, either emotionally, physically, or both. Trauma-informed care is an approach defined by treating the whole person, considering past trauma and resulting behaviors and health outcomes.

Trauma-Informed Approach

The trauma-informed approach is a continuum that progresses through stages. The stages of becoming trauma-informed are:



Why It Matters

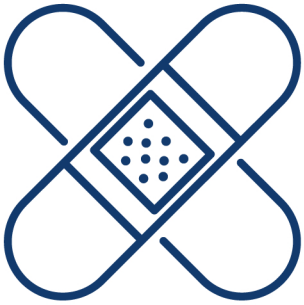
Child and family-serving organizations, programs and businesses can build trauma-informed awareness, knowledge, and skills into their everyday cultures, practices, and policies. When they work together to prevent and address adverse childhood experiences (ACEs), they improve physical and mental health for children and families, and support their ability to thrive.

Take Action

- Increase your knowledge and understanding of trauma by taking a training.
- Develop an empathetic attitude that focuses on asking "What Happened To You?" versus "What's Wrong With You?" when interacting with others.
- Explore how to incorporate a trauma-informed approach into your workplace.

Resources

- What is Trauma-Informed Care?
- (SAMSHA) Trauma-Informed Approach
- Resilient Georgia Training Roadmap
- Project GRIT



Learn More

Scan with your camera to learn more.

RESILIENT NORTHEAST GEORGIA

ResilientGEORGIA

Aligning public and private efforts and resources across the state that support resiliency for all persons aged 0-26 and their families.

info@resilientga.org | 678-940-1431 | 5170 Peachtree Road, Building 100 Suite 400, Atlanta GA, 30341