

Taking a Trauma Informed Lens: Opening Doors: Making a plan for trauma informed change



In response to your trauma informed walk-through, what do you plan to do?



Keep & do more of?

Where is someone offered a trauma-informed experience — in the little details and in the bigger picture? What can you celebrate about your current approach and service?

Think about your own interactions with the people you have contact with, as well as their experience as they walk through your organisation or service:

- + Where and how do you currently recognise the impact of trauma on people, and how do you adapt how you respond?
- + Where and how do you think you offer people a sense of safety, work collaboratively, offer choice over what happens, gain their trust, empower them, and recognise and support their resilience?
- + Where and how do you think people are offered consistency, security and safety, and feel able to trust you, the staff and the organisation?



What do you commit to doing to sustain your current work with people that:

- + recognises the impact of trauma on people and
- + creates a sense of safety, choice collaboration control, empowerment, and trust for everyone

Stop or change?

Where is the impact of trauma on people **not** adequately recognised and responded to?
Where is there a risk of re-traumatisation in the little details and in the bigger picture?

Think about your own interactions with the people you have contact with, and their experience as they walk through your organisation or service:

- + Are there any points or interactions where the impact of trauma is not adequately recognised or could be misinterpreted?
- + Are there any elements (experiences or interactions, places, procedures, communications) that a person might find disempowering, coercive or lacking collaboration?
- + Are there any elements that might feel unsafe or unpredictable, or trust might be breached?

What do you commit to stopping or changing in your work with people or in your organisation in order to:

- + recognise the impact of trauma on young people and
- + create a sense of safety, choice collaboration control, empowerment, and trust for everyone

Add into your service or practice?

Where could you improve a person's experience? Where is there opportunity to recognise and respond to the impact of trauma, and minimise the risk of re-traumatisation?

Think about your own interactions with the people you have contact with, as well as their experience as they walk through your organisation or service:

- + Are there opportunities for empowerment, choice and collaboration that are currently missed?
- + Are there opportunities where sense of safety could be strengthened, or trust created?
- + Are there opportunities for supporting recovery from the impact of trauma currently missed?



What do you commit to adding into your work with people or into your organisation in order to:

- + recognise the impact of trauma on people and
- + create a sense of safety, choice collaboration, control, empowerment, and trust for everyone