Twenty Five Reasons Why Trauma Informed Care Matters

- Trauma is very common in our society, especially in childhood and adolescence.
- Trauma can have a very negative impact on the health, wellbeing, and emotional development of the child.
- A child or youth is more than the sum of his/her behaviors.
- Many negative behaviors by children and youth have served, and may still be serving, a survival function.
- Many negative behaviors are an automatic response to stressful situations, not actively chosen by the child or youth.
- Many negative behaviors are a result of limited coping skills.
- Significant stress, especially for children and youth who have experienced past trauma, can shut down the thinking part of the brain.
- TI adults provide safety to the child and youth, and help them feel safer.
- TI adults help the child and youth gradually regain trust in others.
- TI adults help the child and youth feel a greater sense of control over their life.
- TI adults try to understand rather than to judge.
- TI adults believe that positive change results from working together with the child and youth, not from coercing or threatening them.
- TI adults believe that the child or youth really wants to do the right thing.
- TI adults can help the child and youth understand how trauma has affected their life.
- TI adults help the child and youth recognize and build on strengths, so they can start to see themselves in a more positive light.
- TI adults help the child and youth increase their competencies and coping skills.
- TI adults encourage the child and youth to express themselves and speak up, even if the words don’t always come out right.
- TI adults help the child and youth think more hopefully about their future.
- TI adults help the child and youth become more motivated and involved.
- TI adults help youth who are really hurting get the mental health treatment they need.
- Trauma informed care involves working with the child’s family, whenever possible.
- Trauma informed care means that all the professionals see themselves as being on the same team.
- Trauma informed care makes it less likely that the child or youth will be blamed for their struggles.
- Trauma informed care makes it less likely that the child or youth will be re-traumatized, especially by those in human services and education.
- Trauma informed care promotes healing and recovery.