

TRAUMA INFORMED CARE



WHAT IS TRAUMA?

Trauma is a very difficult experience that results in emotional, mental, and/or physical problems that usually last for a long time. Trauma is a unique and personal experience, which means people may experience the same event and react or respond to it differently.

Common Causes of Trauma

- Abuse and neglect
- Cultural trauma
- War and Violence
- Accidents
- Bullying
- Natural disasters

SIX PRINCIPLES OF TRAUMA INFORMED CARE (TIC)

1. Safety
2. Trustworthiness and transparency
3. Peer support and mutual self-help
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, historical and gender issues



Washington County offers various supports related to TIC including:

- Train-the-Trainers
- Agency Trainings
- Trauma Informed Schools Trg
- Community Trainings
- Community TIC Presentations
- Handle With Care Program

To learn more and assist in our goal of becoming a Trauma Informed Community, contact:

Washington County Family & Children First

740-376-7081 www.wcfcfc.org

