

National Child Traumatic Stress Network

<http://www.nctsn.org/resources/topics/youth-and-family-partnerships>

SAMHSA's Key Principles of a Trauma-Informed Approach	Partnership in Practice
<p>Safety: Throughout the organization, staff members and the people they serve feel physically and psychologically safe; the physical setting is safe, and interpersonal interactions promote a sense of safety.</p>	<p>There is a difference between being physically safe and feeling psychologically safe, and both are important. Simply asking about a family member's sense of safety in the service setting is a great first step toward building a relationship focused on healing and good partnership.</p>
<p>Trustworthiness and transparency: Organizational operations and decisions are conducted with transparency, with the goal of building and maintaining trust among staff, family members, and others in the organization.</p>	<p>Trustworthiness and transparency aren't always easy – they require honesty, lots of time devoted to communication, and acknowledgement of accountability by families and providers alike.</p>
<p>Collaboration and mutuality: There is partnering and leveling of power differences between staff and clients and among organizational staff, from direct care staff to administrators; there is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making.</p>	<p>Working together with mutual respect requires commitment, especially when differences of opinion arise. The commitment is worth the effort. It makes it easier for families, staff members, and management to meet shared goals and offset power differences.</p>
<p>Empowerment, voice, and choice: Throughout the organization and among the clients served, individual's strengths are recognized, built on, and validated, and new skills are developed as necessary.</p> <p>The organization aims to strengthen the experience of choice for staff, clients, and family members.; and to recognize that every</p>	<p>Empowerment does not happen by chance, but by choice. Sharing power in a partnership is integral to trauma-informed services; the shared-power relationship focuses on learning rather than compliance, and it supports lasting change.</p> <p>Learning to “speak one's truth” is an</p>

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person's experience is unique and requires an individualized approach.	important part of the relationship regardless of one's "role."
Peer support and mutual self-help: These are integral to the organizational and service delivery approach and are understood as a key vehicle for building trust, establishing safety, and enabling empowerment.	Peer support is about valuing lived expertise; it should be available and nurtured by the provider or agency.
Cultural, historical, and gender issues: The organization actively moves past cultural stereotypes and biases (e.g., those based on race, ethnicity, sexual orientation, age, geography, etc.); offers gender responsive services; leverages the healing value of traditional cultural connections; and recognizes and addresses historical trauma.	Services that are a good cultural "fit" encourage better engagement than services that are being imposed from an outside culture.