



SAMHSA's Definition of Trauma

- *“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being”*
 - Event
 - Experience
 - Effect
- (SAMHSA, 2013)

Ten Principles of Trauma-Informed Programs

1. Recognize the impact of violence & victimization on development and coping strategies
2. Recovery is the primary goal
3. Employ an empowerment model
4. Emphasize voice/choice
5. Stress relational collaboration
6. Recognize the need for safety & respect
7. Emphasize strength and resilience
8. Minimize re-traumatization
9. Cultural competence
10. Peer/consumer input is included

SAMHSA's Key Principles of Trauma-Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

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