

## Trauma-Informed Approaches to our Practice

Consider to what extent your program or service is already applying trauma-informed principles and practice, and note them in the 1<sup>st</sup> column. The 2<sup>nd</sup> column is for ideas that might be the focus of further action.

Principles	We are already...	Commitments for going forward...
Increasing trauma awareness		
Providing safety-physical emotional social and moral		
Offering opportunities for choice, collaboration and connection		
Offering opportunities for skill building- self regulation, grounding		