

**Trauma-informed care** (TIC) is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.

## THE BENEFITS OF TRAUMA-INFORMED CARE



*"It promotes feelings of physical, social, and emotional safety in students, and a shared understanding among staff about the impact of trauma and adversity on students."*

- National Association of School Psychologists



*"It demonstrates promise in increasing offender responsivity to evidence-based cognitive behavioral programming that reduces criminal risk factors."*

- Lisa Najavits, PhD & Dir. Treatment Innovations, Univ. of Mass. Medical School



*"Participants experienced a reduction in disparities, even if they were homeless, younger, and had less formal education. TRC helped improve participants' workforce participation and reduced the alcohol and drug use often associated with increased risk for rehospitalization."*

- University of California Trauma Recovery Center (TRC)



*"The end result was significantly reduced ER visits, re-hospitalizations and costs in a multi-morbidity population that has traditionally driven the highest level of health care spending."*

- Jeffrey Brenner, MD & Exec. Dir. Camden Coalition of Healthcare Providers

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