

Trauma-Informed Considerations in Positive Supports Assessment and Planning

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Foundations of Trauma-Informed Practice

The core principles of trauma-informed practice can be applied regardless of a person's known/unknown history of experiencing discrete or multiple trauma(s).

It is not always necessary or relevant to divulge/discuss the specifics of what trauma(s) a person has experienced.

Foundations of Trauma-Informed Practice

Help people build lives of confidence and belonging.

Core Principle: Safety

- Are there any basic safety concerns in the person's home, work, or social environments?
- Hygiene and self-care
 - Often overlooked
- What level of physical contact/personal space seems to be preferred?
- Might counseling/pre-counseling be indicated?
 - Pre-counseling: relationship building, stress management

Core Principle: Safety

- Physical
 - Do others respect my body?
 - Do others ask permission to touch me? – hygiene and self-care...
- Psychological
 - Do others respect my privacy?
- Social
 - bullying
- Spiritual
 - Has anyone asked?
 - Will my beliefs be respected even if they are different from yours?

Core Principle: Trustworthiness and Transparency

- How might the person's history impact level of trust in others?
 - Will I be safe?
 - Will I be treated well?
 - Will you leave me?
 - Will you do what you say/follow through?
 - Will you listen to me?
 - Even when I cannot speak or do not know what I want or how to say it?

Core Principle: Peer Support and Relationships

- How has the person been included or marginalized?
 - In their social world?
 - In their family?
 - In their work?
- Does the person have at least one person whom they trust and can communicate with privately?
- Is the person part of any social/peer group?
 - If the paychecks went away, would anyone still be around?

Core Principle: Collaboration and Mutuality

- Does the person feel like they are part of their own team?
- How Can we improve the ways we include the person in supports planning?
- Do you think the person has been included as much as possible in the process of assessment and planning?
 - If yes, how might we expand further?
 - If no, what may be the first steps to improvement?

Core Principle: Empowerment, Voice, and Choice

- Is the person's 'voice' present:
 - in team meetings?
 - In their household?
 - In other environments?
- What is the response when the person says 'no'?
 - Do we listen and adjust or coerce?

Core Principle: Empowerment, Voice, and Choice

- How can the person experience more power
 - In their daily life?
 - In the process of supports planning?
- What are the missed opportunities for choice-making?

Core Principle: Cultural, Historical, and/or Gender Considerations

- Are there any unaddressed factors related to:
 - Culture
 - History
 - Gender

The intersection of trauma with other aspects of marginalization may more easily lead to re-traumatization and disempowerment.

Integration Into the PBSA/PBSP

- Not every core principle may apply to each individual you support
 - Address the items that are relevant.
- In the PBSP - Ask yourself:
 - Does this intervention/tactic/approach take us closer to or farther from a life of confidence and belonging?
 - What is/are the possible long-term effects of what I'm asking of the person, the staff, the family?
 - Am I primarily focusing on skill development?
 - Both for the individual *and* staff/family
 - E.g., communication, self-management, independence, identity, meaning, purpose

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