



# TRAUMA-INFORMED RESOURCES

## QUESTIONS FOR SEEKING OUT CARE

You can use these questions to see how well an organization understands and uses the six main ideas of trauma-informed care from the Substance Abuse and Mental Health Services Administration, or SAMHSA. These ideas should be used by everyone in an organization, from the staff and leaders to the people they help.

### SAFETY

- How can your organization ensure I feel safe, physically, and emotionally?
- How is safety determined?
- How can I share my feedback?

### TRUST

- How do I receive communication?
- Where can I access my rights?
- Are your policies and processes shared with me?

### PEER SUPPORT

- Is there a network of peer support for me?
- Does your staff have peer support opportunities?

### COLLABORATION

- Do you partner with other resources?
- Do you have a say in those?
- How are my progress and goals determined?

### EMPOWERMENT

- What are some typical program goals?
- How is my input and feedback obtained? How is it used?
- How are my goals determined?

### CULTURE

- How do you define culture?
- How do you incorporate culture?
- Are you connected to any faith-based or culture centers in the community?