


# JOIN THE CONVERSATION

CREATING A TRAUMA INFORMED CARE WORKPLACE



The following five questions provide you an opportunity to share helpful feedback to your supervisor and senior management. Your feedback will guide your supervisor in identifying strategies to create and reinforce a trauma informed workplace that promotes safety and wellness for all.



## Safety

Do you feel physically and/ or emotionally safe in the workplace? What would you like to see differently, if anything?



## Trustworthiness

Do you feel you work in an environment that values honesty and transparency? What does honesty and transparency look like to you? Any suggestions?



## Choice

Do you feel you have the ability to control how you meet work expectations? What would you like to see differently, if anything?



## Collaboration

Do you feel respected and heard when having a team discussion? What do you need to feel valued? What would you like to see differently, if anything?



## Empowerment

How are your strengths and skills recognized in your work setting? Give an example of how the workplace utilizes creativity in assigning duties based on team member's expertise.

### Reference

Harris, M., & Fallot, R. (Eds.) (2001). *Using Trauma Theory to Design Service Systems*. New Directions for Mental Health Services. San Francisco: Jossey-Bass.