



Building Healthy Agencies





CLARISSA THOMPSON

Family & Community Development Director
Mid-Iowa Community Action Agency



CORIN TUBRIDY

Homeless Prevention Program Manager
West CAP



BERTHA PROCTOR, ED.D., CCAP, SPHR

CEO / Head Start Director
Pace Community Action Agency, Inc



SAMHSA'S 6 PRINCIPLES

of a

TRAUMA-INFORMED APPROACH



SAFETY

Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS

Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT

Ensures opportunities for growth are available for all.

COLLABORATION

Promotes involvement of residents and partnership among agencies.

PEER SUPPORT

Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE

Values and supports history, culture and diversity.

Principles of a Trauma-Informed Approach

- **Safety**
- **Trustworthiness and Transparency**
- **Peer Support**
- **Collaboration and Mutuality**
- **Empowerment, Voice, and Choice**
- **Cultural, Historical, and Gender Issues**

Final Thoughts

“When the paramedic is called to someone in medical distress the first thing they do is check for signs of life. And they start to work tirelessly to resuscitate that person. Why do we give up so easily on people who are obviously still breathing?

Why don't we work hard to resuscitate their lives? *Where there's breath, there's hope.* Do we truly believe in the people we serve?

If you are serving them and you don't believe in them, how can we expect them to believe in themselves?”

-Tonier Cain