

Trauma-Informed Care Practice

What can you do, as a peer support specialist and as an organization?

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

Trauma-Informed Care Practice

- What are some ways you help others feel physically and emotionally safe in your work?
- How do you build trust with the people you support as a peer support specialist?
- When is it helpful to share your recovery story with someone? When might it be better not to share it?
- Can you please describe a time when you made your work more of a partnership, instead of being the 'helper' in charge?
- Please give an example of a time someone helped you feel in control of your own choices.
- How do you or your organization make sure services include and respect people from all backgrounds?

