

1

Realize

Understand the prevalence and impact of trauma on individuals, families, and communities.

2

Recognize

Identify the signs and symptoms of trauma and how it can affect behavior, cognition, and relationships.

3

Respond

Create a safe and supportive environment that avoids re-traumatization and provides compassionate care.

4

Resist Re-Traumatization

Take proactive steps to prevent further harm and ensure that policies, practices, and interactions are trauma-sensitive.