

Changing Futures Programme Sussex: Trauma Informed Principles









Updated: Version 1 - January 2023

This document sets out the six principles of trauma informed practice that everyone connected to the Changing Futures Programme Sussex should work towards and serves as a guide to govern behaviour and evaluation.

Adopting a trauma informed approach across a system that supports people with complex needs cannot be accomplished in isolation and requires constant attention, review, and ongoing dialogue with community stakeholders.

A trauma informed system hopes to understand the effects of trauma on individuals, families, and communities and in Sussex we hope to develop this further to become trauma responsive, which means minimising damage and maximising opportunities for healing.

	Definition	Principles in Practice (examples)
 Safety	Ensuring physical and emotional safety	Common areas are welcoming, and privacy is respected
 Choice	Individual has choice and control	Individuals are provided a clear and appropriate message about their rights and responsibilities
 Collaboration	Making decisions with the individual and sharing power	Individuals are provided a significant role in planning and evaluating services
 Trustworthiness	Task clarity and transparency, consistency, and maintenance of boundaries	Respectful and professional boundaries are maintained
 Empowerment	Being curious and working alongside people so that power is shared	Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact
 Cultural Consideration	Move past cultural stereotypes and biases based on, for example, gender, sexual orientation, age, religion, disability, geography, race or ethnicity	Incorporate policies, protocols and processes that are responsive to the needs of individuals served