

# TRAUMA-INFORMED COMMUNITIES

## In Tennessee

A resilient community has strong relationships, resources, and support systems that help them overcome problems and become stronger as a result

### Trauma can occur on multiple levels:

Individual trauma

Community trauma

Historical trauma

Deeply distressing events such as Adverse Childhood Experiences (ACEs), domestic violence, or sexual assault that overwhelm an individual's ability to cope

Conditions such as community violence, segregation, high rates of incarceration, concentrated poverty, public health pandemics, and major climate disasters

Profoundly traumatic historical events and circumstances like the Holocaust and slavery which have biological and societal consequences for generations

### Resilient Communities....

Listen to and lift up the voices and stories of those harmed

Honor history and celebrate culture

Foster social cohesion

Build strong systems to share resources and information

Promote physical and psychological safety

Celebrate community successes

Are trauma-informed

### ...Which Leads To...

Personal and Community Pride

Avoided Re-Traumatization

Collective Healing

Trust in Institutions

Responsive and Integrated Support Systems

## MOVING FROM "WHAT'S WRONG WITH YOU?" TO "WHAT HAPPENED TO YOU?"

### POLICIES & PROGRAMS

- **Safe Public Spaces** ensure that people can interact with neighbors and exist outside of home and work
- **Trauma-Informed Workplaces** create a safe and supportive environment for employees and the communities they serve

### PLANNING FOR COLLABORATIVE ACTION

- **Host community meals and service projects** where people can meet and learn from their neighbors, emphasizing trust and relationship-building
- **Engage local leaders and service providers** in discussions about trauma-informed policies and practices
- **Initiate listening sessions** with people who have lived through trauma, disaster, or discrimination
- **Promote a trauma-informed approach in all community plans**, including health improvement, economic development, and emergency preparedness plans

### BARRIERS TO CHANGE

Lack of community ownership

Community instability

Prioritizing immediate individual needs over community change



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