



Via Hope's Recovery Institute works to promote community transformation by supporting local leaders as they put person-centered, trauma-responsive principles into action.

## A Shift in Thinking

Recovery Institute programs exist to shift support services away from a "Stabilization and Maintenance" focus, toward an emphasis on "Resiliency and Recovery."

# Stabilization and Maintenance vs. Resiliency and Recovery

Focus of Systems and Services	
Traditional	Recovery
Stability	Hope for Future
Compliance	Choice
Control	Partnership
Focus on Deficits	Focus on Strengths
Low Expectations	High Expectations
Learned Deficits	Active Participation
Protection from Failure	Risk is Supported
Stabilization and Maintenance is Desired Result	Meaningful Life is the Desired Result

Tondora, J. Person-centered planning: Creating a plan that honors the person AND the chart. Texas Department of State Health Services Mental Health and Substance Abuse Division Training and Technical Assistance In-Service. November 2, 2011.

## What is Trauma-Responsive (or Trauma-Informed)?

The trauma-informed approach is guided by four assumptions, known as the "Four R's":

1. **Realization** about trauma and how it can affect people and groups,
2. **recognizing** the signs of trauma,
3. having a system which can **respond** to trauma, and
4. **resisting** re-traumatization.



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## Trauma-Informed Support

### Safety



Ensuring physical and emotional safety

### Choice



Individual has choice and control

### Collaboration



#### Definitions

Making decisions with the individual and sharing power

### Trustworthiness



Task clarity, consistency, and Interpersonal Boundaries

### Empowerment



Prioritizing empowerment and skill building

#### Principles in Practice

Common areas are welcoming and privacy is respected

Individuals are provided a clear and appropriate message about their rights and responsibilities

Individuals are provided a significant role in planning and evaluating services

Respectful and professional boundaries are maintained

Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

Chart by the Institute on Trauma and Trauma-Informed Care (2015)

*Whether we are looking at housing, education, healthcare, or employment, having an awareness and understanding of empowerment and recovery is critical to progress. Their staff bring a unique combination of systems knowledge, clinical insight, and lived experience to deliver training and supports that truly make a difference for the people of our communities.*

Community-Based Housing Program Director, 2020

*"Authenticity, humor, warmth, air of collaboration, approachability of trainers – all of these created a safe space for learning!"*

Demystifying Workshop Participant Oct. 2018