

## Breakout Room Notes

How can TIC inform your Mentorship Connections?

How can Peer Support Volunteers keep self-care in mind?

### Trauma

- Primary Trauma:
- Secondary Trauma:

### 3 E's of Trauma

- Event:
- Experience:
- Effect:

### Trauma Informed Care

- Trauma-Informed Care is a framework used to implement the understanding of trauma and how it affects our decisions and livelihood. When implemented, an environment of safety, motivation, trust, and resistance to re-traumatization occurs.

### 6 Key Principles

- Safety
- Trustworthiness and transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice, and Change
- Cultural, Historical, and Gender Issues

### 4 R's of Trauma

- Realization
- Recognize
- Respond
- Resist Re-Traumatization

### Implementation

- Wording
- Tone
- Listening
- Empathy

### Self Care

- Compassion Fatigue
- De-Stress Techniques
- Resist Self-Traumatization