



# The Trauma Informed Care Collective

## Why Does This Matter?

- The Alberta Government provides invaluable social programs and community services to thousands of Albertans everyday
- Some Albertans experience significant barriers and conflict when utilizing government services because of trauma histories and current stresses related to poverty
- We have the opportunity to protect many of the most vulnerable Albertans from re-traumatization as they seek supports, and to foster resiliency through building on client strengths and government employee training

## What is Trauma Informed Care?

- Recognizing the complex effects of toxic stress, histories of adversity, and trauma in all staff, clients, and individuals
- Engaging in service delivery policies, procedures, and practices that strengthen emotional and physical safety, trust, collaboration, compassion, client choice, and autonomy, *while minimizing power imbalances*

*“Having the knowledge of trauma informed care has enabled me to have greater understanding, empathy, and compassion not only towards each and every client I have the privilege of interacting with, but also towards myself, my own family relations, and within every interaction I have within my community, whether it be at the grocery store, at my child's school, or with my colleagues. As a healthcare professional specifically, in order to provide the holistic ethical care our clients need and deserve, I believe it is imperative to have the knowledge and understanding that trauma informed care provides.”*

- Agnes, CUPS Calgary

## What is the Trauma Informed Care Collective?

The Trauma-Informed Care Collective is a network of social service agencies in Calgary, Alberta, committed to promoting Trauma-Informed Care (TIC) across the provincial government ministries. Our goal is to support the Alberta Government to adopt TIC principles and practices.

## Why Trauma Informed Care?

- A global pandemic has created universal uncertainty and anxiety. A downturned economy and real threats to public and personal health have led to widespread trauma in a variety of forms
- The prevalence of trauma within the general Alberta population is extremely high, with approximately 1/3 individuals having experienced abuse
- Sixteen percent of the population has experienced 4 or more adverse childhood experiences, including neglect, abuse, and household dysfunction
- Within the vulnerable population the TIC Collective jointly serves, we see high incidents of past related traumas and, subsequently, behavior and health impacts that make them vulnerable to being re-traumatized while accessing government supports
- Shifting to a more trauma-informed organizational culture saves organizations from the experience of staff burnout and gives frontline staff the necessary tools to improve client outcomes

## What Do We Need From You Right Now?

Nothing.

In the midst of a pandemic, we recognize the increase in stress that all Albertans are feeling and we know that crises most impact those who are already in crisis and dealing with past traumas and/or poverty. We hope to be able to use our research and resources to provide some education and stress relief to government staff in line with our trauma informed practices throughout the pandemic to support all Albertans.

In the future, we look forward to connecting about our other ideas for the implementation of trauma informed care practices.

***Governments and community agencies all have a stake in making sure the services they provide encourage success and do not inadvertently create more barriers.***

Learn more at [www.ticcollective.ca](http://www.ticcollective.ca)

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