

A Trauma Informed Congregation/Ministry

Considerations for a Trauma-Sensitive Approach to Well Being

1. Educate the staff and elder/deacon/board leadership team about the widespread impact of trauma and about potential paths for prevention and recovery.
2. Create a multi-disciplinary team if possible. Physician, Mental Health Provider, Pastor, Family/Youth Director, Law Enforcement, Laypersons, etc.
3. Review and reflect on what may already be in place to prevent trauma and to foster/increase resilience both at the church /ministry location and within the family units and the lives of individuals whom you serve.
4. Consider what new prevention and/or resilience initiatives could or ought to be initiated for youth, older children and adults (both those affected by trauma and for those who may have perpetrated the trauma).
 - A. Prevent/minimize secondary traumatic stress in staff and volunteers
 - B. Create and maintain a predictably safe environment
 - C. Conduct education, Bible studies, sermons that increase awareness and offer opportunities for spiritual and emotional healing
 - D. Offer safe and loving relationship-building opportunities. One-on-one, small groups
 - E. Inner/Physical healing opportunities for those affected by ACES
 - F. Provide opportunities to experience the unconditional love of Jesus!
 - G. Engage those affected by ACES in the planning of initiatives
5. Solicit other community resources that could assist you. Referral sources and resources, and partnering organizations.
6. Consider if a community-wide effort to become more trauma informed is warranted or practical. What might that look like? Possible assistance from The Children's Trust of SC.

Resources:

[SAMHSA](#) (Substance Abuse and Mental Health Services Administration)

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