

COLLECT MEANINGFUL DATA: Centering Healing in Trauma-Informed Research

Purpose: Trauma-informed care and data practices focus on understanding specific life experiences and their impact on wellness in order to better serve communities. Although the shift toward being compassionate about trauma is important, centering *healing* and resilience—rather than the trauma—is a meaningful way to give power back to the people receiving services. Here are some core concepts and data practices to start centering healing in your organization.

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What is Trauma?
An event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional or spiritual well-being

- Additional Causes of Trauma**
- Social inequities**, such as:
- **Racism:** Ongoing prejudice and discrimination
 - **Capitalism:** Exploiting working people for a higher profit margin
 - **Poverty:** Lack of access to essential resources like food, housing
 - **Sexism, homophobia and transphobia**
 - **Colonialism:** The erasure of cultures & communities outside of the white dominant, mainstream
- Childhood trauma** can overwhelm emotions and coping abilities long term. Examples include:
- **Caregiver neglect and/or lack of affection**
 - Family, community, or school **violence**
 - Serious **accidents or injuries**
 - Frightening/painful **medical procedures**
 - Untreated **parental mental illness or addiction**
 - **Loss of or separation from** a parent or loved one

The Three Es of Trauma

Events	Experience	Effects
<ul style="list-style-type: none"> • May include: <ul style="list-style-type: none"> • Actual or extreme threat of physical or psychological harm • Severe, life-threatening neglect • Some Examples: <ul style="list-style-type: none"> • Natural disasters • Abuse • Violence • War, becoming a refugee 	<ul style="list-style-type: none"> • Life events shape the individual's worldview which later helps determine whether those same events were actually traumatic. • Trauma affects people differently: a specific event may be experienced as traumatic for one individual and not for another 	<ul style="list-style-type: none"> • Long-lasting and unintended effects of the event(s) and how they are experienced are an important component of trauma • Effects can be immediate or delayed, short or long term

Types of Trauma

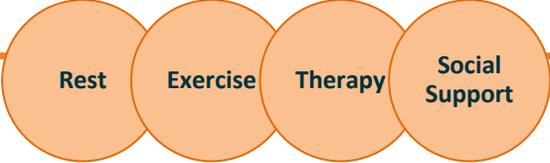
Acute Trauma	Chronic Traumatic Stress	Complex Trauma
<p>Experiencing or witnessing a deeply traumatic event such as:</p> <ul style="list-style-type: none"> • A serious injury or facing imminent threats of serious injury or death • A violation of personal physical integrity, that brings overwhelming feelings of terror and/or helplessness 	<ul style="list-style-type: none"> • Repeated exposure to trauma over long periods of time; single event or multiple events • Can bring range of responses including intense feelings of fear, loss of trust in others, decreased sense of personal safety, guilt, and/or shame 	<ul style="list-style-type: none"> • Can develop when an individual is exposed to multiple severe and significant traumatic events • Long-term impacts can include disrupted childhood development and the ability to form healthy relationships with others

Secondary Trauma
 Staff can develop effects similar to people who have experienced trauma by regular exposure with individuals who have experienced trauma

- When We Center Healing:**
- ✓ Communities have improved physical and mental health outcomes, improved neighborhood safety, and increased physical activity and social connectedness
 - ✓ Data can be used to amplify community voices and centralize community missions
 - ✓ Data can be empowering and empower healing in communities we serve

More Strategies to Address Secondary Stress for Staff

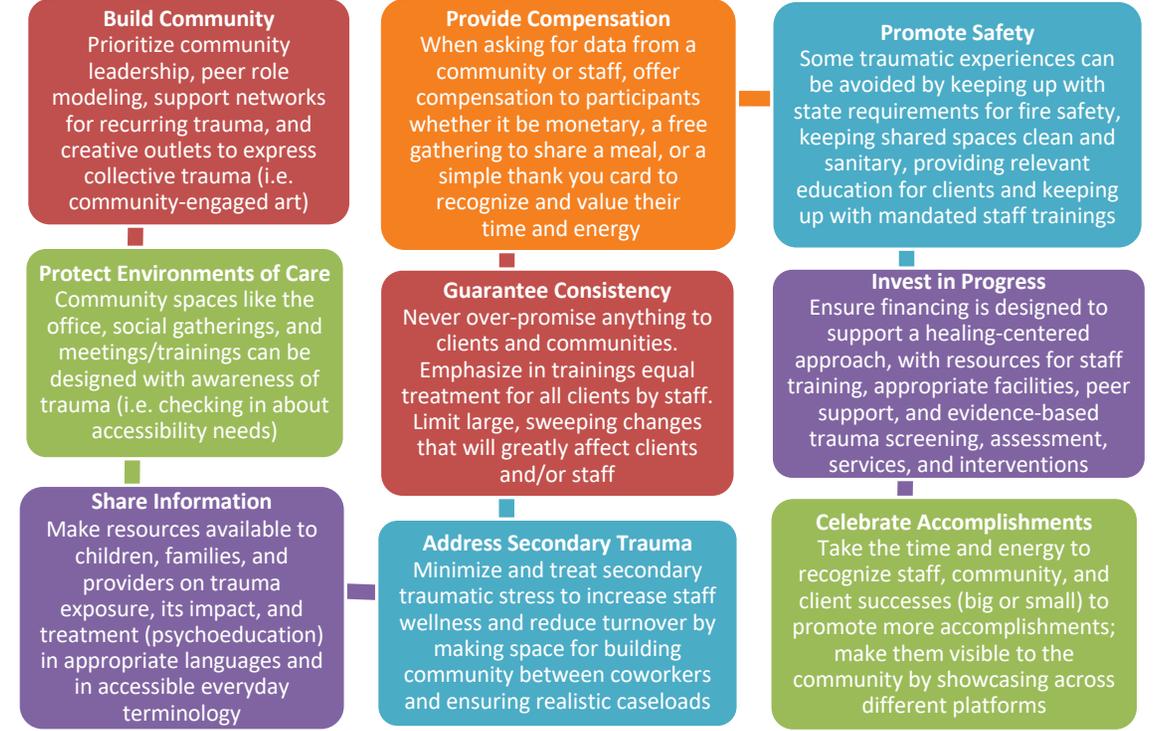
- Provide high-quality, reflective supervision
- Support workplace self-care groups
- Offer flextime scheduling
- Create a buddy system for self-care accountability
- Develop opportunities for staff and leadership to learn about and practice self-care such as:



What is the intersection of trauma and data practices?



Data Strategies and Practices to Center Healing



We encourage you to share these resources with your organization, and other local social service organizations. PLEASE NOTE this handout is the intellectual property of The Capacity Collective. Please do not duplicate parts, or adapt, without the express permission of The Capacity Collective. Thank you for supporting our work! **Special thank you to Arceli Efigenio for her work on this tool!**