

Implementing trauma-informed care at vaccine clinics

What is trauma-informed care? Trauma-informed care (TIC) is a **framework** that involves understanding, recognizing and responding to the effects of all types of trauma. Trauma-informed care also emphasizes physical, psychological and emotional **safety** for both consumers and providers, and helps survivors rebuild a sense of **control and empowerment**.

Why is it important? Trauma is pervasive throughout communities. Trauma can be acute, chronic or complex. Trauma can also be historical, generational and epigenetic. BIPOC and LGBTQ communities also face systemic oppression/trauma, creating a distrust in the government and medical systems. Those trying to be helpful can inadvertently trigger a trauma response when administering vaccines.

How do you implement it? You can reduce the unintentional triggering of individuals by employing trauma-informed core principles.

