Objectives

- Define trauma informed care
- Discuss the realities of rural sexual assault services
- Reimagine our sometimes limiting rural spaces as beautiful centers for holistic healing and support

Trauma Informed Care

- Recognizes and acknowledges that trauma and the role trauma plays in people’s lives influences how people approach and respond to services
- Understanding and addressing the needs of individuals who have experienced sexual violence supports the healing and growth of survivors whole avoiding re-traumatization
Trauma Informed Care

Core Principles:
- Safety
- Trust
- Choice
- Collaboration
- Empowerment
- Cultural Competence

While it is not possible to eliminate all environmental cues, it is important that sexual assault services programs create environments where survivors feel safe. – Building Cultures of Care

Rural Reality
- Large service areas
- Few staff
- Limited transportation
- Distrust of institutions
- Cultural norms of privacy, self-sufficiency
You are not alone

What do people love about rural communities?

Trauma Informed Care

Core Principles
- Safety
- Trust
- Choice
- Collaboration
- Empowerment
- Cultural Competence
1. What is something you are already doing that you want to keep doing?

2. What is something new you learned today that you are excited to start doing?

Questions?

Thank you, OVW!

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Thank you!

Leah Green, RSP Rural TA Specialist
515-244-7424
Leah@iowacasa.org
www.resourcesharingproject.org