



## **Trauma Informed Practice Position Statement**

Covenant House Vancouver is committed to being a Trauma Informed Agency. As such, the staff and board of Covenant House Vancouver hold an awareness that the youth who come to us may have been impacted by single incident, intergenerational or complex trauma and/or complex stress. Furthermore, we believe that trauma can be both a cause and a product of homelessness.

The impacts of the trauma young people face, combined with their homelessness, may have had detrimental impacts on their abilities to attach, self-regulate, and develop competencies that would support them to live independently, build healthy relationships, and establish positive coping mechanisms.

Trauma Informed Practice is in keeping with Covenant House Vancouver's principles of structure, sanctuary, value communication, choice, and immediacy. Within our existing framework of attachment-based interventions, Covenant House Vancouver believes that safe relationships are the vehicle by which youth can begin to address and heal from their trauma.

We also acknowledge that, as helping professionals, it is important to create a physically and emotionally safe workplace for our employees and volunteers that will best equip them to confidently provide services to our clients. To this end, Covenant House Vancouver is committed to:

1. Ensuring privacy and confidentiality for both clients and staff;
2. Creating predictable, stable helping relationships between staff, volunteers and our clients;
3. Providing staff and volunteers with training that will help them recognize and respond to signs of trauma in our clients, explore trauma from various cultural perspectives and develop strategies, behaviours, attitudes and policies that respect the work each client does to overcome their trauma;
4. Allowing and encouraging personal choice for our clients as they engage in our services;
5. Seeking input from individuals with lived experience of homelessness and trauma in creating and improving services to our clients; and
6. Ensuring that our staff and volunteers work in a safe, respectful, and mutually supportive environment.