

---

## Trauma Informed Response and Care (TIRC) Talking Points

- 1.) We serve our community members and neighbors during their most vulnerable and darkest times and that comes with a sacred responsibility. It is essential that we strive to use the most up to date and cutting-edge practices and paradigms. We are hopeful that we can and will change the world.
- 2.) Evidence Based Innovation allows us to use evidence-based practices (EBP), but with the awareness that EBP is slower (literally by decades). Let us strive to “Fail Forward”.
- 3.) Today: we are teaching Trauma Informed Response and Care (TIRC). We are talking about this methodology because it is rooted in the most current neuroscience. BUT- we know that as humans continue to learn and study- we will continue to find something better. We will evolve - this is just the next step.
- 4.) “Trauma Informed Care” is the current paradigm- but it is difficult, and many are treating it like a buzzword because it is so complicated. We seek to complicate it further- but also create a path in which you could reach it.
- 5.) Genuine empathy is essential.
- 6.) To be Trauma Informed: Responders must have working knowledge on the scope of neuroscience and trauma, they must be able to recognize it when they see it, they must have a whole tool box of strategies and tools that they can use to properly respond their clients with the most up to date knowledge that we have. Finally, TIRC is highly flexible and can be use in any setting that serves humans.
- 7.) TIRC focuses on:
  - a. **Safety:** emotional and physical safety for both responders and victims
  - b. **Trustworthiness and Transparency:** Victims should feel safe enough to trust services and all services should act in total transparency.
  - c. **Peer Support:** Victims move on to become survivors and then individuals who literally thrive. A TIRC agency organization has a work process that allows for victims to have a voice and to support their peers.
  - d. **Collaboration and Mutuality:** One of our good friends always says “There is enough rape to go around”. If we are going to change the world, we must work together.
  - e. **Empowerment, Voice and Choice:** Victims should have the power to make their choices, express their thoughts and have input into our services.

f. **Cultural, Historical, and Gender Issues:** Identity Issues matter. Intersectionality is the next best choice.

8.) Education is important and there are a lot of things to educate on. Then the education must be implemented and audited –internal and external accountability is key. It’s not enough for us to “say” we are doing something – we must be accountable for actual implementation and change.

9.) All staff must be supervised in a manner that supports Vicarious Trauma Mitigation. Self-Care must be a priority and consistent issue.

10.) The environment must safe- emotionally and physically.

11.) The environment must be supportive to all people. All people (which comes with education and training needs).

12.) The information that we gather matters. We should try to collect information that is useful for the victim’s “transcendence” plan. Our goal should be to help the victim, not to gather data for the funders. The forms should seek to capture assets, barriers, goals and objectives.

13.) Evaluation is essential. However, the evaluation should aim to capture working information that can be used to measure a program and inform change.

14.) Change polices to be a TIRC agency/organization.

15.) Currently, Forensic Experiential Trauma Interview is the only known interview methodology that is truly trauma informed in that it does not use “Who, What, When, Why” type questions and does not focus on a narrative or on sequence or on logic (as the brain science informs us). **Again**, we are focused on serving victims with the best, most cutting-edge practices- so if you know of a method that is better and more trauma informed, let us know!

16.) Self-Care is an ethical responsibility. Burnt out staff can do more damage to victims. Secondary victimization is a real problem.

17.) TIRC has over 150 different elements.

18.) The path toward actualizing TIRC is dependent on our ability to remain hopeful that we can change.