

# Trauma Informed Practices for Providers and Those Working with Justice-Involved Individuals



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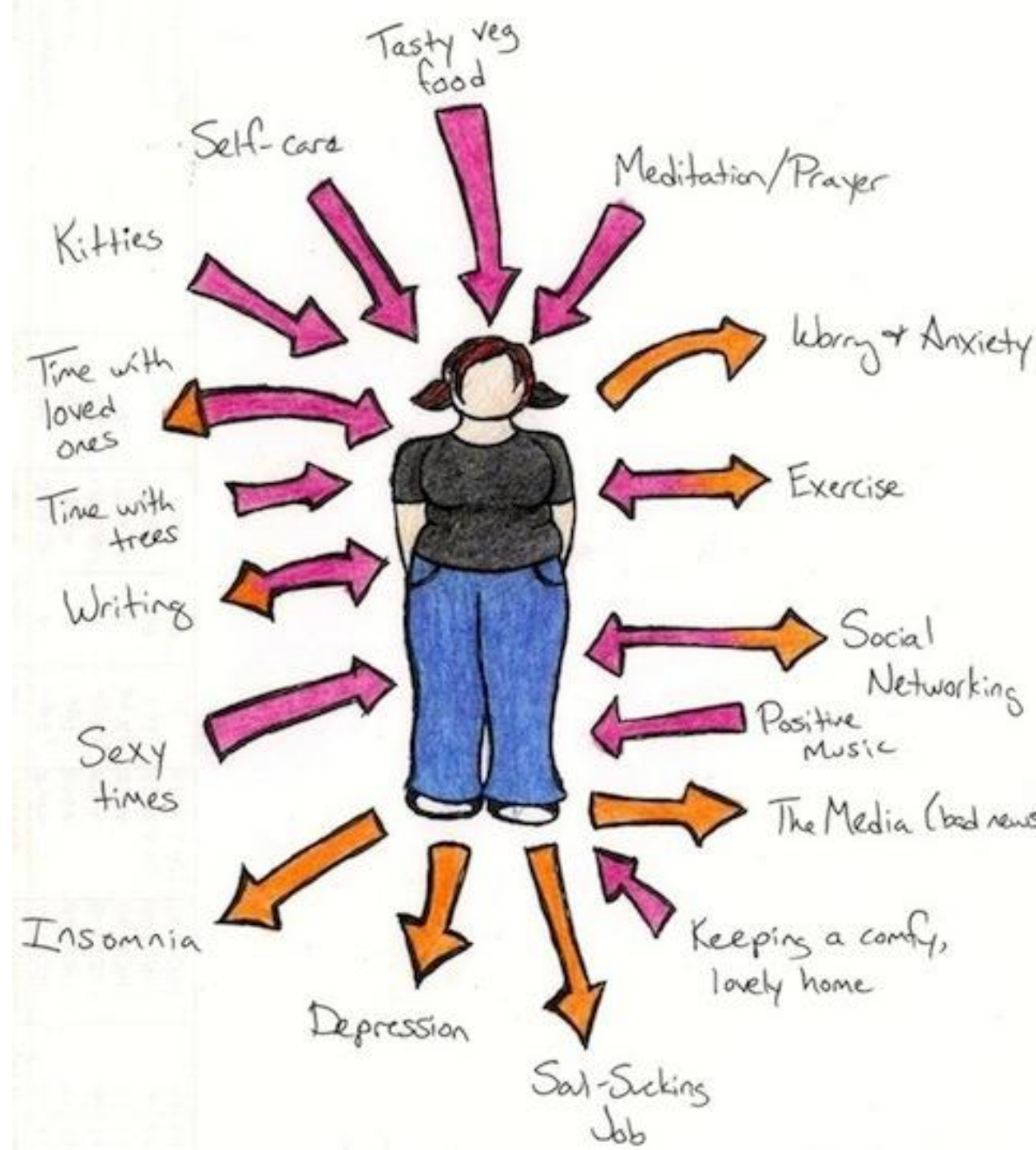
# Canaries in a Coal Mine

Trauma Informed Practices for Workers  
and People with Justice Involvement

# Give and Take

What fuels me?

What drains me?





***Trauma-informed care*** shifts the focus from:

What is  
*WRONG*  
with you?

to

“What  
***HAPPENED***  
to you?”

Learn more at [chcs.org/traumainformed](https://chcs.org/traumainformed)

CHCS Center for  
Health Care Strategies

IT'S **NOT**  
ABOUT  
THE  
NAIL





# The 4 R's:

A program,  
organization,  
or system that  
is trauma-  
informed:

## Realizes

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;

## Recognizes

- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

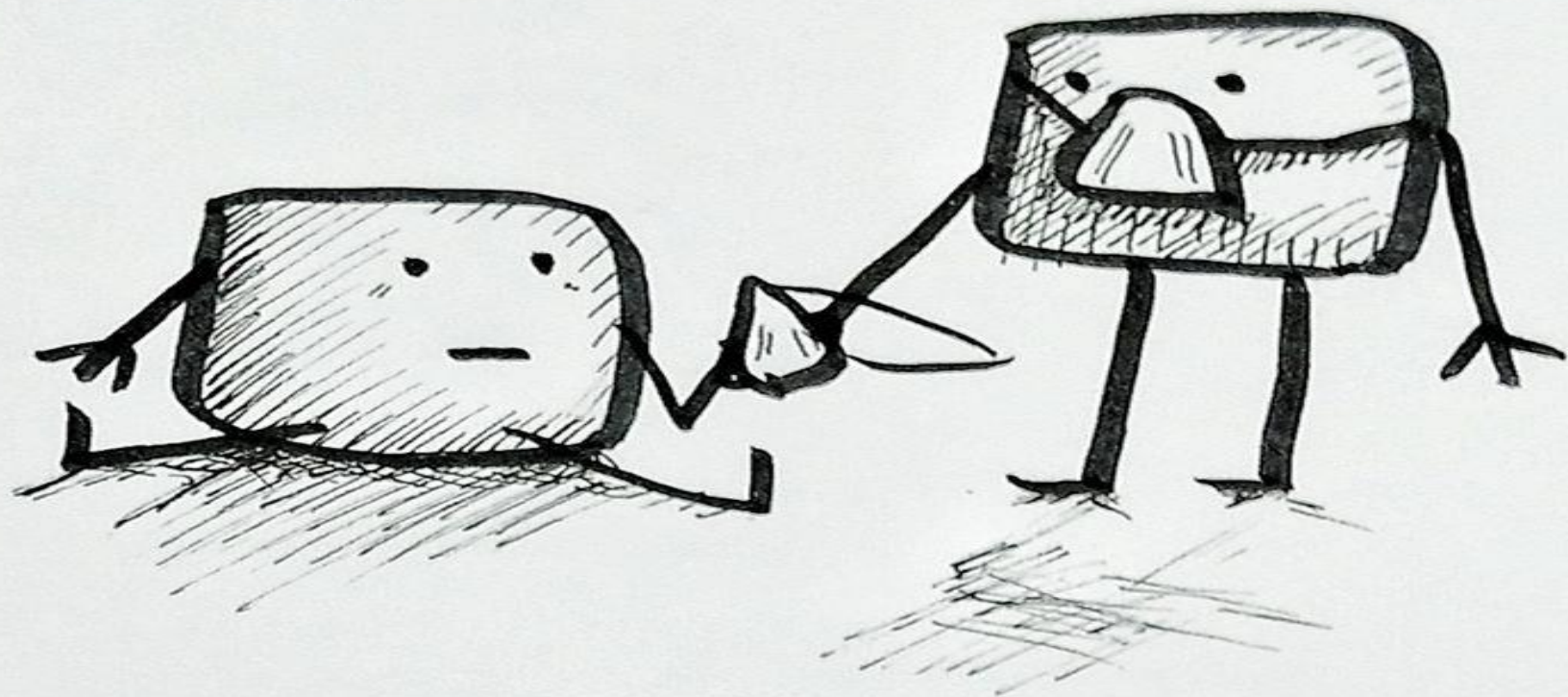
## Responds

- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and

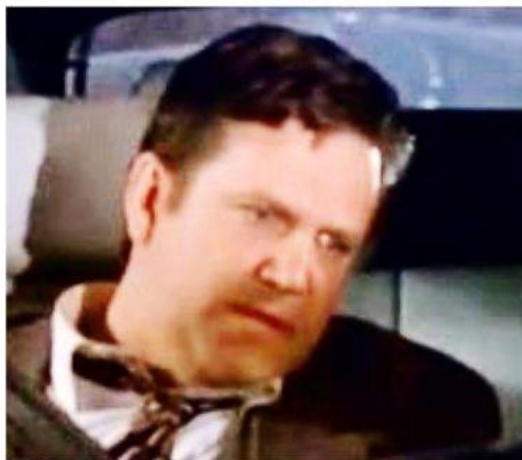
## Resists

- Seeks to actively **resist** re-traumatization.

put your own  
oxygen mask  
on first







The greatest gift you can give to somebody is  
your own personal development.

I used to say, 'If you will take care of me,  
I will take care of you.'

Now I say, 'I will take care of me for you,  
if you will take care of you for me.'

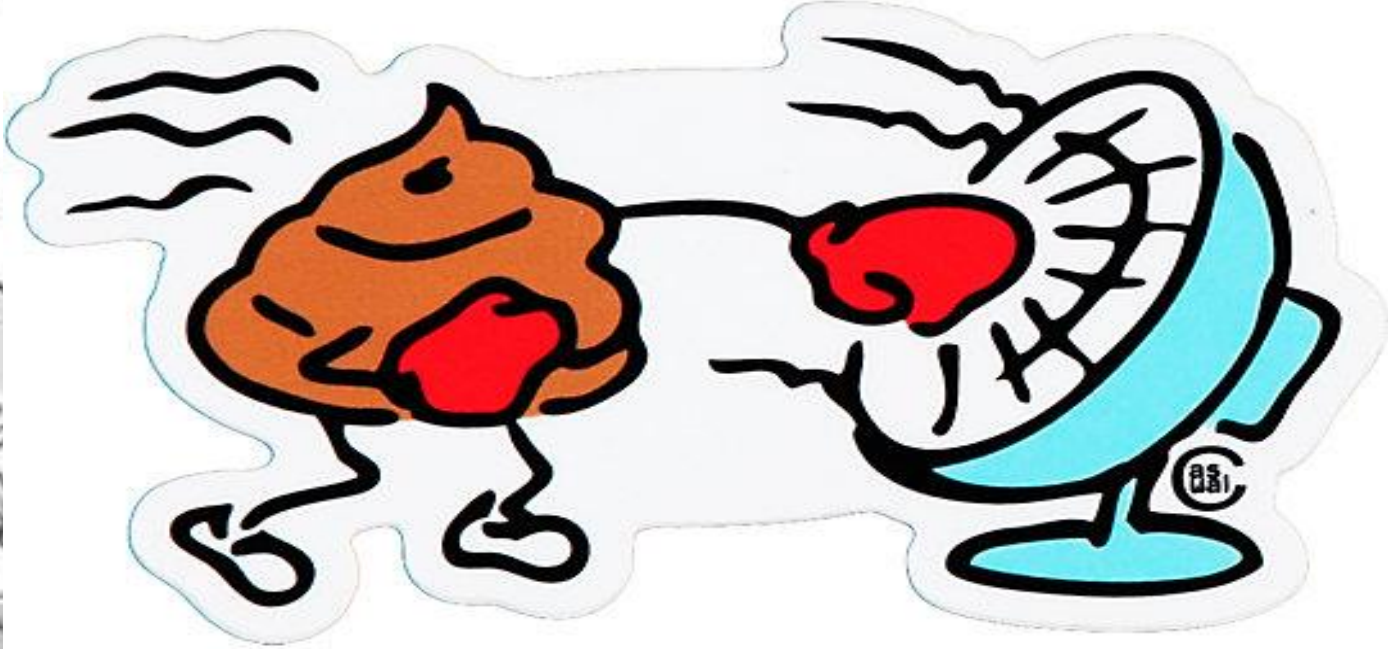
— Jim Rohn





Don't mistake my kindness for  
weakness. I'll choke you with the  
same hands I fed you with.





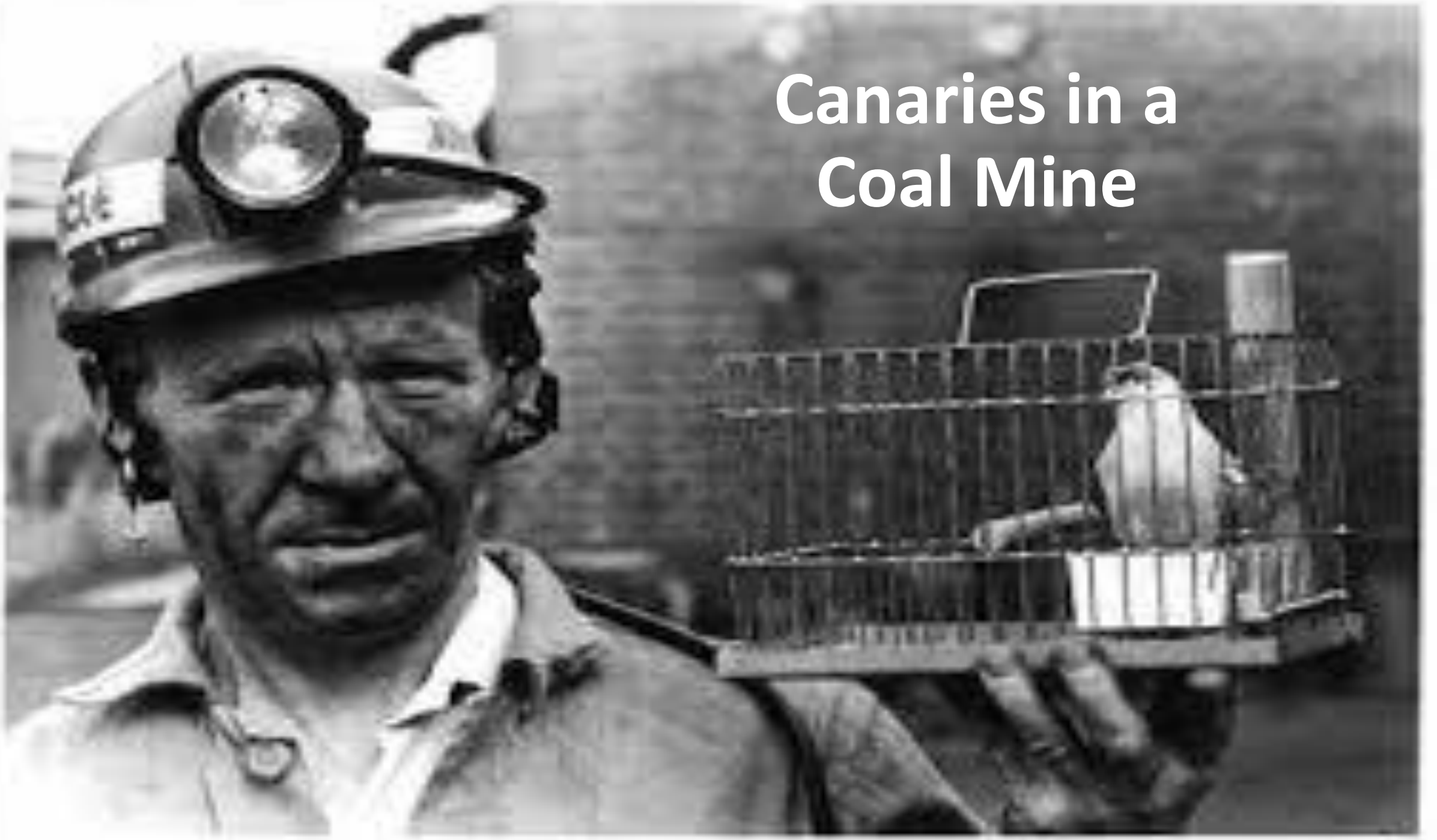
Shamshon

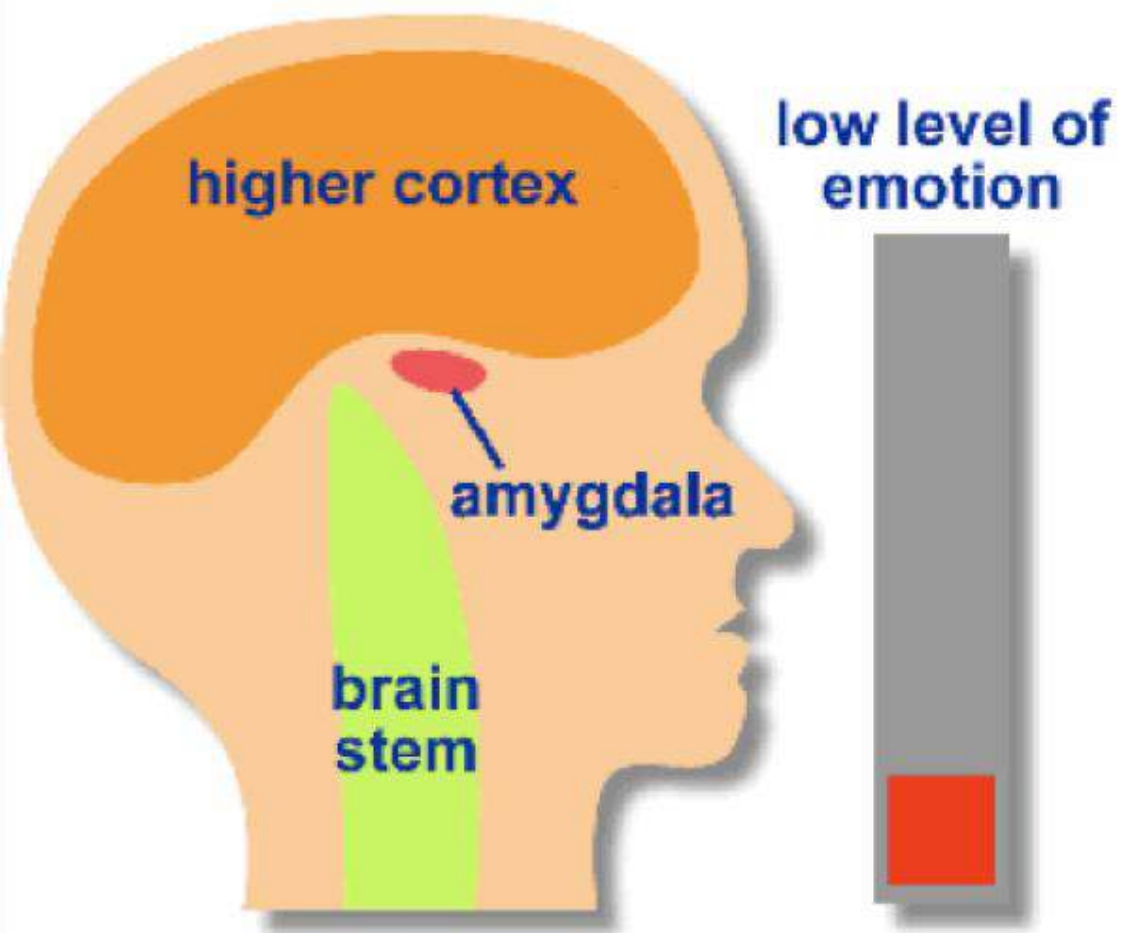
**Working  
Protectively**





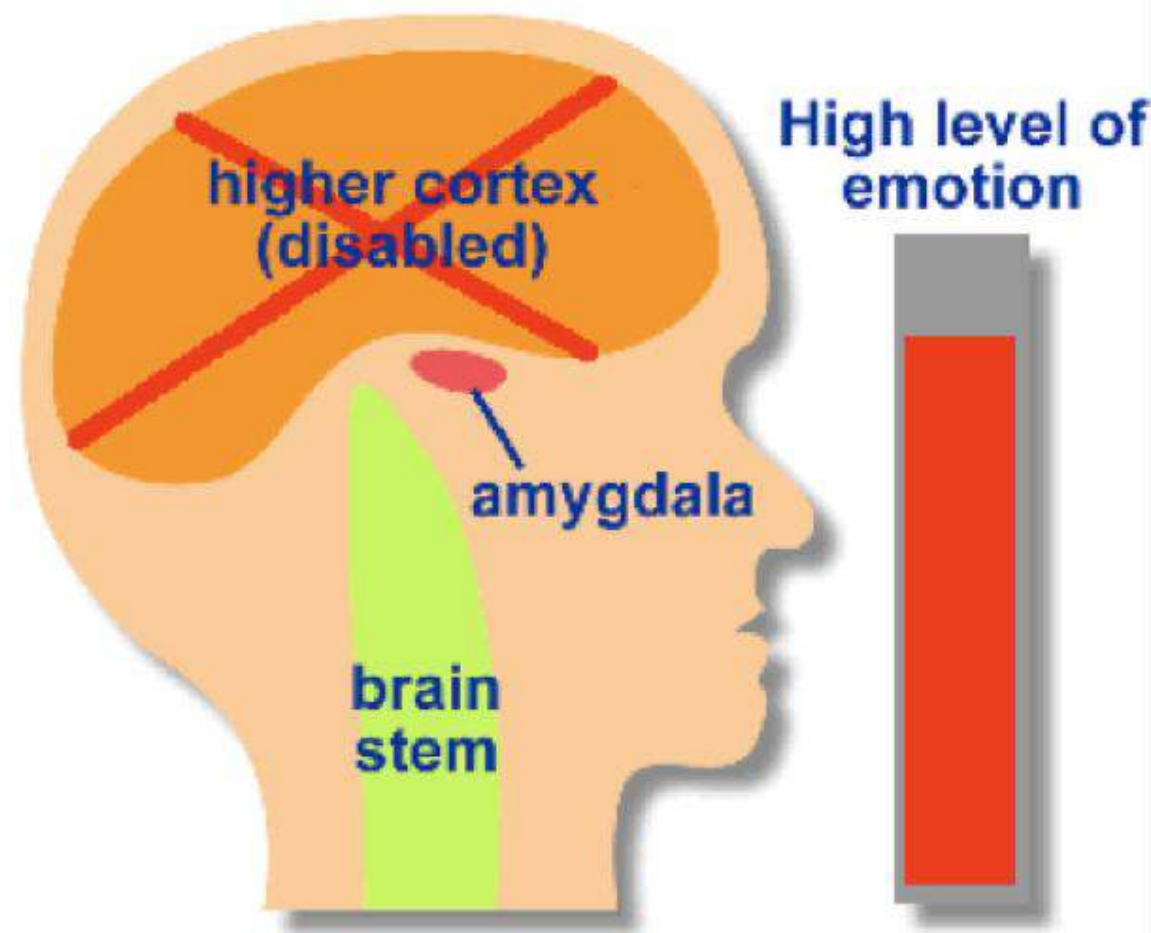
# Canaries in a Coal Mine





**Low emotion**

(calm, relaxed)



**High emotion**

(anger, fear, excitement, love, hate, disgust, frustration)

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# Plant Your Feet.

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Place both feet flat on the floor. Sit up straight, feeling the chair supporting you. Feel your feet touching the floor.

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# Breathe.

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Inhale slowly while mentally counting to 5. Then exhale completely to a count of 5. Repeat 5 times.

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# Notice.

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Notice what you see around you. Say out loud 5 things you see, 4 things you hear, 3 things you can feel and 2 things you smell.

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# Grounding: 5 Senses

5 4 3 2 1 Grounding Exercise



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**We may have all  
come on different  
ships, but we're  
in the same  
boat now**

**~ Martin Luther King ~**



**[www.StatusMind.com](http://www.StatusMind.com)**

**“We” Talk**

**“ I will help you?” vs.  
“We’re gonna figure this out.”**



# **“Non-Judgmental” Talk**

**In a domestic violence situation where the victim refuses to leave the abusing spouse:**

**Please don't hesitate to call us again if you need.**

**You need to leave this relationship.**

**Aren't you concerned for your children's' safety?**

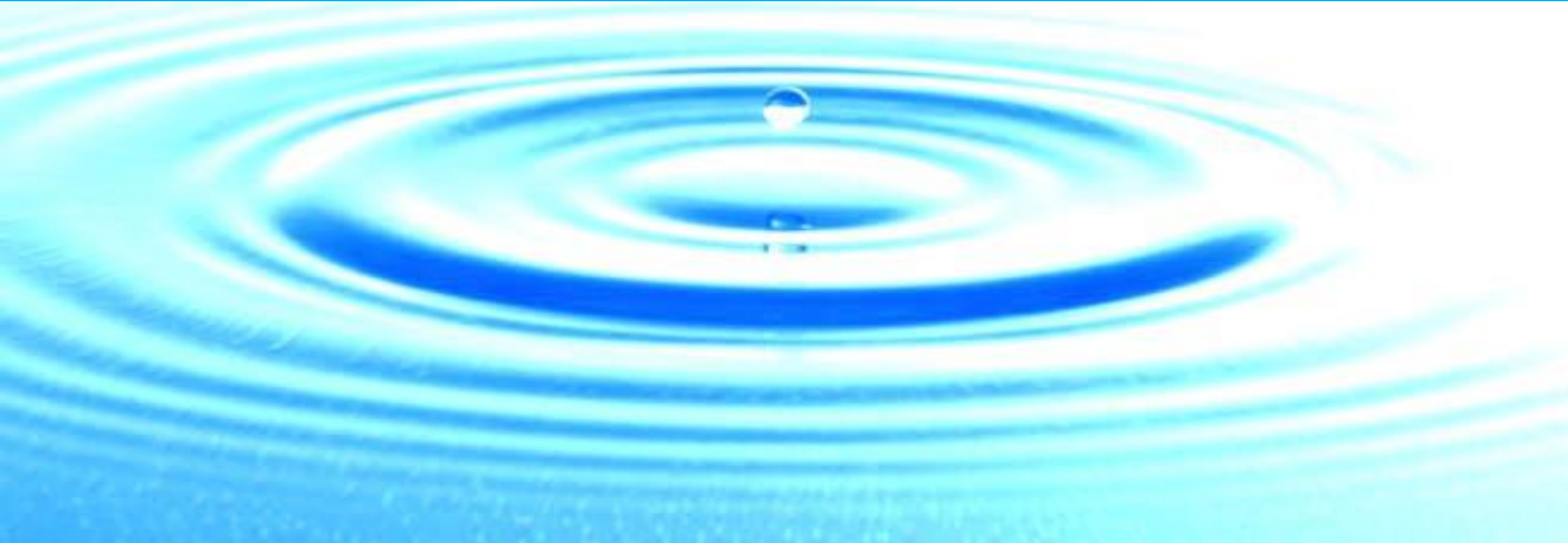
**Don't you have any respect for yourself?**

**Here are some resources and services available for you in the community.**

**I know exactly how you feel because I went through the same thing. Here's what you should do.**

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

**Robert F. Kennedy**



# Thank You!

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