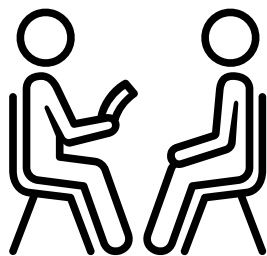


# SECTION 7

## TRAUMA-INFORMED, STRENGTHS-BASED & CULTURALLY SAFE APPROACHES

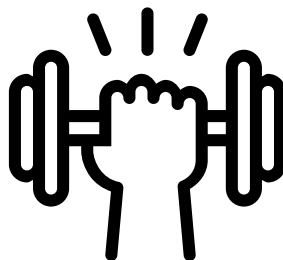
*Working in ways that are trauma-informed, strengths-based, and culturally safe are important when supporting people with FASD*

### TRAUMA-INFORMED



Emphasizes safety, collaboration, connection, choice, and empowerment

### STRENGTHS-BASED



Moves away from a deficit focus on disability toward an emphasis on capabilities

### CULTURALLY SAFE



Considers social and historical contexts, and structural and interpersonal power imbalances

#### PRINCIPLES

Trauma awareness

Emphasis on safety and trustworthiness

Opportunity for choice, collaboration, and connection

Strengths-based and skill building

#### PRINCIPLES

Collaborative

Emphasis on determining and drawing on strengths

Effortful examination of strengths and capabilities

Focus on leveraging strengths

#### PRINCIPLES

Engaging in reflection surrounding issues of power

Embedding philosophy of care and respect

Understanding of cultural history of those accessing service