

Spotlight on Your Camp Tradition

Use this worksheet to think about how your tradition meets or misses the six pillars of trauma informed care. Which pillar might be a root back into your campers' comfort or stretch zone?

Brief Description of your camp tradition:

Pillar	A way our tradition meets this is:	A challenge to our tradition meeting this is:	Potential Solution
<u>Stable and Safe</u> Our staff and the people we serve, whether children or adults feel physically and psychologically "safe," and the organization's definition of safety aligns with how the people we serve define safety.			
<u>Trustworthiness and Transparency</u> Our organization's operations and decisions are conducted with transparency and with the goal of building and maintaining trust with the youth we serve, their family members, our staff, and others involved in the organization.			
<u>Peer Support</u> Our organization encourages peer support and mutual self-help as key elements for establishing safety, hope, trust, and collaboration. We center the stories and lived experience of the youth and families we serve to promote recovery and healing.			

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Continued

If you want help implementing this at your camp or if you would like to keep us updated on how you used this framework for your camp's tradition, we would love to hear from you! Contact us: AdamK@BamidbarTherapy.Org

Pillar	A way our tradition meets this is:	A challenge to our tradition meeting this is:	Potential Solution
<u>Collaboration and Mutuality</u> Our organization is a highly collaborative environment where we prioritize partnering to dismantle and/or level power differences between staff and those we serve and between our staff members..			
<u>Empowerment, Voice and Choice</u> Throughout our organization's staff and among the youth and families served, individuals strengths and experiences are recognized and built upon. Our organization fosters a belief in the ability of individuals, organizations, and communities to heal and flourish.			
<u>Cultural Historical and Gender Issues</u> Our organization actively works to move past cultural stereotypes and biases, offers access to gender responsive services, leverages the healing value of traditional cultural connections, and incorporates policies, protocols, and processes that are responsive to racial, ethnic, religious, and cultural needs of individuals served.			