



# Recognition & Awareness

Trauma and resilience are prevalent among people with HIV and those providing services. Trauma and resilience can affect an individual’s ability and willingness to engage with programs either as a person with HIV or as part of the workforce. The service setting can be a source for re-traumatization or a source of healing. An organization that is actively working through the Recognition & Awareness module is at *Trauma-Aware* on the Roadmap to Healing.

## CONSIDERATIONS

- » Learn to recognize when and how services are triggering, or when and how they build upon resilience.
- » The prevalence of trauma within the communities served by your agency.
- » The prevalence of vicarious trauma and burnout within the workforce.
- » Resilience factors the individuals you work with possess.

## ACTIONS

- Add trauma and healing-related topics to agency newsletters, board meetings, trainings, conferences, and as a standing agenda item at staff meetings.
- Assess for burnout and vicarious trauma within the workforce using NASTAD’s [Vicarious Trauma Assessment and Prevention](#).
- Ensure supervision is trauma-informed by using the [Trauma Informed Care Supervision: Questions and Ideas Table](#) and [Attunement and Self-Assessment in Supervision](#) resources.
- [Sign up](#) to receive trauma and resilience related information and connect with local or national initiatives.
- Reach out to other federally funded or state programs within your jurisdiction that may be implementing trauma-informed and healing-centered approaches, such as Title V Maternal & Child Health Programs or the department of human services/behavioral health.
- Read about the impact of trauma and resilience on people with HIV and HIV services in peer-reviewed journals.
- Conduct [client feedback surveys](#) (see “Change Concept 1: Help All Individuals Feel Safety, Security and Trust- Assessment Tools”) and focus groups to assess client experiences with your bureau or organization.

## STATE EXAMPLE

### RHODE ISLAND

In 2022, Rhode Island’s HIV Provision of Care & Special Populations Unit hosted their annual World AIDS Day event with a theme on TIA; the event was titled, Trauma Informed Approaches for People Living with HIV. Participants from across the state include community partners, clients, and health department staff listened in while Rhode Island shared the relevance of trauma to people with HIV, national statistics related to trauma, and what the RWHAP has worked on and plans to work on related to TIA, including assessments for providers and clients at sub-recipient agencies for those doing case management, a TIA curriculum they’re developing, training for staff, and standards of practice for TIA. This platform served as a way to increase awareness of trauma, healing, and TIA for a broad audience.