



Fourth Friday Call Safety September

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*Disclaimer

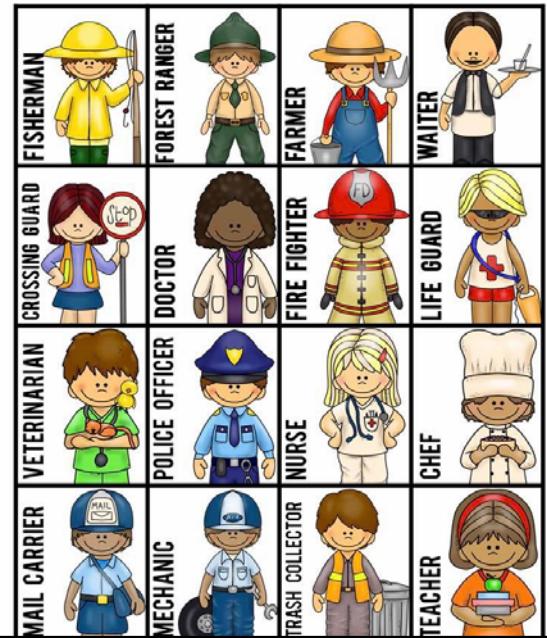
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"Community workers and helpers"

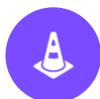
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COMMUNITY HELPERS



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GUIDING PRINCIPLES OF TRAUMA-INFORMED CARE



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(not just for the youth)

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Think about when you first entered this field...

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What prepared you for this work?



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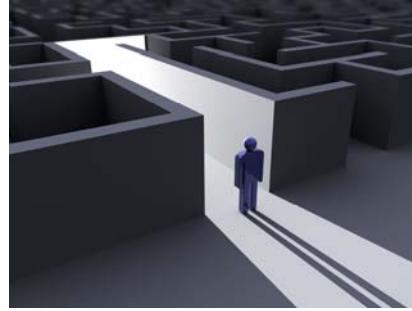
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At work... Do (or did) you ever feel like this?



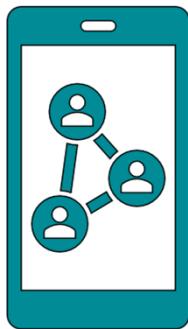
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Everything
comes to
one!



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Personal Responsibility



- **Guard your privacy.** Do not give out personal information. It should be a conscious decision if you have pictures in your office, certain bumper stickers on your car, as well as any other potential identifiers.
 - Note: The field has embraced the contributions of those with lived experience; Lived experience is not included in this tip but needs to be addressed.
- **Be mindful of your presence on social media.** Monitor your privacy settings on sites like Facebook. Also avoid sharing things that could provide others with information about you, your family, where you live, and so on.
- **Listen to your internal warning signals.** Leave if you don't feel safe.



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Personal Accountability



- **Dress professionally and functionally.** Make sure your clothes and shoes provide you with ease of movement.
- **Set expectations.** Discuss mandated reporting requirements and program expectations during your initial contact with your client(s).
- **Establish parameters.** Make it clear that you have a schedule to keep and are expected elsewhere later. This puts in some parameters ahead of time in case you have to leave for any reason.
- **Be aware of signs of intoxication.** If someone is impaired such as with drugs or alcohol, leave. You can always reschedule.

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**Be Informed.
Connect- Have a buddy or team.
Location Sharing.
Keep you calendar updated
... and shared.
Safety check-ins.**

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How observant are you?



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Location



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Location Tips

- **Know where you are going.** Ask about special directions, landmarks, or parking locations. Be familiar with the community resources and hazards.
- **Be aware of others.** Be mindful of others in the community and apartment/house for safety and confidentiality reasons.
- **Try to keep a clear path to the door.** Know your means of exit. You may leave from a way different than the way you came in.

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FOUR (4) AT THE DOOR



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Pets and Animals



Ask about pets. It's best to call ahead of time to see if there are any pets. Do you have allergies? Is the pet friendly (or not) or restrained?

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“Always be in the “K.N.O.W.”

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Transportation



- **Know exactly where you're going.** If you've never been in a certain location, drive around the area first. This helps you familiarize yourself with alternative routes if you need them for safety. It also gives you advance knowledge of areas that could pose more risk than others.
 - **Keep a buffer zone.** It's best to leave at least a car length in between you and the car in front of you whenever you stop. This provides you with some space to maneuver in if you're in danger.
 - **Follow the Law – Focus on Driving.** You are role model, set an example of good driving skills and focus on the road.

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Transportation



- **Keep valuables out of sight.** Carry as little as possible. It's best to put valuables in the trunk before you leave on an appointment so as not to advertise what you have and where you put it.
- **Be strategic.** Fill the gas tank. Drive with your doors locked. Park in a well-lit, visible area. It's best to back your car in for leaving in a quick and less-obstructed way. Avoid being blocked in a parking space.

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Virtual Safety

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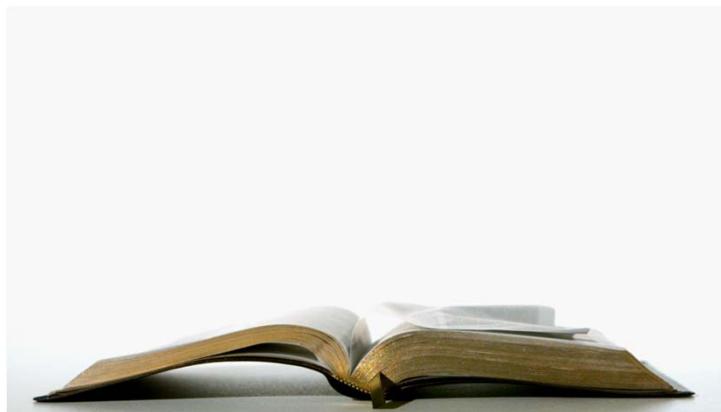
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**What helps you
feel like this?**



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Share your Lessons Learned Learning

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Research. Google is your friend.

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Join us next month October 27th

**As we host the
Center of Evidence Based Practice (CEBP)**

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