



What is the Difference Between Trauma-Informed Care and

“Alchemize HOPEs Signature Blueprint Formula Trauma-Aware Approach” ©

Through the years, we have acknowledged the importance of trauma-informed care and approaches within systems across the United States. Sadly, we live in a highly traumatized society, where both providers and the people we work with are often re-traumatized by these systems. We tend to be "reactive to crisis" rather than "responsive."

Over the years, through numerous training courses, we began engaging in conversations with others who also recognized the need for systemic change. We understood that trauma was prevalent and that every person we encounter, might have experienced trauma. We could explain the principles of voice and choice and quote the data supporting them.

However, what was missing was the practice of embodying these principles and implementing them in life, work, and various spaces

However, we often lacked the practice to embody these principles and implement them in our lives, work, and environments. Action was needed! Something needed to be done!

The need to distinguish between "trauma-informed care" and **Alchemize HOPEs Signature Blueprint Formula Trauma-Aware Approach** © a **Trauma-Aware System**© became very clear.

Understanding "trauma-informed care" and adopting Trauma-Aware Approaches, as well as building a Trauma-Aware system, are fundamentally different. Trauma-Informed Care addresses the “What and the Why” — What it is and Why it is important. **Trauma-Aware Approach** focuses on the “How” — How to practice trauma-informed. They work together, but we need more **Trauma-Aware Approach** throughout every level of our systems of care! **Trauma-Aware Systems** by Alchemize HOPE are the intentional practices embedded through every layer of the company, its services, its staff, partners, environments and embodies the **Alchemize HOPEs Signature Blue Print Formula Trauma-Aware Approach** ©



We need more Trauma-Awareness in the world! **Alchemize HOPEs Trauma-Aware Approach**© is a way of being, it involves internal and external awareness. It requires deep self-reflection and self-awareness. It is an embodiment of principles reflected in who you are as a person, how you interact with others, and how you represent yourself in your workplace and community. It involves having self-awareness and recognizing your part in all interactions, relationships and decisions in your life personally and professionally.

Alchemize HOPE Trauma-Aware Approach brings new meaning to Trauma-Aware, we are systems change agents for Trauma-Awareness! We believe recognizing your role, using your influence to ensure **Trauma-Aware Environments**, and acting as change agents by becoming **Alchemize HOPE Trauma-Aware Ambassadors** through our “**Trauma-Aware Ambassador Success Path**”© for Trauma-Awareness. When you are personally and professionally aware of your own trauma activations, your communication with other changes. This awareness broadens your understanding of Trauma-Awareness, prompting you to embed brave spaces to cultivate safety for all by creating **Alchemize HOPEs Trauma-Aware Environments**© for everyone. You begin to realize that everyone has trauma, even if we do not fully understand how it is passed down through generations and epigenetics.

Trauma is not linear, and every person's capacity to handle trauma is different. Any activation could be a trauma reaction. We see “crisis as an opportunity” for **Trauma-Aware Approach** to “**Connecting, Learning, Growing and Healing Together**”© for everyone.

Being deeply invested to “**Connect, Learn, Grow and Heal**”© the world, **Alchemize HOPEs Trauma-Aware** is a paradigm shift that will change the systems and world as we know it.

“Do not let your past define you, let your past design you” ~Angel Prater

Heal Trauma, Be Trauma-Aware

Angel Prater

Alchemize HOPE: Hope-Driven Opportunities to Personally Evolve