



---

## **Vision:**

A resilient world where families and communities thrive. We welcome you to join our San Diego Trauma-Informed Guide Team.

---



## **ABOUT THE SAN DIEGO TRAUMA-INFORMED GUIDE TEAM**

The San Diego Trauma-Informed Guide Team (SD-TIGT) is focused on collaboration, advocacy, and education to build resilient communities throughout the San Diego Region.

Founded in 2008, our unique venue welcomes professionals, resident leaders and others to participate in this resilience building movement.

Participants, who meet six times a year, provide leadership in advancing practice, program, and policy in evolving their agency, organization or community effort at their own pace and stage of readiness.

## **SAN DIEGO TRAUMA-INFORMED GUIDE TEAM (SD-TIGT)**

### **Mission:**

Promoting trauma-informed services in the San Diego region through collaboration, advocacy, and education.



## What is Trauma?

Trauma is a term used to describe distressing event(s) that may have long lasting, harmful effect on a person's physical and emotional health and wellbeing.

- SAMHSA

## What is Trauma-Informed?

Understanding the psychological and physical impact of trauma and creating environments that promote safe, trusting and respectful relationships that help build resilience.

## SD-TIGT: Core Values:

- Respect
- Accountability
- Diversity



*Building resilience  
across the San Diego  
region.*

## What is Resilience?

The ability to cope with stressful life experiences, overcome adversity, and thrive regardless of challenges in life.



### For more information:

<http://www.acesconnection.com/g/san-diego-county-aces-connection-group>