COLLABORATION

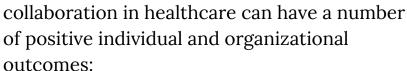
A PUBLICATION OF THE TRAUMA-INFORMED CARE COMMITTEE AT LANCASTER BEHAVIORAL HEALTH HOSPITAL

Why Should I Collaborate When I can just do it by myself?

The old Barkinabè proverb might be cliche, but it's a timeless truth nonetheless: if you want to go fast, go alone; if you want to go far, go together. And that is, fundamentally, still

the best argument for collaboration. When we work together, it takes less of a toll on each of us.

According to a 2023 study published in The Ochsner Journal (Warren, Warren), interdisciplinary



1. Improved Care

When people with different perspectives look at the same problem, they aren't just able to come up with *more* answers, but answers for *more* complex problems.

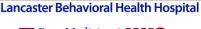


ABOUT THIS PROGRAM

- 1. Safety
- 2. Trustworthiness and Transparency
- 3. Peer Support
- 4. Collaboration and Mutuality
- 5.Empowerment, Voice and Choice
- 6. Cultural, Historical and Gender Issues

These are the Six Principles of Trauma-Informed Care, identified by the Substance Abuse and Mental Health Services Administration (SAMHSA). As a part of LBHH's commitment to trauma-informed care, our hospital pays special attention to one principle each month.





ABORATON

2. Reduced Waste/Stress

Waste happens everywhere in the workplace. It's not just printing a pile of paper that's destined for the trash. We can waste energy, time, resources, you name it. When our stress level goes beyond being a helpful motivator, it's waste.

When we collaborate, the evidence shows, we waste less, and we stress less. **Communication** is the common denominator.

3. Culture of Learning

Collaboration teaches us that we don't have to know everything. We're not supposed to know everything. When a workplace normalizes collaboration, it also builds a culture of learning and humility.

Looks Like...

- Gaining a variety of perspectives in decision-making
- · Asking for someone's input, even if you may not agree with them
- · Taking sound advice no matter where it comes from
- · Asking clarifying questions rather than dismissing someone's comments

Word of the Month

in·tro·spec·tion noun the self-examination of thoughts and feelings as they are stirred up in community

Next Month's Theme

THY TO WHEN

