

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 cliché, 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

collaboration in healthcare can have a number of positive individual and organizational outcomes:

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.

COLLABORATION

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.

COLLABORATION 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

EMPOWERMENT