

MUTUALITY

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

What Do We Have to Do with Each Other?

A former NASA administrator shared a story about President Kennedy touring Cape Canaveral in the early days of the space race. As he made his way to a custodian who was sweeping the concrete near the launch pad, the President asked, “And what is it that you’re tasked with here?”

The custodian replied, “Just doing my part to put a man on the moon, sir.”



What the custodian was able to capture so eloquently is a point that’s often missed in the workplace: *everybody* has a common objective... at least in theory.

Practice is a different story. The average workplace (the kind that isn’t going to win any awards) will operate like a disconnected

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.

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collection of departments. In fact, most places do.

But the organizations that operate like well-oiled machines remember from the top down and bottom up that everybody is there for the same purpose.

Trying to move the needle on this principle?

Start simple: begin a conversation with someone in a department that you ordinarily don't encounter. You might be surprised to learn that they share the same commitment to the organization's vision, or gain some new insights from a fresh perspective.

MUTUALITY 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

rec·i·proc·ity *noun*

the normative practice of exchanging with others for mutual benefit

For
More
Info

VOICE & CHOICE