

VOICE & CHOICE

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

The Dynamic Duo

Readers will recognize “voice and choice” as the companions of “empowerment” in the list of SAMHSA’s trauma-informed care principles. But apart from that, *Voice & Choice* is a philosophical framework, most commonly associated with educators and the classroom setting.

The framework goes something like this: when you allow students to share their opinions (or “voice”), and their opinions actually influence *what* is taught, and *how* it’s taught (or “choice”), outcomes improve. According to educator and researcher Jud Hartman, those outcomes include increased student engagement, ownership, and confidence. Overall, students reported feeling that a *Voice & Choice* model of education felt more worthwhile.*



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.

*Hartman, J. (2023, November 7). Student Voice & Choice in Modern Pedagogy. Develop With Jud.

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While these insights are commonly applied to current challenges like student engagement in remote learning settings, there's a lot more to be gleaned here.

Every day, regardless of where you work or what you know, you are a student in some capacity and a teacher in another.

The fact is, we don't need to be professional educators to practice this. It can be as simple as finding out how much someone knows, or how they like to learn, before you start to teach something. The evidence is clear: a student becomes a partner when the teacher models Voice & Choice.

VOICE & CHOICE Looks Like...

- When you're giving someone instructions, ask them how they best retain information, and offer the instructions with that in mind.
- If you're running group therapy, start by asking participants what they hope to gain from that session, and attend to their responses.
- Remember: when the "choice" can't be given, be **transparent**.

Read the
Jud Hartman
article here



Next
Month's
Theme

**CULTURAL
AND GENDER ISSUES**