



Climbing Out

**Supporting people
virtually on their paths
out of poverty?**

A photograph of a wooden staircase in a wooded area during autumn. The steps and surrounding ground are heavily covered with fallen yellow and brown leaves. The text "Living in poverty can lead to complex trauma." is overlaid in white, bold, sans-serif font on the left side of the image.

**Living in poverty
can lead to complex
trauma.**

Life in Poverty

Life in Poverty

Addictions
DAILY HASSLES
FINANCIAL INSTABILITY

Neglect

**DISCRIMINATION
& STIGMA**



**RESIDENTIAL
INSTABILITY**

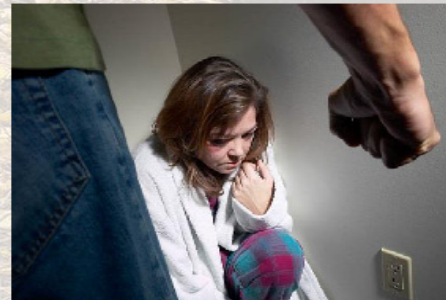
Isolation

Social & System Demands



Loss & Grief

Violence



The Physiology of Coping

Attachment

Establishes the body's priorities

Development of social engagement, co-regulation, and self-regulation

Safety

Shifts the body's priorities

Prepares for co-regulation and restoration

Tend and Befriend

Connectedness

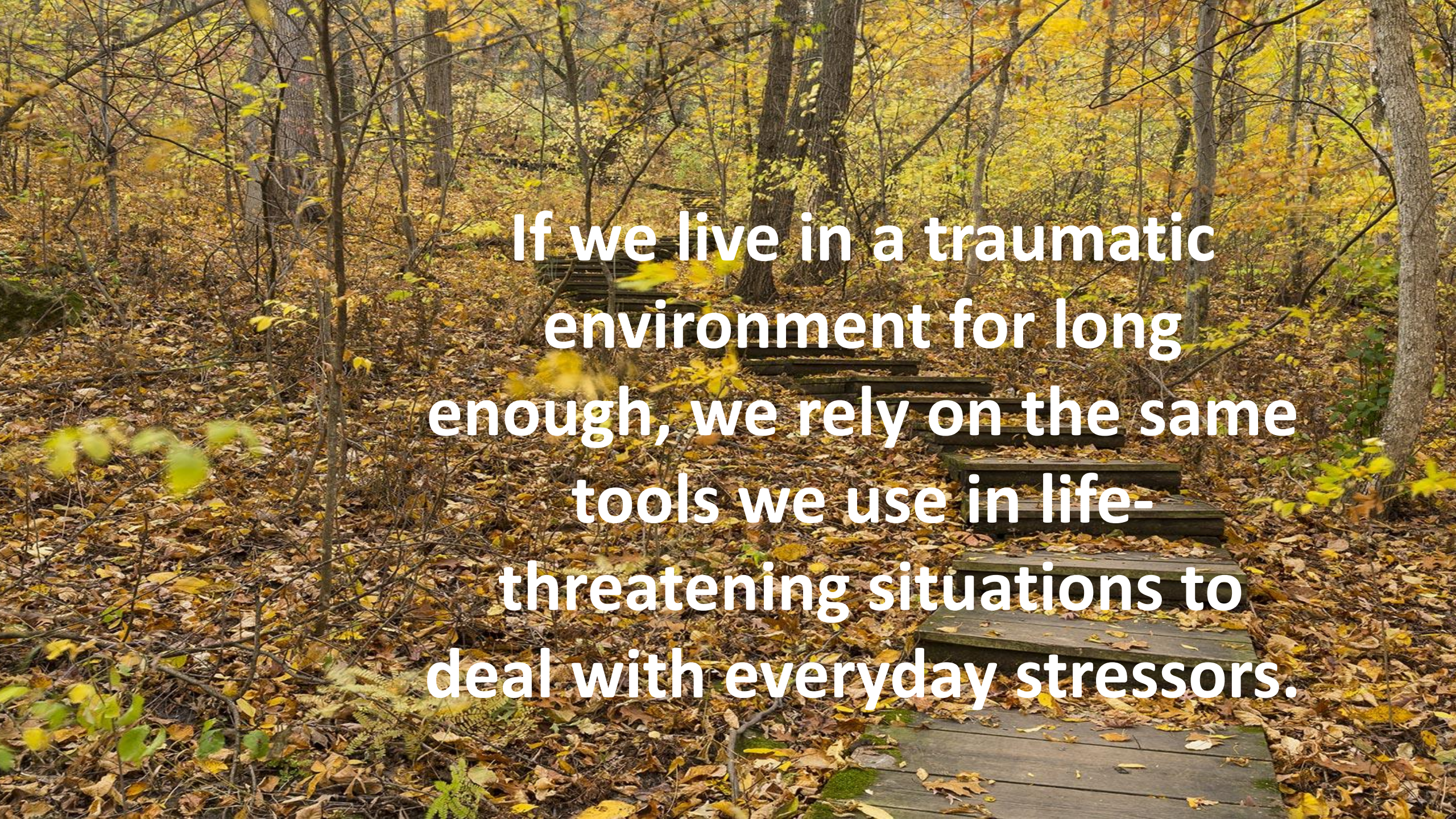
The Physiology of Coping

Stress

Shifts the body's priorities

Prepares for action

Fight, Flight, Freeze

A photograph of a forest path with wooden steps, surrounded by trees with yellow and orange autumn foliage. The path is covered in fallen leaves, and the background shows more trees and foliage.

**If we live in a traumatic
environment for long
enough, we rely on the same
tools we use in life-
threatening situations to
deal with everyday stressors.**

Common survival tools

- Remain on "high alert."
- Become invisible/shut down to avoid provoking a threat.
- Live in the moment.
- Stop planning and problem-solving.
- Don't share personal information.
- Blame other people when bad things happen.
- Just shrug my shoulders.

A photograph of a forest path with wooden steps, surrounded by trees with yellow and orange autumn foliage. The path is covered in fallen leaves. A semi-transparent white rounded rectangle is overlaid on the image, containing the title and list.

Keys to Providing Support Virtually

- Create deliberate safe spaces
- Model structure and predictability
- Provide co-regulation and crisis management
- Help with conserving & replenishing resources
- Use multiple tools to improve connectedness

A photograph of a forest path with wooden steps, surrounded by trees with yellow and orange autumn foliage. The path leads uphill through a dense forest. The image is used as a background for a presentation slide.

Safety Guidelines

- Letting strangers in your home virtually
- Scheduling sessions regularly
- Creating session routines
- Assessing immediate danger and privacy
- De-escalating conflict
- Arranging backup connections for crises or session disruptions

A photograph of a forest path with wooden steps, surrounded by trees with yellow and orange autumn foliage. A semi-transparent white rounded rectangle is overlaid on the left side of the image, containing the title and list.

Resources and Connection Guidelines

- Equipment lending library
- Technology support
- Use multiple methods for delivering information and supports
- Practice interpersonal connectedness and safety cues virtually; it's different than in person