

Trauma-Informed Approach in Adolescent Health

Creating Safe, Collaborative, and Empowering Environments Case Study Worksheet

Read the descriptions of each core principle of a trauma-informed approach below. Then reflect on the case study you listened to—organization, program team, or implementation setting—and write down examples from the case study that illustrate each core principle.

| Core principles ¹ | Case study examples |
|---|---------------------|
|  <p>Safety</p> <p>All youth, parents/caregivers, community partners, and staff feel physically and psychologically safe.</p> <p>The physical program setting is safe and interpersonal interactions promote a sense of safety.</p> <p>Understanding safety as defined by those served by the program is a high priority.</p> | |
|  <p>Trustworthiness and transparency</p> <p>Program decisions, implementation, and evaluation are conducted with transparency; the goal is to build and maintain trust with youth, parents/caregivers, community partners, staff, and others involved in the organization or network.</p> | |

¹ Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. Available at [ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf](https://www.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf).

| Core principles ¹ | Case study examples |
|--|---------------------|
|  <p>Peer support</p> <p>Peer support is key to establishing safety and hope, building trust, enhancing collaboration, and promoting recovery and healing.</p> | |
|  <p>Collaboration and mutuality</p> <p>The program recognizes everyone has a role to play in a trauma-informed approach.</p> <p>Relationships, partnerships, and meaningful sharing of power and decision-making are important.</p> | |
|  <p>Empowerment, voice, and choice</p> <p>Youth, parent/caregiver, community partner, and staff strengths, experiences, and resilience are recognized and expanded upon.</p> <p>Program operations, workforce development, and services foster empowerment for all.</p> <p>Youth are supported in shared decision making, choice, self-advocacy, and goal setting.</p> <p>Staff are empowered to do their work well with adequate organizational support.</p> | |

| Core principles ¹ | Case study examples |
|---|---------------------|
|  <p>Cultural and historical awareness</p> <p>The program actively moves past stereotypes and biases based on race, ethnicity, age, gender identity, sexual orientation, religion, geography, etc.</p> <p>The program offers access to gender-responsive services, leverages the healing value of traditional cultural connections, and is responsive to the racial, ethnic, and cultural needs of youth served.</p> <p>The program recognizes and addresses historical trauma.</p> | |