Trauma-Informed Approach in Adolescent Health

RHNTC
REPRODUCTIVE HEALTH
NATIONAL TRAINING CENTER

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
Safety All youth, parents/caregivers, community partners, and staff feel physically and psychologically safe. The physical program setting is safe and interpersonal interactions promote a sense of safety. Understanding safety as defined by those served by the program is a high priority.	
Trustworthiness and transparency 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.	

[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 library.samhsa.gov/sites/default/files/sma14-4884.pdf.

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

Core principles[1]	Case study examples
Cultural and historical awareness The program actively moves past stereotypes and biases. The program offers access to responsive services, leverages the healing value of traditional cultural connections, and is responsive to the needs of youth served. The program recognizes and addresses historical trauma.	