Trauma-Informed Approach in Adolescent Health

Recognizing Signs of Trauma, Responding to Disclosures, and Building Resilience Discussion Guide

For facilitators: Use the questions below to lead your team in a discussion about what your program strengths and opportunities for improvement are related to recognizing signs of trauma, responding to disclosures, and building resilience.

Step 1: Watch the video

What types of trauma and adverse childhood experiences (ACEs) do youth in our community experience?

What data is available to help us better understand the types of trauma and ACEs youth in our community experience?

Step 2: Review the signs of trauma

Which of these signs have we seen in the youth we work with?

How does our program respond when youth show these signs of trauma? For example, do we respond to problematic, disruptive, or non-compliant behavior with compassion and a trauma-informed approach?

What can our team do to become more aware of the signs of trauma in the youth we work with?

Step 3: Explore trauma reminders

How have we reviewed our curriculum to ensure that our intention to be trauma-informed has the intended impact on participants? How did we incorporate participant feedback into this review?

What do we do well to create a trauma-informed program for our participants?

Where is there opportunity to improve our program and make it more trauma-informed for participants?

Step 4: Review ways to respond to signs of or disclosures of trauma in youth

What calming or response techniques does our program offer to youth who are showing signs of trauma? For example reflective listening, speaking in a calm and even voice, reassuring youth and focusing on goal rather than punishment, offering a space outside of the session to de-escalate through supervised quiet time, adult support, or movement.

What are our program's policies and procedures for responding to youth disclosures of trauma? Do these policies and procedures vary depending on the implementation site we're working with?

What state reporting mandates do we need to consider when we are preparing to support youth who disclose trauma?

What organizations can we refer youth to for mental health services?

How does our program support staff wellness (to ensure their well-being and to sustain our ability to help program participants)?

How comfortable are you interacting with youth who have trauma experiences?

What support do you need from our program to become more comfortable interacting with youth who have trauma experiences? Apart from this meeting series, are there other opportunities or resources we can offer? For example, Youth Mental Health First Aid training.

Step 5: Identify opportunities to build resilience

How does our program promote <u>youth</u> resilience through:

Positive adult relationships?

Empowerment?

Adaptive skills?

Supportive context?

Where are there opportunities to improve the ways we promote <u>youth</u> resilience?

How does our program promote <u>staff</u> resilience through:

Positive relationships?

Empowerment?

Adaptive skills?

Supportive context?

Where are there opportunities to improve the ways we promote <u>staff</u> resilience?