



## Questions for Applying Information from Trauma Informed Care

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The following questions are designed to help you think about how you could apply the ideas from Dr. Julie Rosenzweig's video on trauma-informed care in your work with young people of transition age. Ideally, discuss the video and your thoughts about it with a supervisor or co-worker and consider the following questions:

1. A key idea for creating a **trauma-informed** environment is the need for **safety**.
  - What do you think of when you think of a safe environment?
  - What could you do to create a safer environment in your workplace?
  - Make a list of changes you might make in the physical space as well as your own behaviors and responses.
  
2. How could you apply the principle of **Universal Precaution** in your work environment? How does this principle change what you might say to a young person? How might it guide you to act differently?
  
3. Dr. Rosenzweig mentioned several principles of trauma-informed care in addition to safety:
  - **Trustworthiness**
  - **Collaboration**
  - **Empowerment**
  - **Choices**
    - What do you do in your work to demonstrate trustworthiness? What else could you do?
    - How do you collaborate with youth? How could you be more collaborative?
    - What do you do to empower youth? What else is feasible?
    - What types of choices do you give youth? Are there others you can think of in your work environment?
  
4. Think of a young person you worked with recently.
  - What trauma issues had they experienced?
  - How did you address them?
  - Are there things you might have done differently?



## Resources on Trauma Informed Care

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Center for Youth Wellness website: <https://centerforyouthwellness.org/>

Center on the Developing Child. (2018). *Toxic stress*.  
<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

Nadine Burke Harris TED Talk on the Effects of Childhood Trauma across a Lifetime:  
[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

National Center for Trauma Informed Care website:  
<https://www.samhsa.gov/nctic/trauma-interventions>

National Association of State Mental Health Program Directors National Center for Trauma Informed Care:  
<https://www.nasmhpd.org/content/national-center-trauma-informed-care-nctic-0>

Rosenzweig, J. M., Jivanjee, P., Brennan, E. M., Grover, L., & Abshire, A. (2017). *Understanding neurobiology of psychological trauma: Tips for working with transition-age youth*. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University.  
<https://www.pathwaysrtc.pdx.edu/pdf/projPTTP-neurobiology-tip-sheet.pdf>

SAMHSA Trauma Informed Approach and Interventions:  
<https://www.samhsa.gov/nctic/trauma-interventions>

Substance Abuse and Mental Health Services Administration (2014). *Trauma-Informed Care in Behavioral Health Services. Treatment Improvement Protocol (TIP) Series 57*. HHS Publication No. (SMA) 13-4801. Rockville, MD: Substance Abuse and Mental Health Services Administration: <https://store.samhsa.gov/shin/content//SMA14-4816/SMA14-4816.pdf>

Pathways Transition Training Partnership. (2016). Module 6: Providing individualized and developmentally-appropriate services. (online training module featuring Julie Rosenzweig).  
<https://www.pathwaysrtc.pdx.edu/pathways-transition-training-modules>