Trauma-Informed Approach in Adolescent Health

RHNTC
REPRODUCTIVE HEALTH
NATIONAL TRAINING CENTER

Creating Safe, Collaborative, and Empowering Environments 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 each of the core principles of a trauma-informed approach. You can complete this worksheet during one meeting or over a series of meetings focused on each of the core principles.

Core principles[1]	Where are our strengths?	Where is there room for improvement?
Safety		
Trustworthiness and transparency		
Peer support		
Collaboration and mutuality		
Empowerment, voice, and choice		
Cultural and historical awareness		

[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.