



StreetWorks Toolkit Resources: *Trauma-Informed Care*

In Classroom 101, we discussed aspects of trauma-informed care throughout the different modules. Use this activity to think concretely about how you might incorporate trauma-informed strategies into your daily practice.

How to use this activity:

The activities in the StreetWorks Toolkit are meant to support you to apply what you have learned in the Classroom 101 in context at your agency. There are many ways that this activity may be helpful. Choose the option that makes the most sense for you in your context.

Option 1 Individual Reflection:

How many of these questions can you answer on your own?

Option 2 Paired Reflection:

Bring these questions to a peer or your supervisor. Reflect together and see how many answers you can provide.

Option 3 Team Discussion:

Use these questions as a part of a team or community meeting to discuss as a group.

To the extent you feel comfortable, we invite you to share feedback or questions on these activities so that we can better fit these tools to your role and your community.

Feel free to reach out to streetworkstraining@lssmn.org or james.scott@lssmn.org for questions or to reflect on this activity, and we encourage you to share any or all of your results with StreetWorks.

Triggers

What are some common triggers for youth that you can prepare for?

What are some less-obvious triggers for youth that you can be ready for?

Safety

What can you do differently in the way you approach your job that will help a client feel more safe or comfortable?

The Brain

What are strategies or conversations that you can use when a person is calm that may not work when a person is escalated?

Non-Verbals

Are there aspects of the way you do your work (how you talk, how you dress, where you work) that you can change if you believe that the client you are working with has been triggered?

Options and Control

Give examples of ways that you can offer the client options or the ability to control their situation if they are scared or angry.

Now what?

- The information you gather in this activity will form the basis of your discussion in Classroom 201, so be prepared to have your notes available during that phase of the training.
- Practice one or more of the trauma-informed strategies you came up with in a role play with a peer or group.
- Practice one or more of the trauma-informed strategies you came up with in a meeting with a client. Afterwards, reflect with a peer about how it went.