

# Trauma-Informed Practice

## Quick Reference Guide

### Children

As you review children's cases, consider these questions:

- What **strengths** do I see in this child/youth?
- What **traumas** did this child/youth survive?
- What traumatic stress **reactions** does this child/youth exhibit?
- Where do I see the potential for **recovery**?
- What do the worker & caregiver need **to know** to best support this child/youth?
- What can the worker & caregiver **do** to best support this child/youth?

### Families

As you review family circumstances, consider these questions:

- What **strengths** do I see in this family?
- What **challenges** might need to be addressed?
- Where do I see the potential for **supporting children/youth who have experienced trauma**?
- What does the worker need **to know** to best support this family?
- What can the worker **do** to best support this family?

### Case Plan

As you review a child or family's case plan, consider these questions:

- What specific **services or activities** within the case plan address trauma?
- Has the child had a **trauma assessment**?
- Are therapeutic services a child is receiving **trauma-informed**?
- Is child in or moving towards **a family**?

## Supervisors

As you supervise workers, in addition to the questions above, consider these questions for the caseworker:

- How do **you feel** about the way this case is going?
- Is there anything about this case that is **difficult** for you? Why might that be?
- As you **reflect on the case**, is there anything you might want to try doing differently?
- What **supports** do you need as you prepare to **move forward** on this case?
- What are your **specific next action steps** based on our **reflective conversation**?

## Judges

As you hear cases involving children who have experienced trauma, consider these questions:

- How can I **create safety** in the courtroom?
- Has this child had a **trauma assessment**?
- Does the case plan address the child's need for **both physical and psychological safety**?
- Is this child receiving **trauma-informed services**?
- Is this child in a **permanent family** or if not, what is standing in the way?
- What **information and supports do the caregivers** to best care for this child?
- Have I given the **youth a voice**?
- **How can I be a champion for permanency-oriented and trauma-informed services in my community?**