# Resources & Recommendations for Building Trauma-Informed Practices and Organizations

## Building a Trauma-Informed Organization

- Conduct initial organizational needs assessment and periodic organizational assessments.
- Integrate opportunities to screen and assess for trauma.
- Create spaces and opportunities to increase feelings of safety and calm down when triggered.

### Resources

- **Attitudes Related to Trauma-Informed Care Scale** - an organizational assessment. [www.traumaticstressinstitute.org](http://www.traumaticstressinstitute.org)
- **Screening and assessment measures** - review of trauma-informed and validated measures. [www.nctsn.org](http://www.nctsn.org)
- **Bridge Trauma-Informed Culturally-Responsive (TICR) Program** - comprehensive professional development. [www.iOpeningEnterprises.com](http://www.iOpeningEnterprises.com)

## Promoting Self-Care In the Workplace

- Provide periodic opportunities for staff self-assessment.
- Conduct reflective supervision that is non-punitive to reduce impact of trauma and stress.
- Build a culture that promotes professional identities encouraging staff to request support and build work/life balance.

### Resources

- **Professional Quality of Life Scale (ProQoL)** - self-assessment for secondary traumatic stress and compassion satisfaction. [www.proqol.org](http://www.proqol.org)
- **Reflective supervision** - strategy for supervision reducing impact of vicarious trauma and STS. [www.multiplifyingconnections.org](http://www.multiplifyingconnections.org)

For more information contact info@iOpeningEnterprises.com