



## 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)
- ✓ [Secondary Traumatic Stress-Informed Organizational Scale](#)-organizational assessment for secondary traumatic stress. <http://www.uky.edu/CTAC/>
- ✓ [Reflective supervision](#)-strategy for supervision reducing impact of vicarious trauma and STS. [www.multiplyingconnections.org](http://www.multiplyingconnections.org)

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