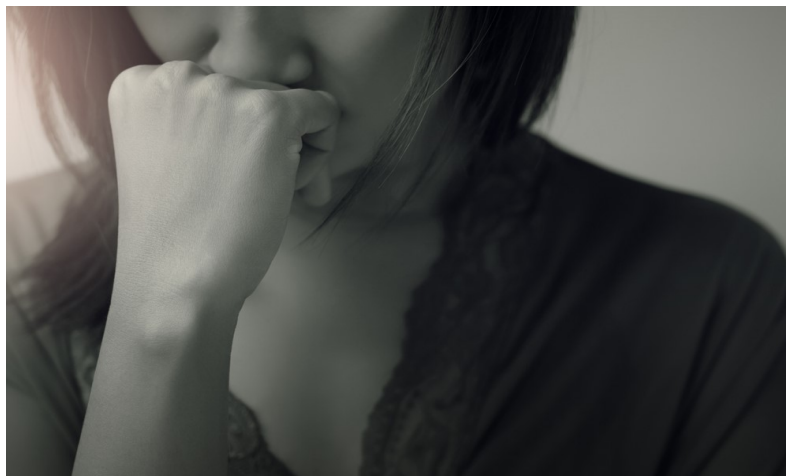




Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Trauma Informed Assessment

Trauma can impact children, youth, families, and communities by disrupting healthy development, affecting relationships and contributing to mental health issues (including substance abuse, domestic violence and child abuse). Appropriate assessment of those whom have experienced trauma can greatly assist in the healing process and lead to better outcomes.



Why is Assessment Important?

- It can prevent misdiagnosis and inappropriate treatment planning.
- It can identify children and youth at risk for developing more severe symptoms of traumatic stress.
- It can help to prevent poor engagement and early termination.
- It can assist in the treatment of mental illness, addiction and relapse.
- It can preclude poor outcomes.

(<https://www.centerforebp.edu/>)