



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Trauma Informed Interventions

A trauma informed approach can be utilized in any type of service setting or organization. Interventions should be culturally relevant and tailored to the youth's developmental stage as well as the needs and strengths of any family and caregivers involved.



Trauma Specific Interventions Recognize:

- Survivors need to be respected, informed, connected, and hopeful regarding their own recovery.
- The need for understanding the connection between trauma and how it can manifest (i.e. substance abuse, eating disorders, depression, and anxiety).
- Working in a collaborative way with survivors, families, and significant others can empower survivors and facilitate their healing.

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