



*Los Angeles County DMH, Continuum of Care Reform Division*

## Trauma/Resilience Tip of the Week: Trauma Informed Engagement

**Trauma-Informed care requires service providers, therapists, STRTP staff, resource parents, and other adults to be willing to take the time to get the child/teen's story and perspective and explore what the underlying need is that is driving their specific behavior. Building trust and providing a space of unconditional acceptance can go a long way in helping to bring healing to a child/teen.**



Engaging Children/Teens

- ⇒ Find out what is important to them:
  - ◆ Learn their likes/dislikes, what their coping skills are, and their strengths.
- ⇒ Take time to listen to their story and identify trauma triggers.
- ⇒ Build goals around what they want to focus on in treatment.
  - ◆ Ask what it is the child/teen wants to focus on; don't just assume you know.
- ⇒ Explain purpose of interventions/assessment/questions at developmental level of child/teen.
- ⇒ Constantly ask yourself what the underlying need is that is driving the behavior and address the behavior based on the underlying need that has been identified.
- ⇒ Give three options when giving a request (ie answer CANS alone, together, or not at all).