



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

## Trauma/Resilience Tip of the Week: Importance of Engaging Youth

**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. Engaging a child/teen in their mental health plan is vital to the success of the treatment.**



### Benefits of Engaging Children/Teens

- ◇ Builds resiliency
- ◇ Builds empowerment
- ◇ Gives a sense of control back to child/teen
- ◇ Improves "buy in" or willingness to participate and engage in services
- ◇ Builds self-advocacy skills and helps the child/teen to find their voice that may have been taken from them when they were abused
- ◇ Promotes healing
- ◇ Decreases chances of re-traumatization
- ◇ Improves overall mental wellbeing