

Trauma Informed Care and Trauma-Specific Services

New Haven uses Trauma Informed Care practices in the philosophy and practice of our treatment program. Sometimes, “Trauma-Specific Services and Trauma Informed Care interchangeably, but these are two different practices. This information sheet should help you understand the differences between Trauma Informed Care and Trauma-Specific Services and understand when New Haven will utilize the tools and techniques from each to help our youth and their families.

Trauma Informed Care

Trauma Informed Care requires New Haven addresses organization culture and practices. Trauma Informed Care can be defined as *“a universal framework that requires changes to practices, policies, and culture of an entire organization, so all staff members have the awareness, knowledge, and skills needed to support survivors of trauma.”*

Some may question if all youth served by New Haven are survivors of trauma and our response is that we expect that all youth are facing the challenges of surviving traumatic events, such as the repercussions of the youth’s negative behaviors, or the trauma of requiring out-of-home care, or the trauma of violence in their community, in their school, or in their homes, or the trauma of losing a loved one.

Because Trauma Informed Care requires individual and collective systems recognize that trauma can have broad and penetrating effects on a youth’s personhood, New Haven creates and maintains a therapeutic environment necessary to treat any of our youth who are trauma survivors. We choose to work diligently to create a safe, predictable, and therapeutic environment for our youth, their families, our workforce, and our community at large. We pay attention to reducing harsh noises or lighting to more complex issues like helping youth deal with issues such as distrust of others, despair, a damaged sense of self or the feeling of powerlessness.

Functionally, every visitor to New Haven should be able to see and experience New Haven staff members convey dignity, respect, hopefulness, the opportunity for choices, and the opportunity of self-empowerment projected to our youth, their families, and our service partners.

The diagram to the right represents New Haven’s model of youth growth and development. We believe that youth grow and prosper in environments that are Compassionate, develop Community, demonstrate Commitment, enable Courage, and promote Celebration.





The Seven Domains of Trauma Informed Care

We operationalize Trauma Informed Care through seven domains:

- Early Screening and Assessment
- Youth and Family driven Care and Services
- Nurturing a Trauma-Informed and Responsive Workforce
- Evidence-Based and Emerging Best Practices
- Creating Safe Environments
- Community Outreach and Partnership Building
- On-Going Performance Measurement and Improvement

Trauma-Specific Services

For youth who are known to be survivors of trauma, we provide Trauma-Specific Services. Trauma-Specific Services are clinical interventions that are designed to address trauma-related symptoms and Post Traumatic Stress Disorder (PTSD) directly in individuals and groups. Trauma-Specific Services are developed in our treatment team meetings with the youth and family serving as key decision-makers.

In closing, our treatment services which include both, Trauma Informed Care and Trauma- Specific Services are designed to provide research-based proven strategies to help youth and their families learn and practice new activities to improve behavior, family functioning, school success, and ultimately for our youth to achieve independence, prosperity, and self-sufficiency.

If you have any questions, please contact your Treatment Manager at 760.630.4035.