

# Quick Guide

## Trauma-Informed Care in Youth Organizations

This quick guide is a compilation of current resources pulled from [Resilient Gwinnett's Trauma-Informed Toolkit](#) for youth-serving organizations. These resources include practical trauma-informed approaches that youth-serving organizations may integrate into daily organizational practices.

Youth-serving organizations play a critical role in the lives of young people by providing support, resources, and safe spaces where they can thrive emotionally, socially, and academically. These organizations can include after-school programs, mentorship programs, community centers, sports leagues, and nonprofits, all aimed at serving the unique needs of youth. With 3 out of 5 Georgians experiencing childhood trauma, it is essential that youth-serving organizations align their programs and practices to meet the needs of all children, including those effected by trauma.



By adopting trauma-informed approaches, these organizations can create spaces where youth feel safe to explore their identities, build healthy relationships, and develop essential life skills and emotional resilience. Through trauma-informed practices and access to healing resources, youth-serving organizations can aid young people in coping with and recovering from traumatic experiences.

Contact us at [ResilientGwinnett@gwinnettcoalition.org](mailto:ResilientGwinnett@gwinnettcoalition.org) to discuss your youth serving organization's needs and the [Resilient Gwinnett](#) training opportunities that are available to you.

## Trauma-informed practices in youth-serving organizations

- [Creating Safe Spaces – A Facilitator’s Guide to Trauma-Informed Programming for Youth in Optimal Health Programs](#) (Family & Youth Services Bureau)
- [Tier One Trauma Informed Afterschool – Programs](#) (Beyond School Bells)

## Guidelines for interacting with trauma survivors

- [How to Support Someone Who has Experienced Trauma](#) (Echo)
- [Psychological and Behavioral Impact of Trauma: Preschool Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: Elementary School Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: Middle School Students](#) (NCTSN)
- [Psychological and Behavioral Impact of Trauma: High School Students](#) (NCTSN)
- [The 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families](#) (NCTSN)
- [Tools to Support the Learning and Development of Students Experiencing Childhood and Adolescent Trauma](#) (Maryland State Education Association)
- [Trauma-Informed Support for Children](#) (Echo)

## Evaluation and monitoring

- [Trauma-Informed Care in Youth Serving Settings – Organizational Self Assessment](#) (Traumatic Stress Institute)
- [Trauma-Informed Organizational Assessment](#) (implementation guide and assessment with free account) (NCTSN)

## Resource list

- [A Trauma-Informed Guide for Working with Youth Involved in Multiple Systems](#) (NCTSN)
- [Training Roadmap to Becoming Trauma Informed – Youth](#) (Resilient Georgia)

## Case studies and examples

- [An Introduction to Trauma-Informed Girl Scouting](#) (Girl Scouts of Greater New York)
- [Trauma-Informed Boys & Girls Club Standards of Practice](#) (Boys & Girls Club of America)
- [We all Have Mental Health – Mental Health Promotion Strategies for Y Programs](#) (YMCA)

## Staff well-being and self-care

- [Caring for Yourself is a Radical Act – Self-Care Guide for Youth Working in Community](#) (Youth Research & Evaluation eXchange)
- [Self-Care for Youth Workers](#) (Temescal Associates and the How Kids Learn Foundation)

## Next steps

- [Building Healthier communities Through Trauma-Informed Approaches](#) (CTIPP Call to Action)