Resilient Gwinnett

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 to discuss your youth serving organization's needs and the Resilient Gwinnett training opportunities that are available to you.

Resilient Gwinnett

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)