

Trauma-Informed Care Implementation Worksheet

Equipping Leaders in Trauma-Informed Care for Black Mental Health

This worksheet is designed to help you create a clear strategy for implementing trauma-informed care in your community or spiritual setting. Use this guide to plan out the steps needed to integrate trauma-informed principles into your practice and to train others within your community.

Part 1: Understanding Your Community

Community Assessment Take a few minutes to think about the current mental health and spiritual needs within your community.

Who are the key groups/individuals in your community who may benefit from trauma-informed care?

What specific trauma-related challenges have you observed within your community? (e.g., racial trauma, historical trauma, violence, systemic discrimination)

How do people in your community typically respond to mental health challenges or trauma? Are there existing support systems or barriers to addressing these issues?

Trauma-Informed Principles Review the key principles of trauma-informed care, then list 1–2 actions for each principle that can be applied in your spiritual setting or practice.

Safety

Trustworthiness and Transparency

Peer Support

Collaboration and Mutuality

Empowerment, Voice, and Choice

Cultural, Historical, and Gender Sensitivity

Part 3: Building a Team of Collaborators

Identify Key Collaborators

Who in your community (spiritual leaders, health professionals, community members) can help you implement trauma-informed care? Identify potential collaborators and describe how you might engage them.

Key Collaborators (Names/Roles)

How will you reach out to them? What's your plan for building collaboration?

Supporting Spiritual Leaders and Community Members

Outline steps you can take to train or inform spiritual leaders and community members about trauma-informed care.

Step 1: Provide Education and Awareness (e.g., workshops, meetings, presentations):

Step 2: Offer Practical Training (e.g., role-playing, hands-on exercises):

Step 3: Create Support Systems (e.g., peer support groups, mentoring, ongoing resources):

Part 4: Implementing Trauma-Informed Practices

Creating Trauma-Informed Spaces

What specific actions can you take to make your spiritual setting or community a safer, more trauma-informed space?

Action 1: Physical Environment (e.g., quiet areas, safe zones):

Action 2: Communication and Interaction (e.g., respectful dialogue, transparency):

Action 3: Cultural and Historical Considerations (e.g., acknowledging past trauma, honoring cultural traditions):

Part 5: Monitoring Progress and Adapting

Measuring Success

How will you know if your trauma-informed care strategies are working? List a few ways you can assess your progress and adapt as needed.

What signs will you look for to indicate success (e.g., client feedback, changes in behavior or engagement)?

Action 2: Communication and Interaction (e.g., respectful dialogue, transparency):

Part 6: Personal Reflection and Commitment

Your Role as a Leader

Reflect on your role in this process. How can you continue to support trauma-informed care in your practice or community?

How do you plan to maintain your commitment to trauma-informed care?

What will you do to further educate yourself on trauma-informed practices, especially regarding Black mental health?

Part 7: Action Plan Summary

Action Plan Summary

Summarize your key steps to begin implementing trauma-informed care in your practice.

Immediate Next Steps (within the next month):

Long-Term Goals (within the next year):

Resources or Support Needed:

Take-Home Message:

By completing this worksheet, you've created a personalized strategy to implement trauma-informed care in your community. Remember that this process is ongoing, and flexibility is key as you work to meet the unique needs of your community. Use this plan as a guide to begin making meaningful changes and to extend the impact of your training beyond the workshop.