**DYS Initiative:** Trauma Informed Care

**Fact:** Many of the youth in DYS have experienced traumatic situations that shape the way they react and interact with staff and youth

**What is trauma?**
Trauma is an emotional shock that creates significant, and often lasting, damage to the brain and impacts a person’s mental, physical and emotional growth.

**Typical traumas experienced by DYS youth:**
- Physical abuse
- Sexual abuse
- Emotional abuse and neglect
- Community violence
- Gang involvement
- Parental incarceration
- Multiple placements as a result of being removed from their homes

**How past trauma manifests itself:**
- Violent behavior
- Mental illness
- Conduct issues
- Inability to regulate basic emotions

**DYS response:**
- **Staff Training** – Specific to understanding trauma, how past trauma relates to current behavior and how to provide treatment and daily care to youth who have experienced trauma or violence
- **Screening and Assessment** – Comprehensive assessment of a youth’s individual experiences with trauma and violence
- **Treatment** – Providing evidence-based trauma specific treatment modalities that would be appropriate for the juvenile justice population
- **Environments** – Creating an environment that is designed to avoid re-traumatization by being aesthetically pleasing and offering a variety of areas to suit the needs of youth
- **Youth Training** – Provide education opportunities on trauma and options for help in dealing with the consequences