

What is Trauma-Informed Training?

Creating Safe, Supportive Spaces for Youth in Foster Care

Why It Matters

Youth in foster care have often experienced **significant trauma**—including abuse, neglect, loss, or instability. These early life experiences can affect how they think, feel, behave, and relate to others. Trauma-informed training helps mentors and staff understand these impacts and respond with compassion, patience, and consistency.

Key Principles of Trauma-Informed Care

- 1. Safety**
Physical and emotional safety are foundational. Youth need to feel safe before they can trust or engage meaningfully.
- 2. Trustworthiness & Transparency**
Being consistent, honest, and clear helps build trust—something many youth have learned to be cautious with.
- 3. Peer Support**
Youth often connect best when they feel seen and understood by others with shared experiences—including caring mentors.
- 4. Collaboration & Mutuality**
We are not “doing for,” but “walking with.” Power is shared, and youth voices are respected.
- 5. Empowerment, Voice & Choice**
Youth are supported in building skills, making decisions, and finding their own voice.
- 6. Cultural Humility & Responsiveness**
We believe every person is created with value and purpose. We aim to treat others with kindness, respect, and a willingness to listen and learn from different life experiences. While holding to our convictions, we seek to build understanding and extend grace in how we relate to others.

What You’ll Learn in Trauma-Informed Training

- **How trauma affects the brain and behavior**
- **Recognizing triggers and signs of distress**
- **Practices that support emotional regulation and connection**
- **De-escalation techniques and setting healthy boundaries**
- **Building consistent, supportive relationships**
- **How to take care of yourself while helping others (vicarious trauma awareness)**