



Trauma-Informed System of Care Training and Technical Assistance for Youth-Guided Program Development

Youth MOVE Maine is a program of the Thrive Initiative

Youth MOVE Maine's **Youth-Guided Training and Technical Assistance** combines a trauma-informed approach to youth services with best practices in youth engagement to offer a truly unique perspective and cutting edge tools for your organization.

Youth MOVE Maine's trainings are designed to help organizations and initiatives shift the way they do business to include youth voice and needs at all levels of the organization, from the individual person to the policy.

Youth MOVE Maine's trainers are experienced in using interactive strategies to bring out your organization's specific goals and objectives. We strive to address continuous quality improvement through concrete action plans and check-points so that your organization can continue to be responsive to your specific needs as newly learned strategies for youth engagement are implemented.

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YOUTH MOVE MAINE:

Delivering Youth Guided Training Through a Trauma-Informed Lens

Thrive and Youth MOVE Maine help providers and community organizations transform the way services are delivered to children and families through **trauma-informed** training and technical assistance based on the following system of care core values and guiding principles:

- * Family Driven
- * Youth Guided
- * Cultural and Linguistic Competency

Trauma-informed means that individuals and agencies are educated on the causes and effects of trauma and can avoid re-traumatizing families and youth by providing services and interacting in a manner that is sensitive to their experiences and needs based on:

1. Safety
2. Trustworthiness
3. Choice
4. Collaboration
5. Empowerment
6. Language access & cultural competence

What is Youth-Guided?

Youth Guided means that youth and young adults as well as the supporters in their lives are working to build the capacity for youth to have a strong voice in the decisions that affect them. Youth-Guided is the crossroads where opportunities for youth leadership meet the skills of both youth and adult supporters to open up authentic avenues for youth to make change in their world.

What are the causes and effects of trauma?

Trauma has many causes — physical or sexual abuse, domestic violence, exposure to substance abuse, violent acts and natural disasters among others. The effects of traumatic stress include but are not limited to: extreme anxiety, anger, mistrust, sleep impairment and can manifest at any time at school, community agencies and departments, homeless shelters, foster homes, youth correctional facilities — anywhere and everywhere youth and families are served. A trauma-informed, youth-guided approach allows us to view youth and their families through their experiences and resiliency and to understand that all youth have a right to name their own dreams and achieve goals that are meaningful to them.

What Can Youth MOVE Maine do for me or my organization?

Youth MOVE Maine offers several training themes, and our training and technical assistance services can accommodate a broad span of goals and budgets. We offer a range of assistance from a general overview of trauma-informed, youth-guided programming to full staff, multi-day retreats complete with customized quality improvement tools and follow-up technical assistance.

Youth-Guided Training Themes can be selected from our menu:

- * Organizational Readiness and Self-Assessment for Youth-Guided Approaches
- * Basic Positive Youth Development Training
- * The Intersection Between Trauma-Informed and Youth-Guided
- * Youth Engagement: Involving Youth in Organizational Decisions
- * Youth Engagement: Involving Youth in Their Own Decisions
- * Youth-Adult Partnerships in Action

*Additionally, we are always very excited to talk about customizing a training to meet the specific youth engagement needs for your community.
Please contact us to discuss a customized training by Youth MOVE Maine.*

Visit us at:

www.youthmovemaine.org

www.thriveinitiative.org