



# Trauma-Informed System of Care Training and Technical Assistance

*Thrive is the Nation's First Trauma-Informed  
System of Care for Children*

**Thrive has successfully:**

- \* Changed Maine state contract language to require that child serving agencies be trauma-informed and practice system of care principles
- \* Created and Implemented the Trauma-Informed System of Care Agency Assessment Tool
- \* Partnered with eight statewide family organizations in Maine to further family voice and choice
- \* Developed a statewide youth advocacy organization
- \* Created a trauma-informed culture in Maine state systems
- \* Implemented and sustained trauma specific treatments



# THRIVE Initiative Technical Assistance

**Thrive** helps 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 understand the potential to retraumatize families and youth by providing services and interacting in a manner that is not sensitive to their experiences and needs based on:

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

## 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.

## What is trauma-informed service?

Whereas, traditional service begins addressing “problem” behaviors by asking “What is wrong with this child and/or family?” a trauma-informed approach recognizes such behaviors as ways of coping with or adapting to painful current circumstances or stress related to past traumatic events. The trauma-informed initial question is: “What has happened to this child and/or family?” **Thrive** trainers coach staff, including receptionists and administrators, as well as clinicians, other community service providers and youth and adult consumers, on trauma-informed interactions, assessment and service delivery for stronger, healthier, more effective provider-consumer relationships.

## How can I or my agency become trauma-informed?

**Thrive** provides training, technical assistance and consultation on trauma-informed care that is family driven, youth guided and culturally and linguistically competent. Based on your organizational needs, we will incorporate community, youth and family input to design a package to meet your unique needs. As trainers and consultants we believe in modeling these principles by having you work with our family, youth, clinical and cultural and linguistic **Thrive** consultants. Options include:

- \* Trauma-informed System of Care Agency Assessment (TIAA)
- \* Technical assistance “Crosswalk” for agencies completing the TIAA
- \* Trauma-informed Positive Youth Development
- \* Trauma and Cultural Competency
- \* Trauma-informed Schools/Classrooms
- \* Learning Collaborative for Trauma-Specific Treatments
- \* Child Traumatic Stress, Intergenerational Trauma and Resiliency
- \* Consultation on Trauma-informed Child Welfare and Juvenile Justice Practices
- \* Organizational Trauma
- \* Vicarious Trauma and Self Care

## Contact:

Arabella Pérez, LCSW, Director  
207.782.5783, ext. 1601  
Lewiston, Maine  
aperez@tcmhs.org

Visit us Online:  
[www.thriveinitiative.org](http://www.thriveinitiative.org)