

Trauma-Informed Services

- **Trauma-informed care and services** are when all parties involved recognize and respond to the impact of traumatic stress on those who have contact with an organization, including children, caregivers, and service providers. Trauma-informed services can be implemented in different sectors such as schools, homes, and juvenile justice settings.



Juvenile Justice Settings

Juvenile Justice Settings are incorporating the TARGET approach in the United States in order to provide trauma-informed care.

1. **Trauma Affect Regulation: Guide for Education and Therapy (TARGET)** is a manualized, trauma-focused psychotherapy for both female and male adolescents (and also adults) suffering from posttraumatic stress disorder (PTSD).
2. The program introduces a seven-step skill sequence—known by the acronym **FREEDOM**—that helps individuals learn to process and manage trauma-related reactions to stressful current situations. These steps are:
 - a. **Focus.** A step to reduce anxiety and increase mental alertness.
 - b. **Recognize.** An activity to help individuals recognize specific stress triggers.
 - c. **Emotions.** A step to identify primary feelings.
 - d. **Evaluate.** A step in which individuals evaluate main thoughts/self-statements.
 - e. **Define.** An activity to help individuals determine and define their main personal goal(s).
 - f. **Option.** An activity where individuals identify one choice that represents a successful step toward the main goal(s) that they actually accomplished during a current stressful experience.
 - g. **Make a contribution.** An activity to help individuals recognize how that option reflected their core values and made a difference in others' lives.

Sources

TARGETed Approach | Trauma Affect Regulation: Guide for Education and Therapy. (n.d.). National Gang Center.
<https://nationalgangcenter.ojp.gov/spt/Programs/4393>