

Strategies for Providing Trauma Informed Environments, Operations, and Programming for Sheltered Children and Adolescents



Environments:

See NWSN Presentation: 'Shelter as Sanctuary: Physical Design Elements to Advance Health and Well-being, Universal Accessibility, and Environmental Sustainability' for tips on creating a soothing, trauma-informed environment.

Environments, Operations & Programming Elements that can encourage healthy development and act as protective factors:

Welcoming Intake:

Calm, child friendly intake space with snacks, juice, and toys

Entry Video

[Welcome Video For Children Entering Lotus House.mov](#)

Deep Clinical Supports and Resource Coordination:

Evidence-based assessments, interventions, and critical linkages to school support, speech therapy, occupational therapy

See NWSN Presentation: 'Understanding and Healing Our Children and Youth' for links to evidence-based therapies and follow the links below as examples

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PCIT

<https://www.pcit.org/>

CPP:

<https://childparentpsychotherapy.com/>

TF-CBT:

<https://tfcbt.org/>

For the full version of the Lotus House research articles go to:

<https://lotushouse.org/research/>

Comforting Routines & Rituals Create Shared Community:

Holidays & Celebrations:

Black History Month

Juneteenth

Fourth of July

Christmas, Thanksgiving, and Valentine's Day

Quarterly Baby Showers

Birthdays: Every child is recognized on their birthday and receives a cake and small gift

Enriching Program Activities:

Art Therapy

Educational and Programming Supports:

Children's Wellness Center - Early Head Start
After school programming/tutoring
Summer camp/summer school
School uniforms/supplies
On site United Way Early Head Start
In our upcoming Children's Village: Head Start
Salon Services
The Farm

Plan for Exits/Post Exit Success:

Safety Plan
Leave with a plan for success and a list of resources
Therapeutic services can extend beyond stay
Children and families invited back for holiday celebrations
Continued support of families

Additional Helpful Resources:

Child Development:
Center for Disease Control and Prevention
[Child Development Basics | CDC](#)

Children's Movement Website:
<https://www.childrensmovementflorida.org/>

Protective Factors:
US Department of Health and Human Services
<https://www.childwelfare.gov/topics/preventing/preventionmonth/about/protective-factors-aces/>

Routines:
Zero to Three
<https://zerotothrive.org/routines-for-kids/>

Training:
CPI
[Search&gad=1](#)

Children's Training
<https://thinkkids.org/>

Well being:
McKinsey & Company

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National Women's Shelter Network, LLC

<https://www.mckinsey.com/industries/education/our-insights/how-states-can-improve-well-being-for-all-children-from-birth-to-age-five>

Lotus House:
<https://lotushouse.org/>
shana@lotushouse.org

St. Mary's:
CPI Training:
[Search&gad=1](#)

Children's training:
<https://thinkkids.org/>

Thomas House:
[Thomas House Family Shelter, Garden Grove, CA | At Risk Families \(thomashouseshelter.org\)](#)

Urgent Inc.:
www.urgentinc.org