

## Trauma Informed Assessments: Resource Guide

**What is Trauma:** “Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.” (SAMHSA, 2014)

**What is Trauma Informed Care** or a Trauma Informed Approach: “realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.” (SAMHSA, 2014)

How can I tell if my organization supports traumatized patient by providing a safe and supportive environment? Conduct a trauma informed assessment, and there are many:

### Trauma Informed Assessments\*

Title/Agency	Cost	Links
Trauma Informed Care Project Agency Self-Assessment	Toolkit is free, training is by request and costs \$	<a href="http://www.traumainformedcareproject.org/resources/Traum%20Informed%20Organizational%20Survey_9_13.pdf">http://www.traumainformedcareproject.org/resources/Traum%20Informed%20Organizational%20Survey_9_13.pdf</a>
Traumatic Stress Institute: ARTIC (Attitudes Related to Trauma Informed Care)	Pricing starts at \$750 for up to 500 respondents for the pencil and paper version, online version is also available	<a href="https://traumaticstressinstitute.org/the-artic-scale/">https://traumaticstressinstitute.org/the-artic-scale/</a>
CCTIC: Creating Cultures of Trauma Informed Care	Protocol is publicly available, consulting is \$	<a href="https://children.wi.gov/Documents/CCTIC-Self-AssessmentandPlanningProtocol0709.pdf">https://children.wi.gov/Documents/CCTIC-Self-AssessmentandPlanningProtocol0709.pdf</a>
National Council for Behavioral Health: Trauma Informed Care Training and Consulting	Cost: Customizable to organization, \$2500 per trainer, per day + travel	<a href="https://www.thenationalcouncil.org/wp-content/uploads/2016/12/TraumaInformed_1pager-FINAL.pdf?daf=375ateTbd56">https://www.thenationalcouncil.org/wp-content/uploads/2016/12/TraumaInformed_1pager-FINAL.pdf?daf=375ateTbd56</a>
ProQOL	Free, publically available-The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma.	<a href="https://www.proqol.org/ProQol_Test.html">https://www.proqol.org/ProQol_Test.html</a>
The Sanctuary Model: SELF toolkit	Not publically available, cost unknown	<a href="http://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/">http://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/</a>

<b>Title/Agency</b>	<b>Cost</b>	<b>Links</b>
CCSI Trauma Informed Care Organizational Self-Assessment (TIC-OSAT)	TRUST tool is free- trauma responsive understanding self-assessment available for organizations and TRUST-S available for schools	<a href="https://www.ccsi.org/Pages/TRUST">https://www.ccsi.org/Pages/TRUST</a> <a href="https://trust-survey.com/FAQs">https://trust-survey.com/FAQs</a>
Thrive initiative: Trauma Informed Agency Assessment	Specifically for organizations that work with children	<a href="https://nhchc.org/wp-content/uploads/2019/08/thrive-guide-to-trauma-informed-organizational-development.pdf">https://nhchc.org/wp-content/uploads/2019/08/thrive-guide-to-trauma-informed-organizational-development.pdf</a>
Trauma Informed System Change Instrument	Free, focus on child welfare	<a href="https://traumainformedoregon.org/wp-content/uploads/2014/10/Trauma-Informed-System-Change-Instrument-Organizational-Change-Self-Evaluation.pdf">https://traumainformedoregon.org/wp-content/uploads/2014/10/Trauma-Informed-System-Change-Instrument-Organizational-Change-Self-Evaluation.pdf</a>
TReSIA: Trauma Responsive Systems Implementation Advisor	Free, offers paid courses via The trauma informed academy	<a href="https://epowerandassociates.com/epa_pdf_files/Sec_03-TReSIA-Assessment.pdf">https://epowerandassociates.com/epa_pdf_files/Sec_03-TReSIA-Assessment.pdf</a>  <a href="https://thetraumainformedacademy.thinkific.com/">https://thetraumainformedacademy.thinkific.com/</a>
TRST: Trauma System Readiness Tool	Free	<a href="https://surveygizmolibrary.s3.amazonaws.com/library/113599/TraumaSystemReadinessToolMarch2017electronic.pdf">https://surveygizmolibrary.s3.amazonaws.com/library/113599/TraumaSystemReadinessToolMarch2017electronic.pdf</a>

\*Assessment tool summary is adapted from The Greater Richmond Trauma Informed Community Network.

<https://www.acesconnection.com/fileSendAction/fcType/0/fcOid/472643003945852857/filePointer/472643003945852886/fodoid/472783741443508700/GRTICN%20Trauma-Informed%20Organizational%20Assessments.pdf>