

INSPIRE+

Tips and Tricks for Practicing Trauma-Informed Youth Centered Health Design (TIYCHD)

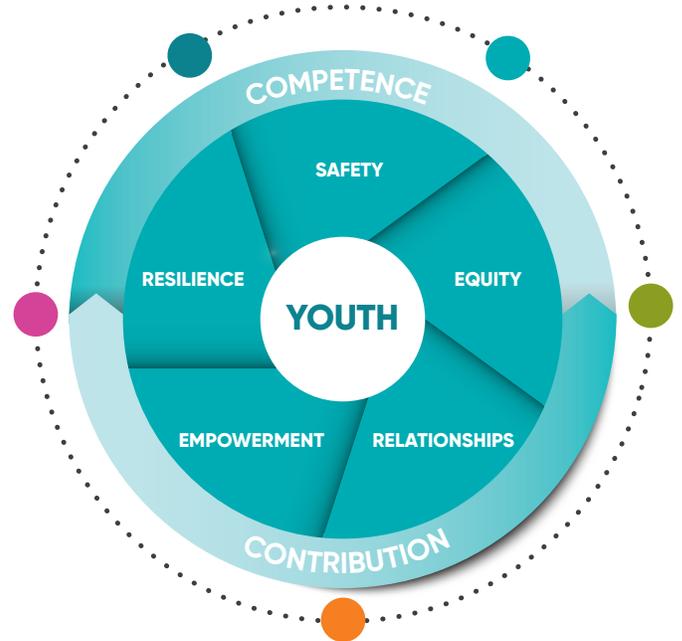
Trauma-Informed Youth-Centered Health Design (TIYCHD) is a framework that integrates principles from Human-Centered Design, Positive Youth Development, and Trauma-Informed Approaches.

Practicing TIYCHD means working in partnership with young people at every step of the design process by placing youth at the center of all we do and building their competence/capacity to contribute unique and innovative solutions to the health problems that most impact their lives.

TIYCHD focuses on five healing-centered and trauma-informed principles:

- + Safety
- + Equity
- + Relationships
- + Empowerment
- + Resilience.

To learn more about how we developed TIYCHD, see our blog on [The Case for Trauma-Informed Youth-Centered Health Design](#).



These principles are woven into INSPIRE+ activities, practices, and procedures. The INSPIRE+ project empowers youth of color ages 16-18 from communities disproportionately impacted by the War on Drugs to use design thinking to create innovative systems and environmental change solutions to address unhealthy substance use.

Here are a few ways you can incorporate healing centered and trauma informed principles in your own youth-centered health design work:



Safety

- + Do a self-expression activity with crafts (think collages, drawings, sculptures). Ask folks to share about themselves and their piece and then use the art to decorate your space together.
- + Make sure your space is peaceful, welcoming, and inviting with water, snacks, music, and spacious seating. Try to avoid loud noises and clutter.
- + Have a mindful routine or ritual that is practiced the same way every session, such as reading an affirmation out loud, journaling, and doing stretching and breathing exercises.



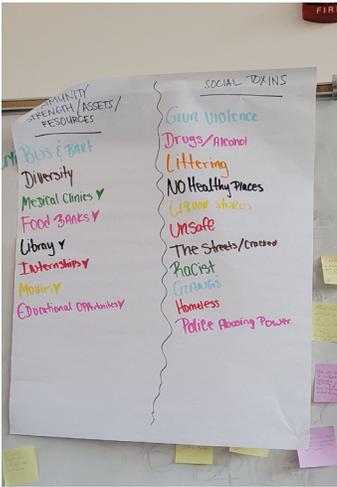
Equity

- + Research the history of the community and the health challenge they are working with.
- + Discuss conditions of oppression that cause suffering and how these can affect decision-making and design solution
- + Explore issues of identity together through interactive art or storytelling activities that promote honest conversations about inequality, injustice, oppression and racism.



Relationships

- + Don't rush things! Make sure there is enough time to develop and nurture genuine relationships with youth by co-creating working agreements and establishing roles and responsibilities with compassion, dependability, trustworthiness, and reciprocity.
- + Practice empathy and active listening in paired check-in activities: Have one person share about themselves and the other person listen and observe. The listener will share back by starting with, "I heard you say..." and then ask, "Is that right?" The speaker will then confirm, correct, or elaborate if the share back was accurate. Then the pair can switch roles.
- + Support staff well-being, professional development, and growth to ensure they can manage own stress and be more attuned to youth.



Empowerment

- + Provide meaningful opportunities for youth to choose whether and how to engage in the project and to voice opinions, exercise leadership, and engage in decision-making.
- + Listen to the professional goals and aspirations of youth and then create opportunities to advance professional development and growth through networking activities, panels/career exposure, and skills building.
- + Provide guidance, mentorship, and references/letters of recommendation for youth who might be seeking jobs or applying to programs.



Resilience

- + Share stories of resiliency and provide opportunities for youth to reflect on their own adversity and overcoming challenges or obstacles.
- + Take time to recognize, name, and build upon the strengths of youth.
- + Celebrate successes and reflect on the meaning and purpose in our work.