

# **Trauma informed care: A guide of considerations and referral points for vulnerable young people with an experience of trauma.**

## **Authors:**

Viret N<sup>1</sup>, van Ritten J<sup>2</sup>, Basheer E<sup>3</sup>

<sup>1</sup> Illawarra Shoalhaven Local Health District, New South Wales, Australia, <sup>2</sup>Central Coast Local Health District, New South Wales, Australia <sup>3</sup> NSW STI Programs Unit, New South Wales, Australia.

## **Background/Purpose:**

In February 2023, NSW Health released their trauma-informed care framework: My story, my health, my future. Trauma is a significant factor contributing to poor sexual and reproductive health outcomes for children and young people experiencing vulnerability and disadvantage. Young people in Out of Home Care (OOHC) often miss out on school-based sexual health education due to the transient nature of placements and rely on carers to fill gaps. To support provision of trauma informed sexual health education to young people in OOHC, NSW Health's Play Safe Programs OOHC Project developed a sexual and reproductive health focused trauma informed care guide for OOHC workers/carers.

## **Approach:**

The guide was developed in consultation with key trauma and OOHC agencies in NSW, via face to face and digital consultations. The guide provides detailed information and considerations for professionals working with vulnerable groups of young people. Referral options for further support is also provided. The guide was developed as part of a suite of trauma-informed resources available on the Play Safe Pro website, aligns with the NSW Health trauma-informed care framework and offers a specialised youth perspective.

## **Outcomes/Impacts:**

The guide addresses the sexual and reproductive health needs of some of the most vulnerable young people in our communities. With effective trauma-informed guidance and clinical support, young people with experiences of trauma can go on to have healthy sexual experiences.

## **Innovation and significance:**

The trauma informed care guide is a first of its kind in NSW to provide practical strategies for professionals to engage in sexual health conversations with young people who have experiences of trauma. Throughout the consultation process, many lessons were learnt that will benefit the wider clinical and health promotion sectors in the development of sector-informed, youth specific trauma-informed resources.

## **Disclosure of Interest Statement:**

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