



DHS News

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Department of Human Services



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New resource designed to help individuals and their families understand, address trauma

For people who have experienced a traumatic event, everyday activities may seem overwhelming; however, a new resource has been created to provide an additional layer of help and support.

“Never Alone: Finding Hope After Trauma” was designed collaboratively by Integrated Program Services (IPS) and the Office of Community Relations (OCR), centered around input from DHS’s Family Member Trauma Resource Workgroup; Trauma Think Tank; and Youth Support Partner (YSP) unit as well as Allegheny Family Network’s Ready, Set, Use Your Voice workgroup. Using relatable characters who have gone through traumatic events – fighting parents, being assaulted and foster care placement, the booklet describes what trauma is, lists common reactions to trauma and offers ideas to help with healing. It also includes a list of community resources that can offer support.

Starting this fall, the guide will be distributed to community members and DHS consumers through Family Support Centers, the YSP unit, and other community locations. To help DHS evaluate the guide’s effectiveness, recipients will have the opportunity to offer feedback using a QR code or text survey option listed on the last page of the booklet.

“Last year we put out a trauma conversation guide for professionals, and right away started getting a lot of feedback about how important it was to provide messaging about trauma to community members as well. Guidance from family members and youth was central in developing the messaging, story and design of this resource,” said Joe Martin, assistant manager - integrated engagement practices and assessments in IPS. “We hope that these guides will help readers to understand how common trauma is, see that they are not alone in their experience, and recognize that there are resources available to help.”