

TRANSFORM

Trauma and Racism Addressed by Navigating Systemic Forms of Oppression using Resilience Methods

The Washington State Partnership Council on Juvenile Justice funded the *Cognitive Behavioral Interventions for Trauma in Schools- Cultural Adaptations* (CBITS-CA) project from May 2018 through September 2020. The focus of the CBITS-CA project was to train direct care, line staff at Echo Glen Children’s Center on an evidence-based trauma treatment program (Cognitive Behavioral Interventions for Trauma in Schools) with cultural adaptations, specifically by creating a module focused on addressing racial trauma. The results of this project were positive and promising ([see video testimony](#)) and one of the most consistent feedback from both the youth and staff who participated in the project was that the racial trauma module could be expanded into its’ own program. Taking that feedback together, project developers are introducing a new program that primarily focuses on addressing trauma and racism, including historical/intergenerational trauma, racial trauma, and the intersection of these experiences with racism (both covert and overt forms).

This new program, TRANSFORM (Trauma and Racism Addressed by Navigating Systemic Forms of Oppression using Resilience Methods), is a holistic and culturally responsive approach to addressing levels of distress that result from traumatic experiences, *including* racism. TRANSFORM is a learning tool focuses on addressing trauma and racism and the intersection of the two, as well as building racial/ethnic pride among BIPOC youth and anti-racism advocacy among white youth, and building awareness among adult facilitators and increasing adults’ skills to be more culturally responsive and trauma-informed.

The goals of the TRANSFORM program indicated below and the youth and adult columns are marked to reflect which group each goal pertains to:

Goal	Youth	Adult
1. Increase Racial Awareness and its impact (racial literacy and appreciation)	√	√
2. Increase knowledge base on impact of trauma	√	√
3. Reduce stress and/or trauma-related symptoms	√	
4. Increase coping strategies for children and adolescents impacted by trauma and racism	√	
5. Increase adults’ skills/ self efficacy to address trauma and/or RST in the school/ JJ setting (this should happen by default)		√

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