



# OCYF Trauma Team

## Introducing the Trauma Toolbox!

The Office of Children, Youth, and Families (OCYF) recognizes the impact of secondary trauma and workplace stress on staff and families. To address this, the OCYF Trauma Team created the Trauma Toolbox, a centralized resource for vital information on trauma-informed approaches.

After gathering feedback from child welfare staff, the OCYF Trauma team compiled essential links and materials to help staff during critical incidents. This resource aims to foster open dialogue and provide technical assistance and is called the Trauma Toolbox.

### A Trauma-Sensitive Approach

July is a time of celebration, but it can also serve as a reminder of trauma for some individuals. The loud noises associated with fireworks may induce a fear response not only in people but also in pets. It's important to be mindful before setting off fireworks, ensuring safety and consideration for others' experiences.

## What types of resources are contained in the Trauma Toolbox?

Burnout	→	Helping Adults to Cope with Toxic Stress and Trauma	→	Helping You to Cope with Toxic Stress and Trauma	→
Historical and Generational Trauma PDF	→	LGBTQIA+, Toxic Stress and Trauma	→	Moral Distress	→
Disaster Distress Helpline Call or text 1-800-985-5990	→	PTSD Coach Online (va.gov)	→	Resources and Community Partners	→
TIC and the Law	→	Trauma informed basics	→	Trauma Sensitive Language	→

This is a small sample of the many resource topics within the OCYF Trauma Toolbox. The Team is hopeful that you will find this resource helpful and welcomes any comments or suggestions at [RA-PWOCYFTRAUMA@pa.gov](mailto:RA-PWOCYFTRAUMA@pa.gov). To visit the Trauma Toolbox, please click the link below.

[Trauma Toolbox | Department of Human Services | Commonwealth of Pennsylvania](#)

**TRAINING OPPORTUNITIES:** OCYF continues to offer free trauma training facilitated through Lakeside Global for the Pennsylvania child welfare community. Workshops: <https://register.lakesidetraining.org/pa-ocyf-workshops-2025/> and Intensive courses: <https://register.lakesidetraining.org/pa-ocyf-intensive-courses-2025/>. Additionally, the *Developing Trauma Sensitivity for Congregate Care Staff* course has been released through the E-LEARN system at [https://www.e-learn.pitt.edu/visitor\\_catalog\\_class/show/1557287](https://www.e-learn.pitt.edu/visitor_catalog_class/show/1557287). This is offered free to all PA licensed child welfare providers.