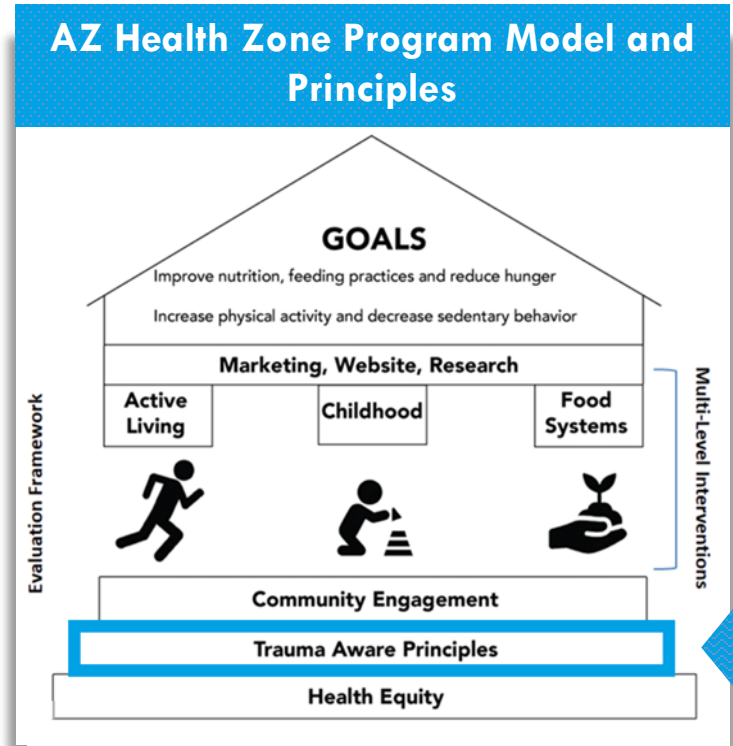


# The AZ Health Zone's Trauma-Informed Approaches: LIA Staff Support New Direction

The AZ Health Zone's guiding principles foster building resilient communities using a health equity lens. This includes weaving *trauma-informed approaches (TIAs)* into each level of the FY21-25 statewide program. TIAs are intended to ensure that interventions meet participants where they are, and avoid harm.

**How was the AZ Health Zone's TIA evaluated this year?** The State Evaluation Team:

- 1) Surveyed Local Implementing Agency (LIA) staff about their TIA knowledge, beliefs, principal support, and commitment *before* implementation, and
- 2) Explored LIA uptake of TIA via interviews with direct educators (see page 45).



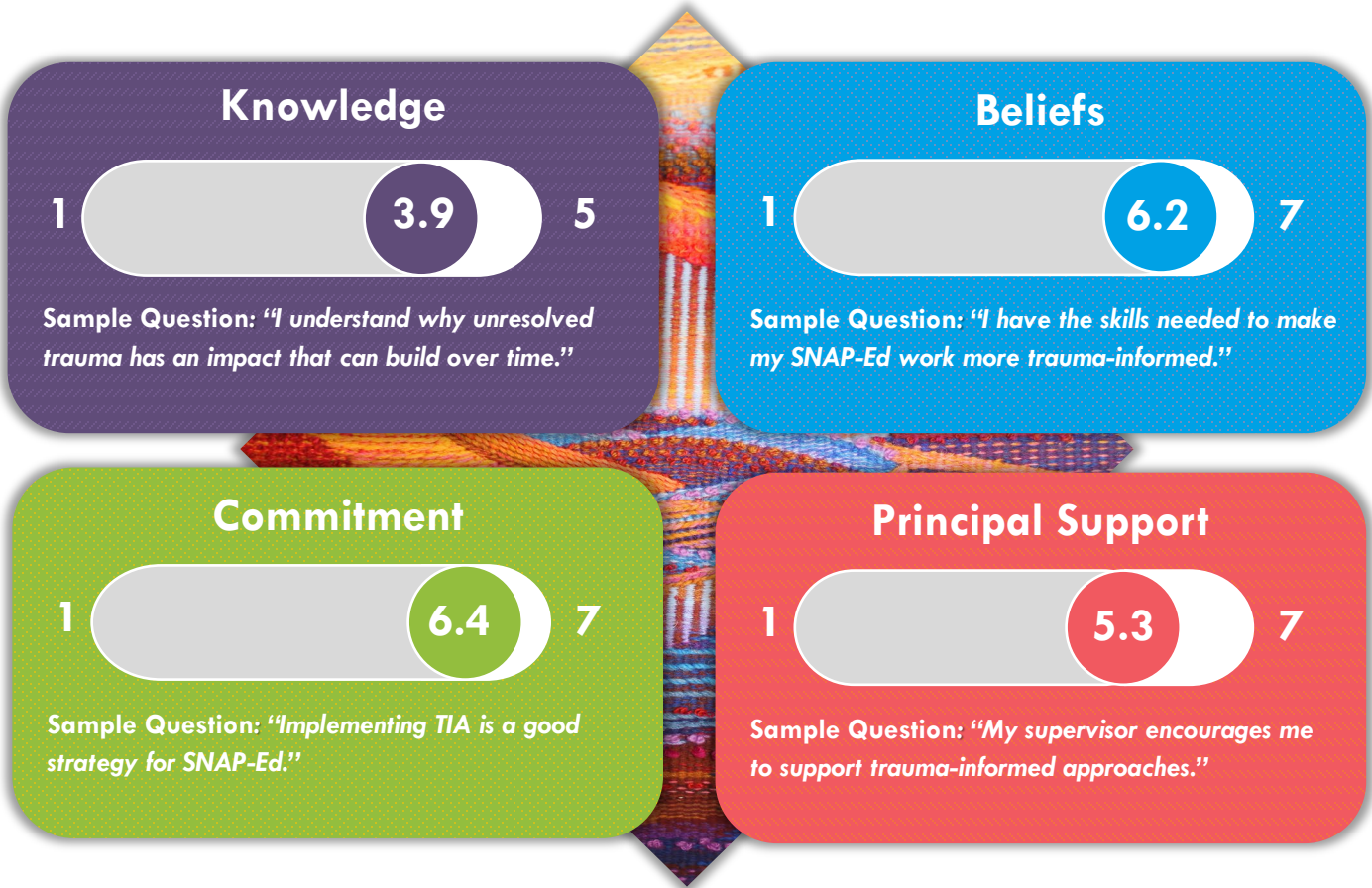
Most respondents had PSE, DE, and management roles. Staff could select multiple categories.



**The TIA Survey.** This 35-item survey measured the key domains of TIA commitment, knowledge, beliefs, and principal support. Most questions used a 5- or 7-point Likert scale for respondents' level of agreement with the TIA-related statements in each domain. The survey was online, anonymous, and available in English or Spanish.

**Respondents.** Of the 67 LIA staff who completed the TIA survey, 97% were female. The largest age group was 30-39 (28%). The largest groups for length of SNAP-Ed experience were respondents with 1-2 years and 10 or more years (21% each).

**Prior Training.** Nearly a third (31%) of LIA staff had five or more TIA training hours via webinars and books/materials, while in-person exposure was the least common (15%). Only four respondents indicated no prior TIA training or exposure.



**Results.** Respondents’ domain mean scores (above) indicated positive beliefs related to TIA, and strong commitment. Principal support—perceived TIA support from one’s team and organization—was moderate. While still robust, items that addressed confidence in utilizing a TIA received some of the lowest scores in the survey. These included “I have the skills needed to make my work more trauma-informed” (4.6/7) and “I feel confident that I can implement this approach” (4.9/7).

**Next Steps.** While respondents largely valued the role of TIA’s core tenets in their work, they were less clear regarding how to incorporate these approaches. Similarly, LIA staff reported a lack of confidence to move forward.

After the survey, LIAs could join a yearlong live, online TIA professional development series, as well as other online TIA trainings. This survey’s distribution again in FY22 will assess any changes over time in LIAs’ uptake of TIA.

