



Action Plan

Strengthening Trauma-Informed Practice in Early Intervention

How to Use the Action Plan

The purpose of the action plan is to enhance your trauma-informed practice. Read through each practice area. Choose one or two practice areas that you wish to improve.

Develop your own personal goal for improving this practice area in your work. You can create a goal by selecting a focus area in the list of practices offered in the [checklist](#), or you can create your goals with your own strategy based on your review of the practices. Consider sharing your goals with others to help you stay focused and accountable on adopting new or enhanced trauma-informed practices. Consider making your goals SMART: Specific, Measurable, Achievable, Realistic, and Timely.

Action Plan Worksheet

Strengthening Trauma-Informed Practice in Early Intervention

Name:

Date:

Role/Setting:

1 Reflect

Review the checklist and choose 3-7 practices you'd like to focus on. Then, add specific actions you'll take.

Practice

Strategy

When/Where

2 Collaborate

Who can you support in this work?

3 Reflect and Adjust

Schedule a time to revisit your plan and answer the prompts below.

Future Reflection Prompts

What worked well?

What was challenging?

What can I adjust moving forward?

