

Planning for healthy relationship promotion in your SBHC



As your team plans to strengthen your adolescent relationship abuse and human trafficking (ARA/HT) prevention and response, you may find this worksheet helpful.

Below are some areas your team might choose to focus on as you strengthen your capacity to prevent and address ARA/HT. After we discuss each area, you will have time to fill in the sections below.

1 Staff Wellness

Here's what our organization already does to promote staff wellness:

Some additional ideas we might consider:

- Reflective practice groups
- Grounding practices
- Mindfulness-based interventions



2 CUES (Confidentiality, Universal Education + Empowerment, and Support) Intervention

We will meet with our colleagues to share information about CUES.

We will invite these people:

- _____
- _____
- _____

and plan to meet by this date: _____

If we decide to move forward with CUES, this person will coordinate ordering and restocking CUES cards:

This person will coordinate implementation of a PDSA:

3 Community Partners (Domestic Violence Organizations)

This is the domestic violence organization in our area:

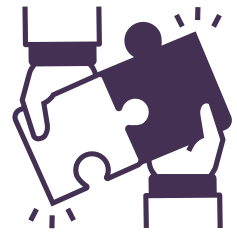
If we don't know our local domestic organization, we will go to this website:

<https://ncadv.org/state-coalitions> by this date _____ to find our state domestic violence coalition's website and identify our local resources.

Once we know who to engage, this person can take the lead to reach out to them:

We want to ask them about:

- Training for our staff
- Being a referral resource for students exposed to violence
- Being a resource to support staff exposed to violence
- Consultation and feedback on clinical services, outreach activities, etc.
- Something else (e.g., community education meetings, health fairs, youth engagement campaigns), please describe: _____



4 Youth Partners

We already engage youth in these ways: _____

These are existing student groups we might partner with to promote healthy relationships:

We are interested in exploring these ideas for partnering with youth:

- Conducting focus groups in health classes to learn more about what teens know and need related to healthy relationships
- Incorporating healthy relationship promotion into activities led by an existing youth advisory council
- Hosting informal office hours in the school-based health center for youth to participate in healthy relationship promotion activities
- Providing feedback on current and/or proposed practices and resources for health relationship promotion and ARA/HT prevention and response
- Using an evidence-based violence prevention curriculum to facilitate student learning
- Something else (e.g., peer education, mentoring, or support groups; school-wide awareness events), please describe: _____

This person _____ will take the lead on our next steps by this time: _____

5 QA/QI Tool

We currently assess our practices and resources related to ARA/HT prevention and response in these ways: _____

This person _____ will coordinate completion of the QA/QI tool by this date. They will ask the following people for input:

- _____
- _____
- _____

Our team will review our completed QA/QI tool on this date: _____



If we would like additional technical assistance related to CUES, partnering with local domestic violence organizations, or the QA/QI tool, we can contact Lisa James at ljames@futureswithoutviolence.org.

For additional support related to partnering with youth, we can contact youthdevelopment@sbh4all.org.