Informed Consent:

Walla Walla’s Children's Resilience Initiative (CRI) has worked for many years to better understand how trauma-informed practices have been adopted by and implemented into the Walla Walla community. A childhood trauma has been defined broadly as: “Any event or even perception of an event that results in a profound sense of helplessness and/or loss of control” R.D. Macy. This survey is aimed at discovering and documenting how far Walla Walla has come with regard to utilizing and implementing trauma-informed practices as well as working to foster resiliency.

Please know that the survey responses are anonymous, and that we will have no way of linking you with your responses. Your filling out and submitting the survey is your informed consent that you have agreed to participate. If you have any questions, please direct them to the contacts provided below.

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Part 1: Your Personal Journey

Please indicate your level of agreement with the following statements.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Somewhat agree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>People tend to open up to me easily.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
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<tr>
<td>People often come to me for advice.</td>
<td>○</td>
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<tr>
<td>People tend to describe me as an empathetic person.</td>
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</tbody>
</table>

Please indicate your level of agreement with the following statements.

<table>
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<tr>
<th>Statement</th>
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<th>Agree</th>
<th>Somewhat agree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I reflect on my past experiences and try to learn from them.</td>
<td>○</td>
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<tr>
<td>I am so busy in my day-to-day life that I often do not have time to think about myself.</td>
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<tr>
<td>I value taking time to self-reflect.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Statement</td>
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<td>Agree</td>
<td>Somewhat agree</td>
<td>Somewhat disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
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</tr>
<tr>
<td>Growing up, there were times that I did not have enough food to eat.</td>
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<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Growing up, my family moved around a lot from place to place.</td>
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<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Growing up, there were times when one or both of my parents were unable to find work.</td>
<td>○</td>
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<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

Were your own childhood experiences traumatic?

- No
- Yes, somewhat
- Yes, very
- Prefer not to answer

I have had the opportunity to hear the personal stories of people who have experienced trauma in their lives, particularly the stories of those who experienced trauma in their childhood and as they were growing up.

- Strongly Agree
- Agree
- Somewhat agree
- Somewhat disagree
- Disagree
- Strongly disagree

I've had the opportunity to hear the personal stories of those who have experienced trauma in their lives, in particular, the stories of those who experienced trauma in their childhoods and as they were growing up, through the following social circles. Please check all that apply.

- My family
- My friends
- My peers during my time in school
- My colleagues
- My clients
- My local community members / neighbors
- Speakers at conferences I chose to attend
- Other (please specify)
- I have not had the opportunity to hear these kinds of personal stories.

When people share a personal story about a struggle or hardship in their lives with me . . .

Please check all that apply.

- I feel sorry for them.
- I feel uncomfortable.
- I can't help but think about the choices they made that led them to being in that unfortunate situation.
- I try to imagine myself in their shoes.
- I try to look on the bright side and point out the silver lining of the situation.
- I don't know what to say in response.
- I tend to get emotional.
- I am reminded of similar experiences in my life, but I tend to push those thoughts away because they are unpleasant to think about.
- I am reminded of similar experiences in my life and personally reflect upon them later.
- I am reminded of similar experiences in my life and often choose to share those experiences with the other person if it feels appropriate.
- Other (please specify)

**I am aware of the brain research behind trauma-informed practices and Adverse Childhood Experiences (ACEs).**

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Somewhat agree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

**I learned about the brain research behind trauma-informed practices and the Adverse Childhood Experiences (ACEs) through . . . Please check all that apply.**

- My own personal reading and interest.
- Trainings put on by my organization.
- Trainings I chose to attend.
- Information I received from CRI.
- Trainings sponsored and/or put on by CRI.
- Other (please specify)
- I am not aware of the brain research behind trauma-informed practices and ACEs.

**Part 2: Changes in Your Personal Worldview**

**When I see someone engaging in disruptive and/or negative behavior, my first thought is . . . Please select only one.**

- What is wrong with that person?
- Why is that person engaging in that behavior?
- What happened to that person that has led them behave in that way?
- Other (please indicate)

**I find that I am more curious about understanding the behavior of other people than I was five years ago.**
I find that I am more aware of my response to my personal triggers than I was five years ago. "Personal Trigger" is defined as an experience that elicits a strong emotional response.

Please indicate your level of agreement with the following statements.

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Somewhat agree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthier communities come from mutual supports among people.</td>
<td></td>
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<tr>
<td>Everyone can succeed if they make the right decisions.</td>
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<tr>
<td>All people enter the world on an equal playing field.</td>
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</tr>
<tr>
<td>More access to train professionals leads to healthier communities.</td>
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</tr>
<tr>
<td>The reasons why people engage in harmful behaviors needs to be understood.</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Safety, trust, and feeling valued are necessary for people to be and feel successful.</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>People who don't follow the rules need to be punished.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Differences in people are due to their past experiences and social environment.</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Has your understanding of behavior and the reasons why people behave the way they do evolved over time?

- Yes
- Maybe
- No

If so, is there anything in particular that has prompted this evolution in your thinking about behavior? Please explain.

Please indicate your level of agreement with the following statements.
The daily practices of my organization directly reflect its mission statement.

The protocol and daily practices of my job never make me feel as though I have to compromise my value system to do my job.

My organization fully utilizes trauma-informed practices.

My job is emotionally taxing.

If you could, would you change anything about your job and/or organization?

- Yes
- Maybe
- No

If so, what would you change about your job and/or organization?

Part 3: Supports you have received from your community, your work organizations, and/or CRI.

My changes in behavior and worldview have been supported by:

A) Personal relationships with neighbors and friends I know in my Walla Walla community.

<table>
<thead>
<tr>
<th></th>
<th>Often</th>
<th>Sometimes</th>
<th>Seldom</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>A)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B) Changes at work.

<table>
<thead>
<tr>
<th></th>
<th>Often</th>
<th>Sometimes</th>
<th>Seldom</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permission and encouragement from my supervisor.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collaboration with co-workers.</td>
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<td></td>
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</tr>
<tr>
<td>Changes in the values of my organization that better reflect the mission statement.</td>
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</tr>
<tr>
<td>More flexible work schedules and standards.</td>
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<tr>
<td>Being in a learning organization - working together to change and improve.</td>
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<tr>
<td>Coordination with co-workers/service providers in</td>
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<td></td>
</tr>
</tbody>
</table>
partner organizations in my day-to-day work.

C) Support from CRI Partner Organizations.

<table>
<thead>
<tr>
<th></th>
<th>Often</th>
<th>Sometimes</th>
<th>Seldom</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information at CRI meetings.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Actual work with CRI partners.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Enacting necessary policy changes with CRI partners.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

Please list the main supports you have received that have supported your change in behavior and worldview and describe how they have been personally helpful to you.

Part 4: Changes in Practice

My work practices have become more trauma-informed and more aimed at building resilience:

A) By the leadership of my organization helping me create the following conditions:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>A safe, nonjudgmental environment.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Trust based on respectful, warm, personal relationships.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Calm, emotional &quot;green zones&quot; when crises occur.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>A culture of mutual support.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

B) By developing more knowledge about:

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>The effects of trauma.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>The dimensions of resilience.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

C) By developing and practicing personal skills, such as:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
</table>
Socio-emotional self-regulation skills to help maintain control in ‘flight and fight’ reactions.

Problem-solving skills to gain mastery.

Accountability skills to gain positive self-image.

Planning skills to gain confidence and hope for the future.

Please explain the main ways in which your practices have changed over time.

My work practices at my current position have become more trauma-informed and more aimed at building resilience.

Strongly agree  Agree  Somewhat agree  Somewhat disagree  Disagree  Strongly disagree

Part 5: Timing of Changes

When did you begin making these various changes?

More than 5 years ago  2-5 years ago  Less than 2 years ago  I have not made this change

Creating new social environments and relationships at work.

Increasing my knowledge of trauma and helping develop new personal skills at work.

Beginning my journey of understanding trauma and resilience.

Shifting my world view.

When did you begin to receive the following support?

More than 5 years ago  2-5 years ago  Less than 2 years ago  I have not received this support

Support from my community of friends and/or neighbors.

Support from my workplace.

Support from CRI and their
Part 6: Your Personal Background

How many years have you been a resident of Walla Walla County?
- Less than 1 year
- 1-5 years
- 6-10 years
- 11-20 years
- 20+ years

Which organization do you work for?
- Head Start
- Walla Walla Public School District - Elementary Schools
- Walla Walla Public School District - High Schools
- Walla Walla Public School District - School Board
- Jubilee Leadership Academy
- Child Protective Services (CPS)
- Service Alternatives
- Catholic Charities
- Early Learning Coalition
- Blue Mountain Action Council (BMAC)
- Department of Community Health
- CASA
- Friends Program
- Sheriff's Department
- City Police Department
- Walla Walla Community College
- Lincoln Health Center
- Children's Home Society
- Walla Walla Juvenile Justice Center
- Valley Residential
- Broetje Orchards/Vista Hermosa
- Other (please indicate)

How many years have you worked for your current organization in Walla Walla?
What kind of work do you do in your job position at your organization? Please check all that apply.

- Direct Service
- Supervise others
- Administrative work
- Delegate tasks
- Work as a member of a team
- Lead a team
- Focus on big-picture plans for the organization
- Focus on daily tasks

Please describe the type of work you do in your organization.


What is your age?

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75 years or older

What is the highest degree or level of school you have completed? If you are currently enrolled in school, please indicate the highest degree you have received.

- Less than high school
- High School Degree / GED
Some College / AA Degree

☐ BA/BS or equivalent degree

☐ Post graduate / Masters / Doctors / Professional Degree

Please indicate your gender.

☐ Male

☐ Female

☐ Other (please indicate)

Please indicate your race and/or ethnicity. Select all that apply.

☐ American Indian or Alaska Native

☐ Asian

☐ Black or African American

☐ Hispanic or Latino

☐ Middle Eastern or North African

☐ Native Hawaiian or Other Pacific Islander

☐ White

☐ Other (please indicate)

☐ Prefer not to answer