

Please indicate your level of agreement with the following statements as they relate to your childhood.

	Strongly agree	Agree	Somewhat agree	Somewhat disagree	Disagree	Strongly disagree
Growing up, there were times that I did not have enough food to eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Growing up, my family moved around a lot from place to place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Growing up, there were times when one or both of my parents were unable to find work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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).

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

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.

Strongly agree <input type="radio"/>	Agree <input type="radio"/>	Somewhat agree <input type="radio"/>	Somewhat disagree <input type="radio"/>	Disagree <input type="radio"/>	Strongly disagree <input type="radio"/>
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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.

Strongly agree <input type="radio"/>	Agree <input type="radio"/>	Somewhat agree <input type="radio"/>	Somewhat disagree <input type="radio"/>	Disagree <input type="radio"/>	Strongly disagree <input type="radio"/>
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Please indicate your level of agreement with the following statements.

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

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.

	Strongly agree	Agree	Somewhat agree	Somewhat disagree	Disagree	Strongly disagree
The daily practices of my organization directly reflect its mission statement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My organization fully utilizes trauma-informed practices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job is emotionally taxing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| Often | Sometimes | Seldom | Never |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

B) Changes at work.

	Often	Sometimes	Seldom	Never
Permission and encouragement from my supervisor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Collaboration with co-workers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in the values of my organization that better reflect the mission statement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More flexible work schedules and standards.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a learning organization - working together to change and improve.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination with co-workers/service providers in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

partner organizations in my day-to-day work.

C) Support from CRI Partner Organizations.

	Often	Sometimes	Seldom	Never
Information at CRI meetings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Actual work with CRI partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enacting necessary policy changes with CRI partners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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:

	Always	Often	Sometimes	Rarely	Never
A safe, nonjudgmental environment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trust based on respectful, warm, personal relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calm, emotional "green zones" when crises occur.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A culture of mutual support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B) By developing more knowledge about:

	Always	Often	Sometimes	Rarely	Never
The effects of trauma.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The dimensions of resilience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Always	Often	Sometimes	Rarely	Never
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Socio-emotional self-regulation skills to help maintain control in 'flight and fight' reactions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problem-solving skills to gain mastery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accountability skills to gain positive self-image.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning skills to gain confidence and hope for the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increasing my knowledge of trauma and helping develop new personal skills at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beginning my journey of understanding trauma and resilience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shifting my world view.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support from my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support from CRI and their	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

work partners.

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?

- Less than 1 year
- 1-2 years
- 3-5 years
- 6-10 years
- 11-15 years
- 16-20 years
- 20+ years

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