

# THE MAKING OF A TRAUMA-INFORMED, SELF-REGULATION APP FOR DIRECT CARE STAFF

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## The Challenge

- Trauma-informed programs often assume that staff come equipped with the self-regulation skills required to implement higher-order trauma skills.
- But, many direct care staff come to residential having experienced greater rates of early childhood adversity than the general population.
- And, direct care work is one of the hardest jobs on the planet. Staff experience high rates of secondary trauma, burnout, and caregiver fatigue.
- Thus, self-regulation for staff can be difficult.

## Our Solution

Create a trauma-informed, self-regulation program for direct care staff that:

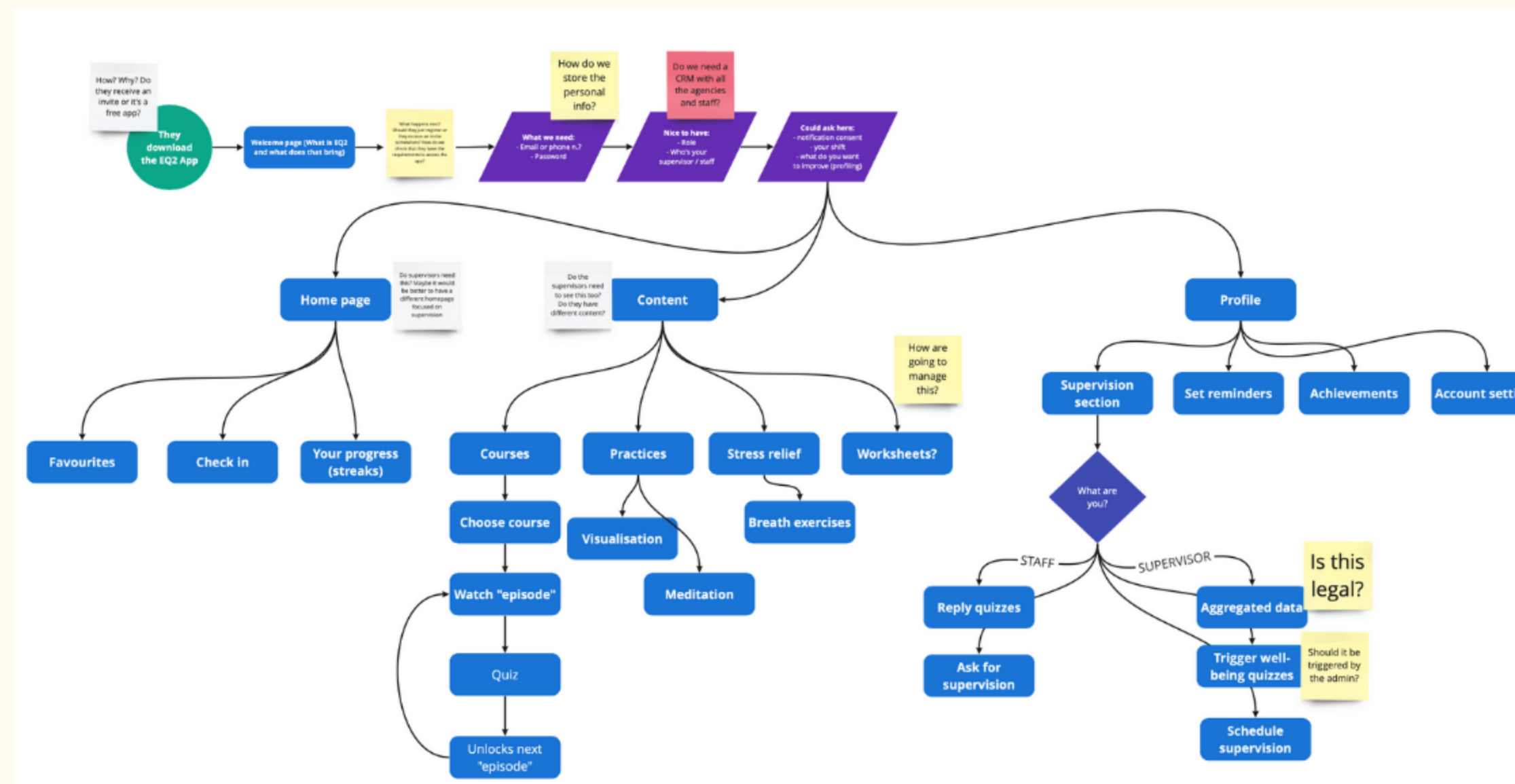
- Explicitly teaches self-regulation skills
- Provides a structure for community-care and improves coworker relations through Restorative Justice concepts
- Encourages and models self-care practices
- Provides multiple ways for skills to be practiced, reinforced, and embedded into the agency, including the EQ2 App

## THE APP DEVELOPMENT PROCESS

Define users, identify their needs, explore solutions



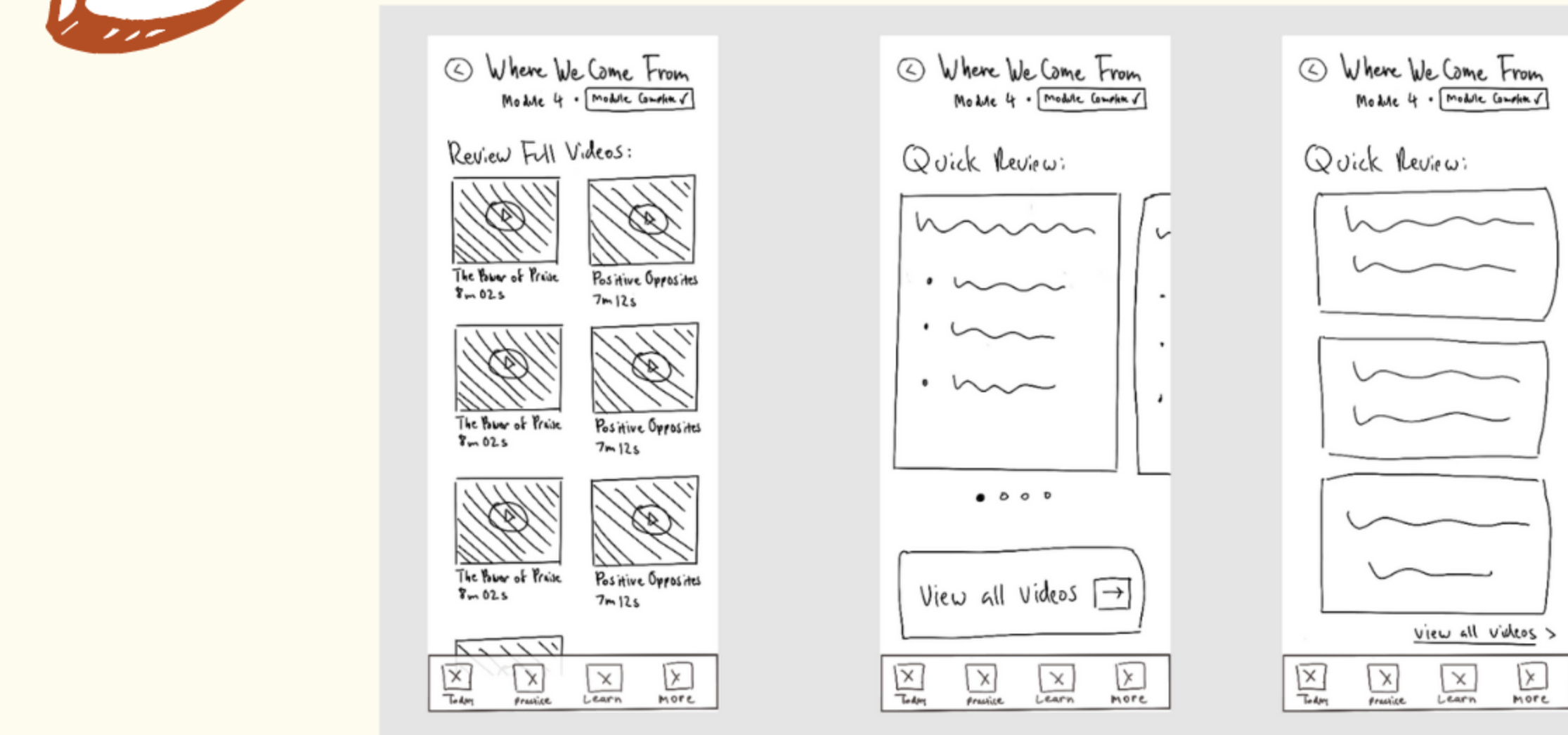
## 2 Determine and prioritize features; obtain feedback from staff and administrators



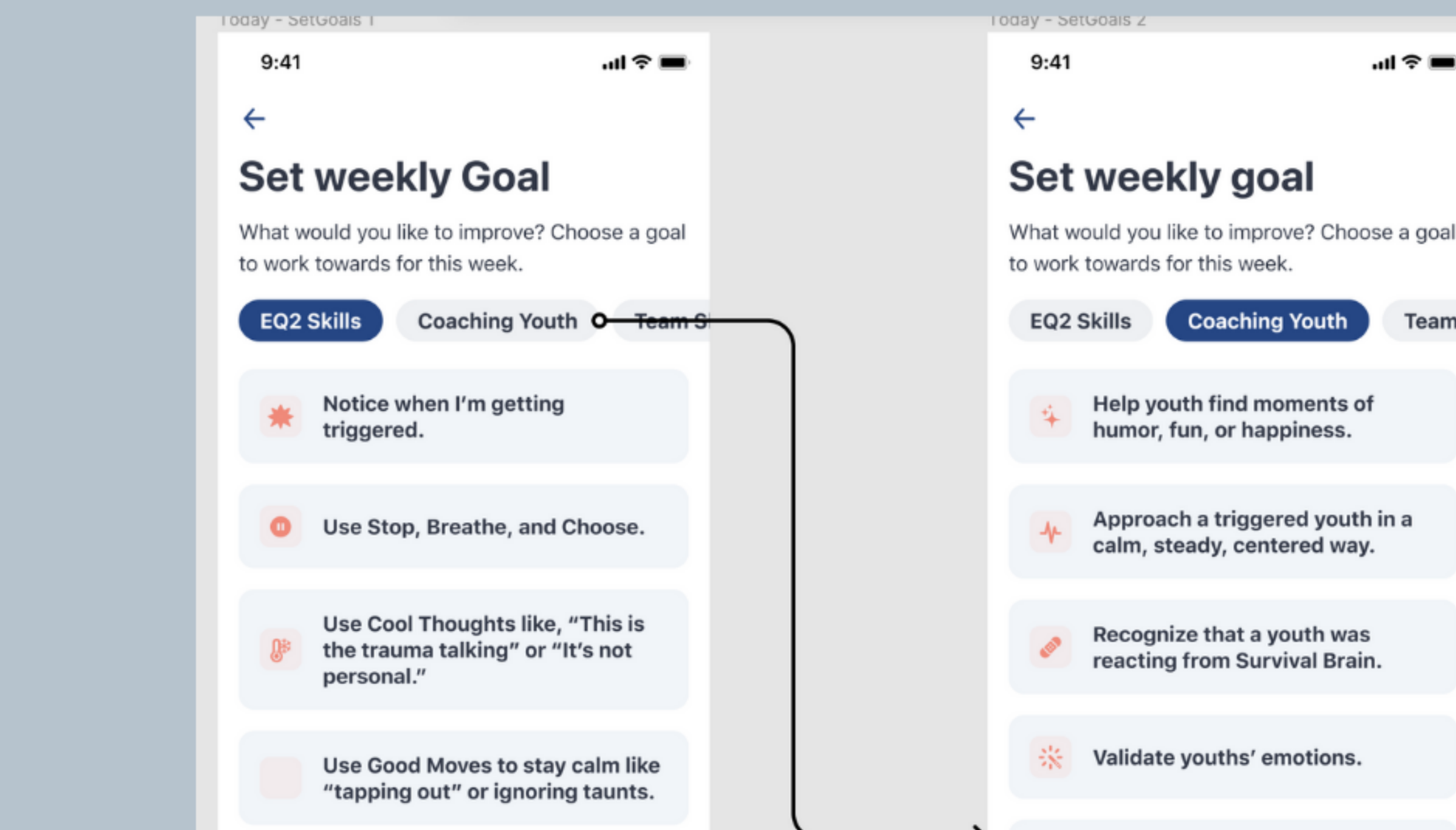
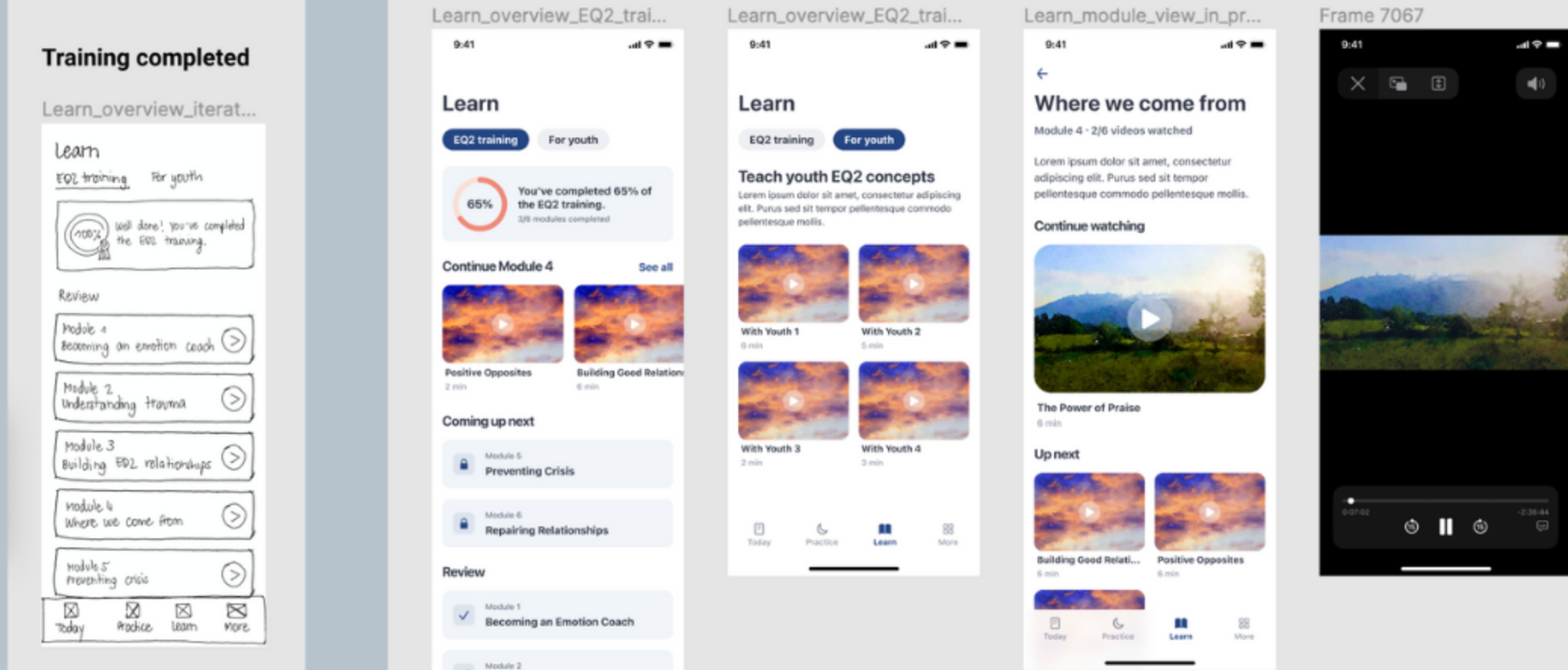
## Kano Questionnaire

Questionnaire results	Our prioritization	Staff n=11	Admins n=5	Supervisors n=7
Breathing tool	BASIC	ATTRACTIVE 6.5	ATTRACTIVE 6.8	INDIFFERENT 8.1
Quiz on EQ2 content	BASIC	QUESTIONABLE 6.8	INDIFFERENT 7.4	ATTRACTIVE 6.8
Structured supervision	BASIC	INDIFFERENT 6.1	ATTRACTIVE 7.4	ATTRACTIVE 7.4
Aggregated data	BASIC	MUST BE 6.1	ATTRACTIVE 8.2	ATTRACTIVE 7.7
Goal setting	PERFORMANCE	ATTRACTIVE 6.8	ATTRACTIVE 6.9	ATTRACTIVE 6.9
Interactive exercises to practice mindfulness with youth	PERFORMANCE	ATTRACTIVE 6.8	ATTRACTIVE 6.9	ATTRACTIVE 6.9

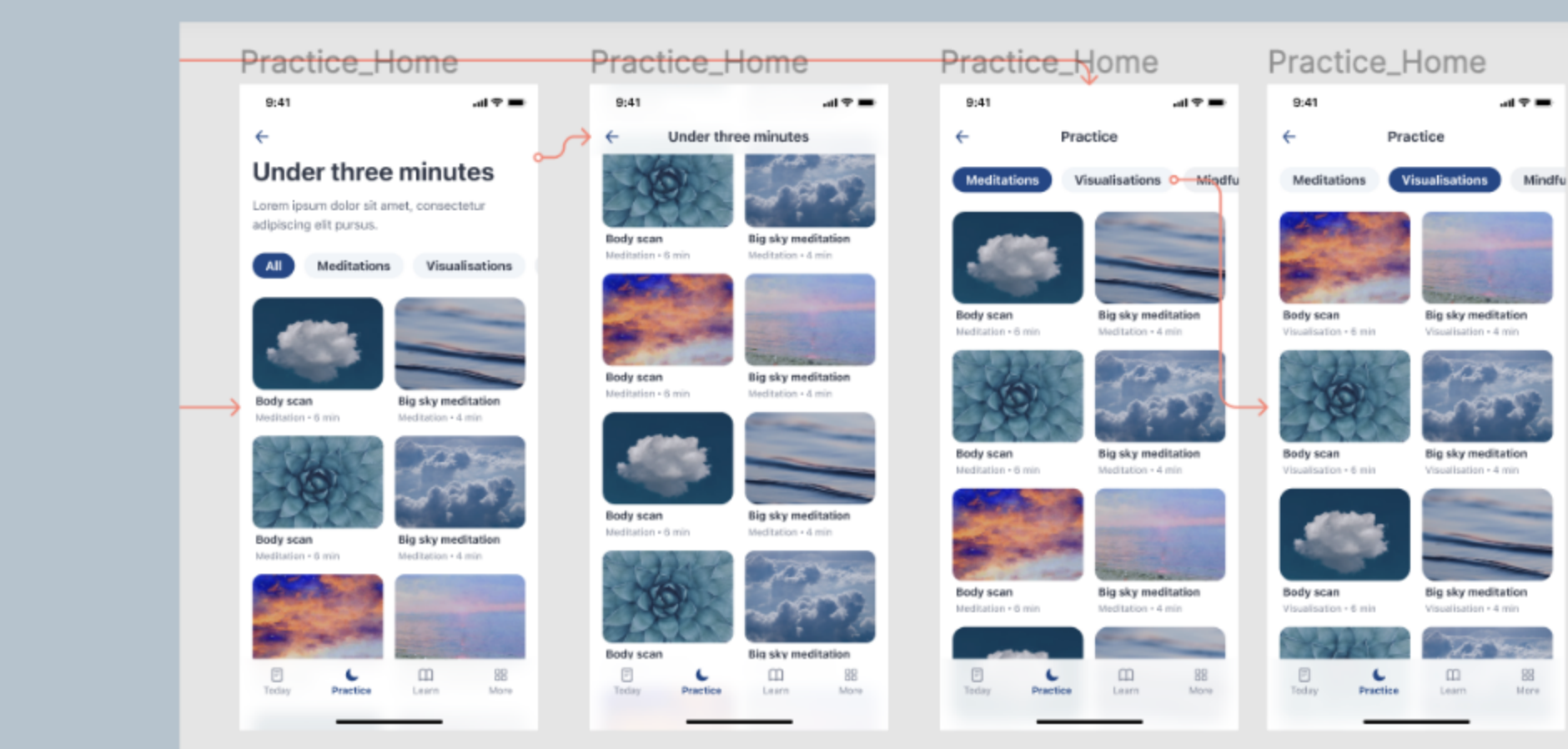
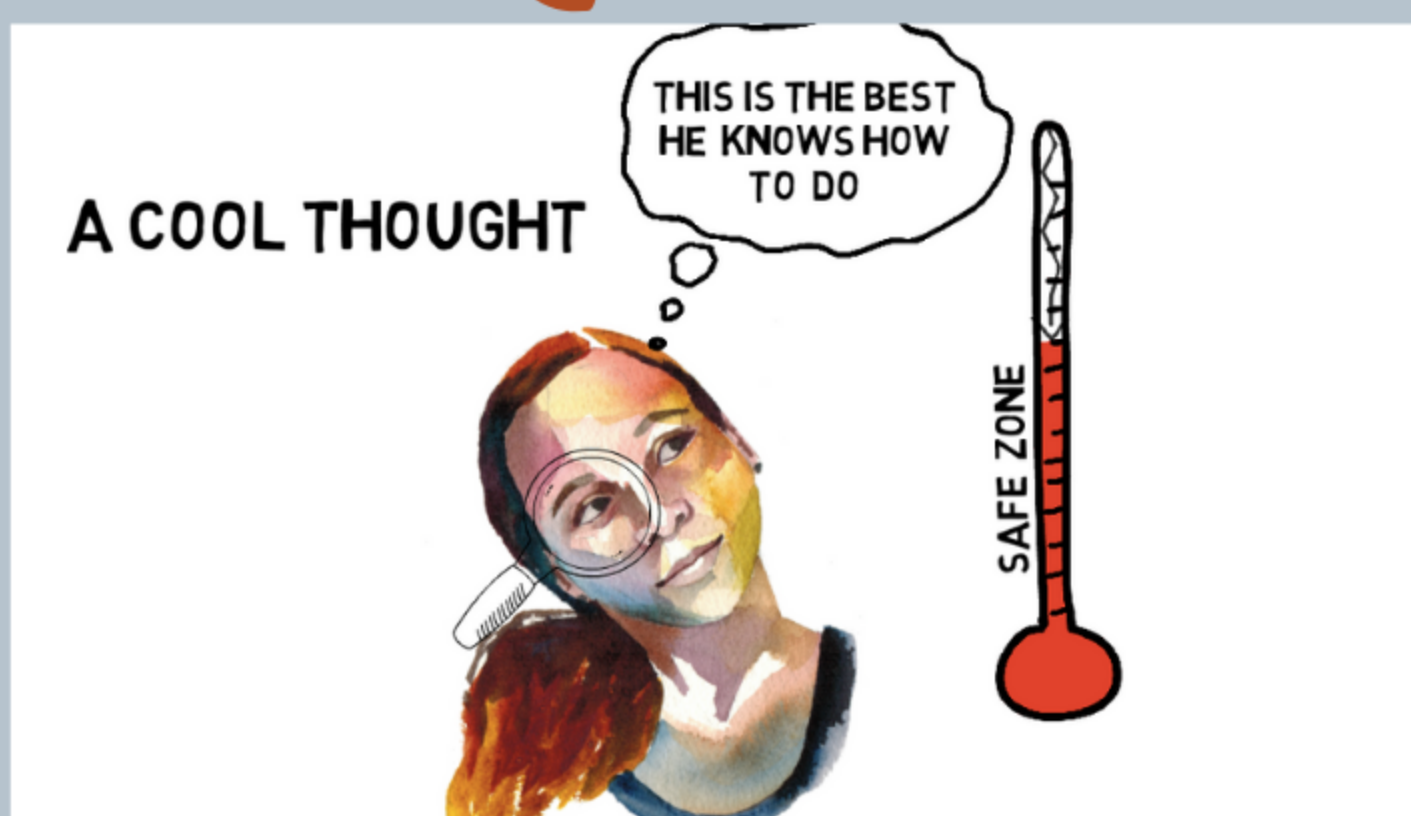
## 3 Mock up designs, choose color palate and photos



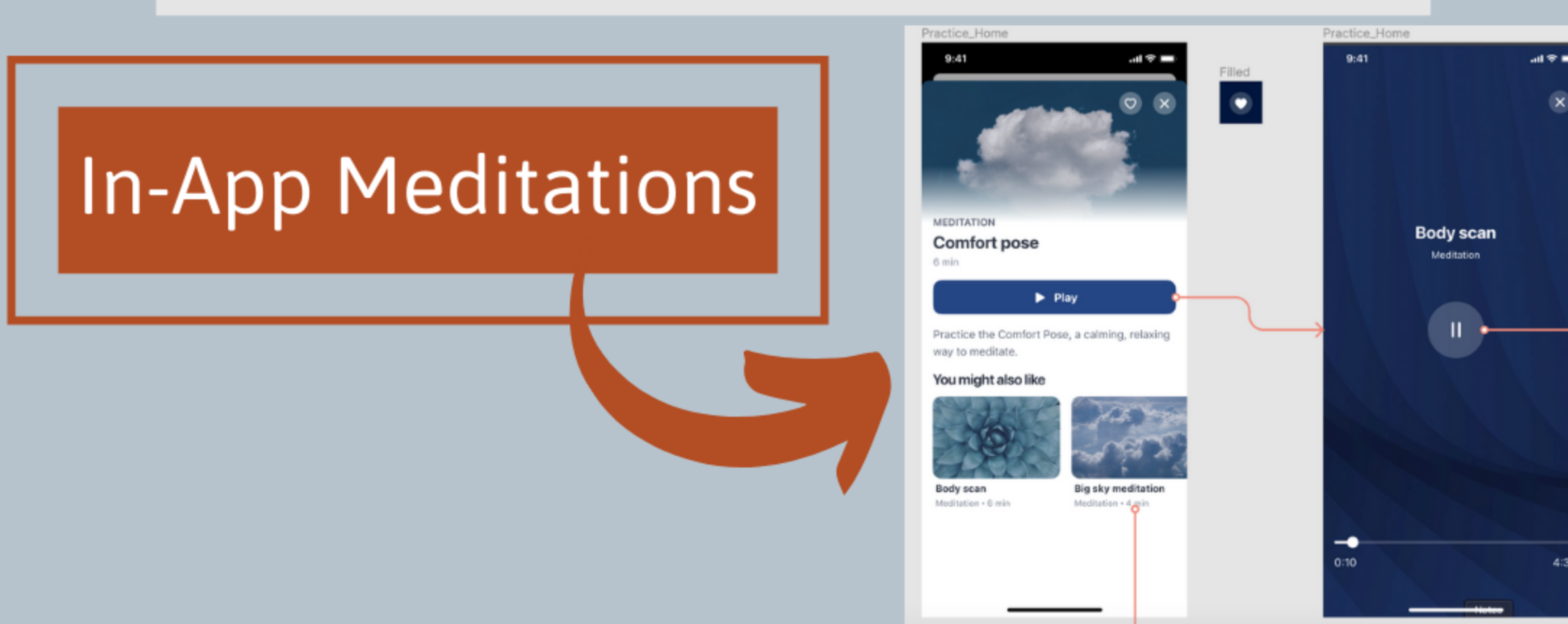
## 4 Create Hi-Fi design prototypes, code, user test, and plan for the future



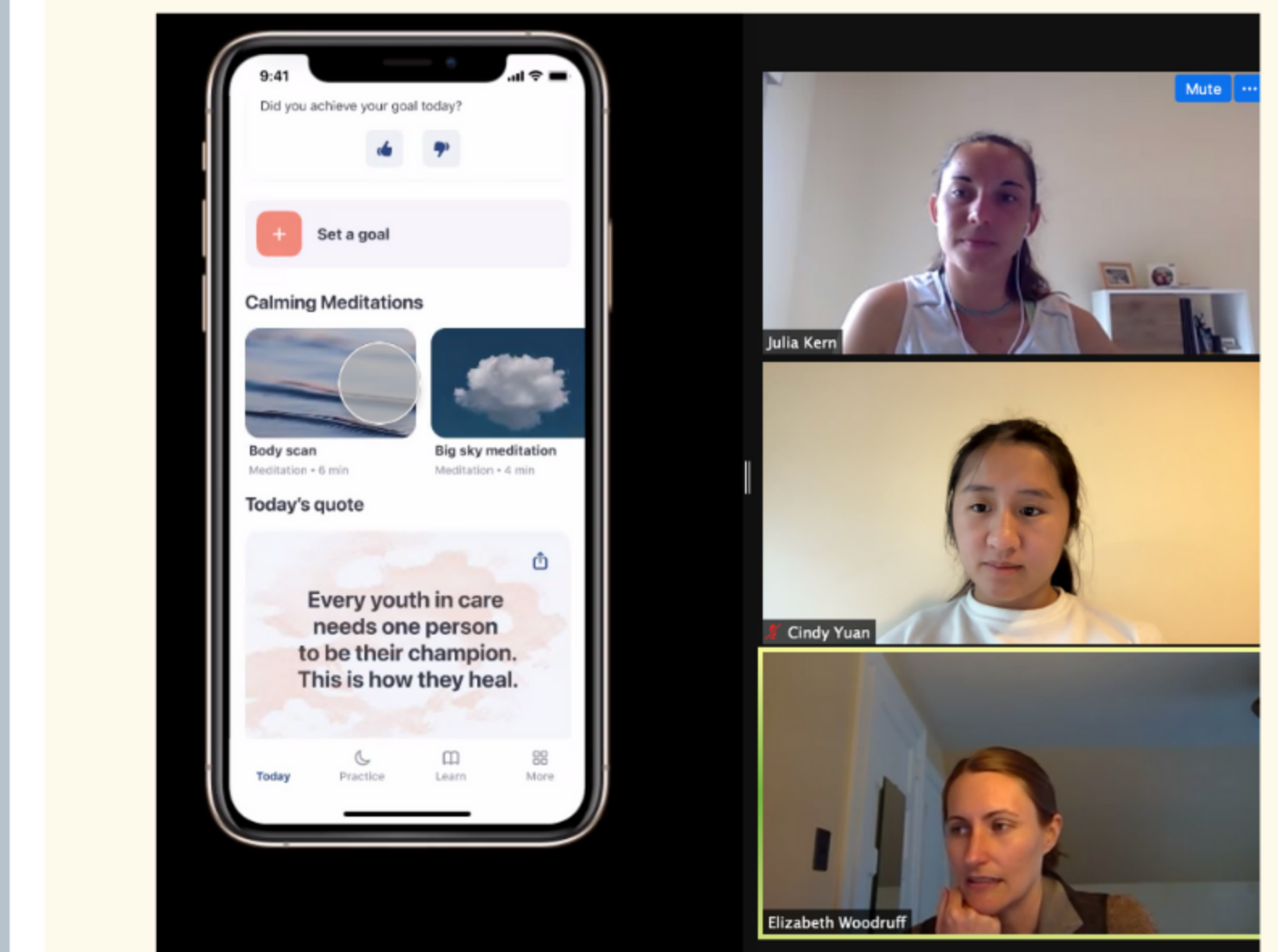
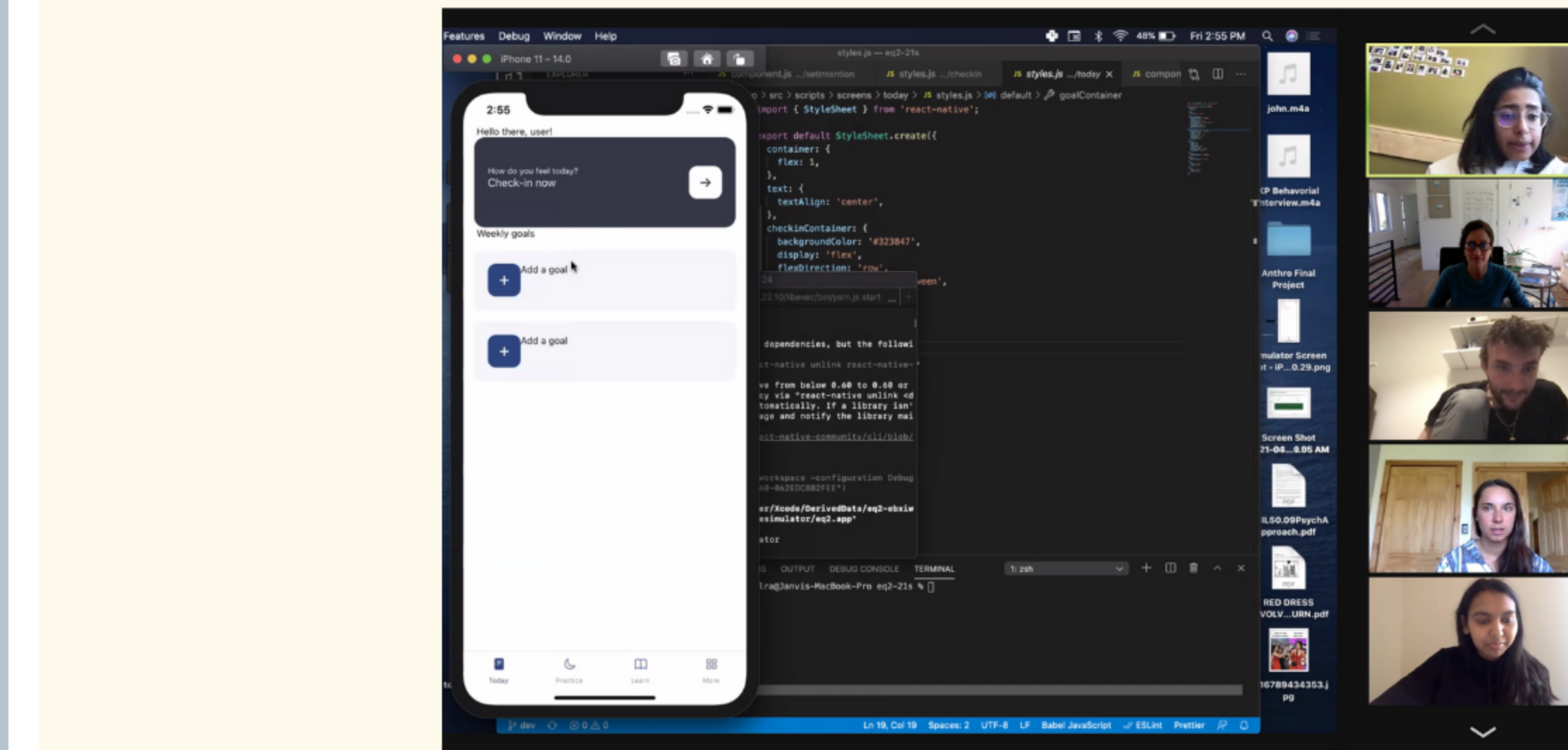
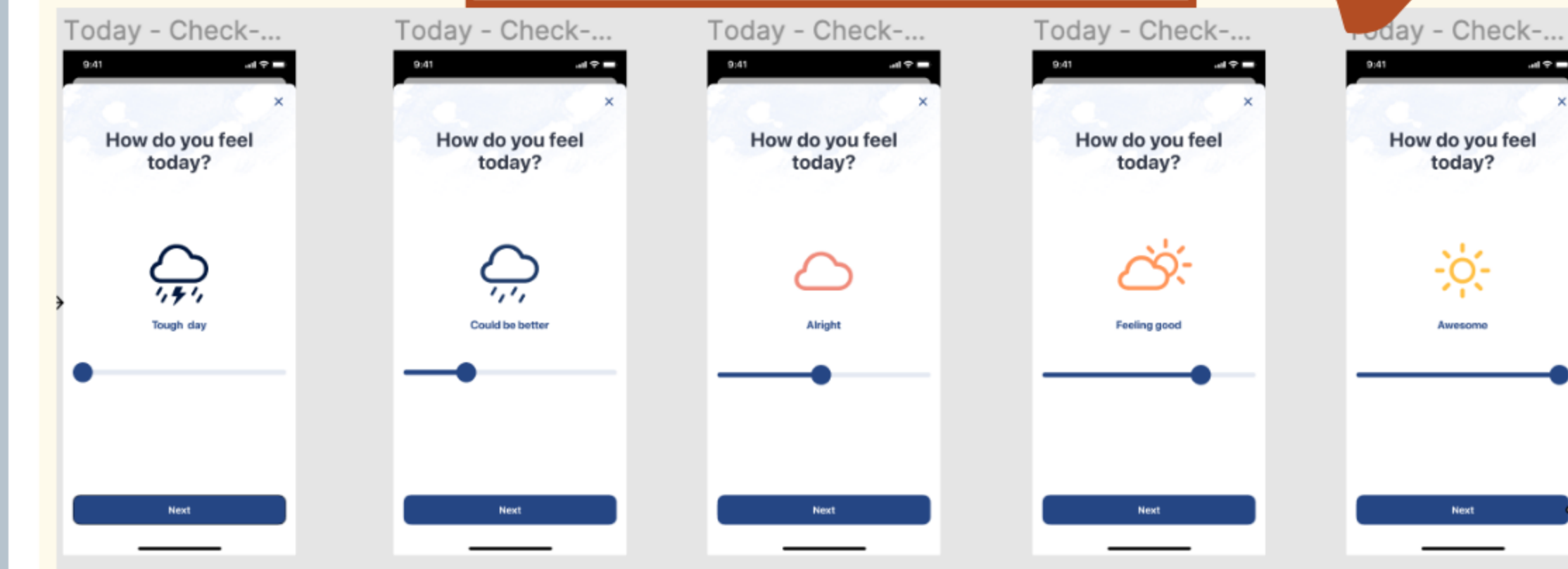
## 46 Instructional Videos



## In-App Meditations



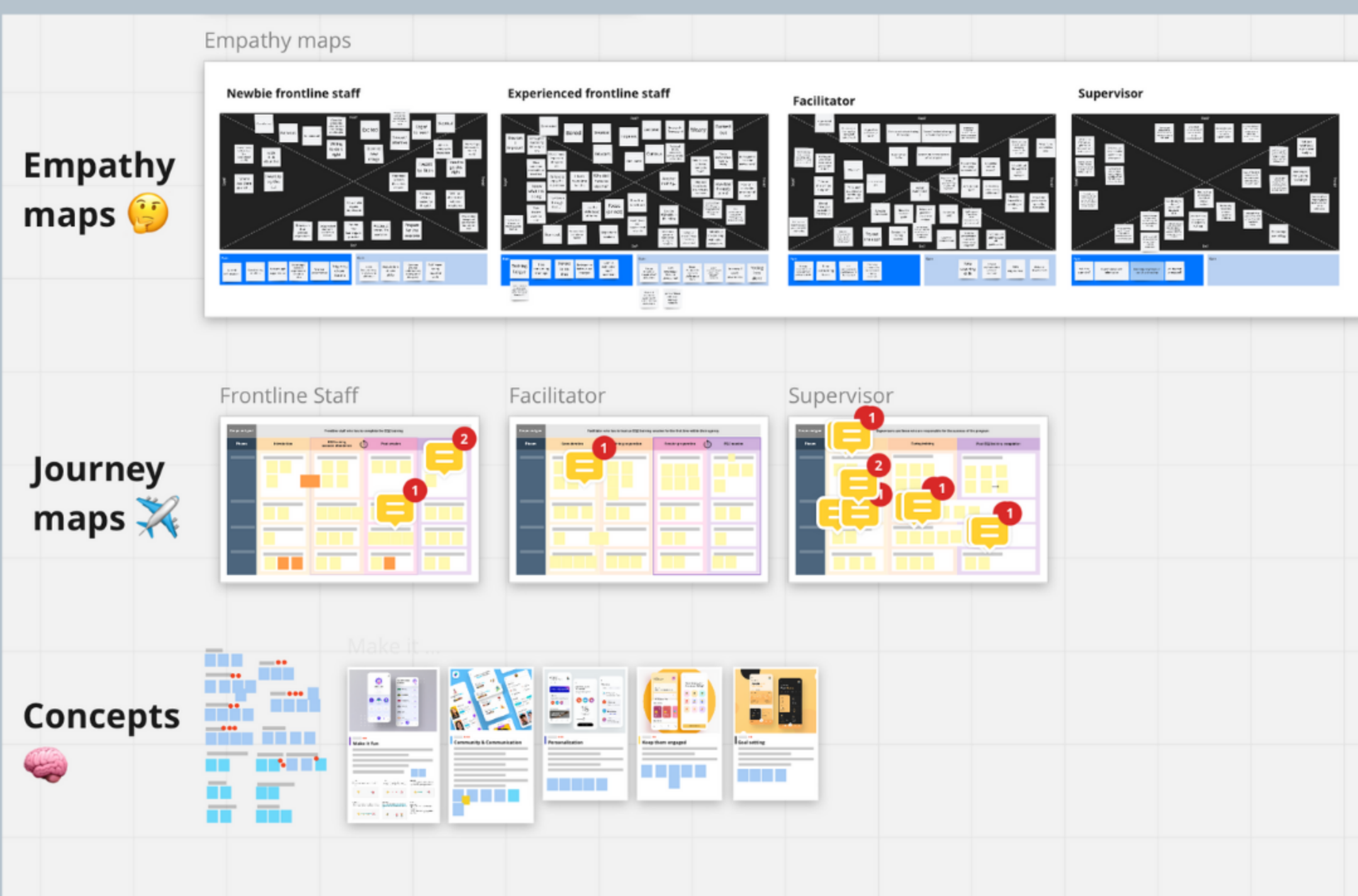
## Daily Check-Ins



## Heatmapping



Scan for more info about EQ2!



## Experienced frontline staff

