**Level of care recommendations: Trauma System Therapy Assessment Grid**

**Social-Environmental Stability**

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|  | **Stable:** caregiver is stable and has the capacity to help manage emotion and to protect from stressors | **Distressed** : caregiver has difficulty helping child manage emotion or difficulty protecting from stressors | **Threatening:** caregiver has difficulty helping child manage emotion or protect from stressors and there is a threat of harm to the child |
| **Regulated:** has pretty good control over emotional states and spends most of time in a regulated emotional state | **Level 5** | **Level 4** | **Level 3** |
| **Dysregulation of Emotions:** has difficulty controlling emotional states, limited ability to self-soothe, reinstate calmness, and engage with environment**.** | **Level 4** | **Level 3** | **Level 2** |
| **Dysregulation of Behavior:** has difficulty controlling emotional states, and is expressed in potentially dangerous behaviors | **Level 3** | **Level 2** | **Level 1** |

**Regulation of Emotion**

**Level 5:** outpatient therapy: 1x week or less that helps client transcend trauma, find meaning, and hope for the future. (Non-SED) Prepare for discharge.

**Level 4**: outpatient therapy with goal of establishing therapeutic communication between family and child so that they are no longer consumed by trauma history. Emotional regulation skills should already be in place so that the child can utilize cognitive therapy to process trauma.

**Level 3**: outpatient care with additional intensive/supportive services with goal to develop skills to manage emotion and establish safe social environment. The child and family should be taught skills to help endure the impact of trauma and minimize behavior. The caregivers work to create a safe home environment. Medication therapy may be beneficial at times. Home and community based services may be required for a child who starts in this phase.

**Level 2:** intensive, in-home and community based services, with goal to create a safe social environment. The family disorganization or stressors may trigger the child. School, peer, and neighborhood may also be unstable and triggering. Treatment will be on site to address problems with the family/environment. Treatment will also focus on emotional regulation skills to help the child cope with the difficult environment. Consider wrap around and assess for medication therapy. Very difficult environments may require episodes of out of home care.

**Level 1:** very intensive home and community based services with the goal to assess risks and protect the child from threats and dangerous impulses. Home and community based services should be intensive and coordinated with community services (CPS, jail, hospitals, DJJ, domestic violence, gangs, social services, safe place). Assess for medication therapy. May require crisis management, crisis stabilization, episodes of in-patient care and even residential.