

## **We See You: Trauma Informed Care for LGBTQIA and Youth of Color Resource Packet: Reflection and Action Planning Worksheet**

What is one topic or area discussed today that you will explore and learn more about?

What is one aspect of your clinical practice with individuals and families that you would like expand or make more inclusive?

What is one change you would like to see in your organization? How can you be a part of making that change?

Who are your potential allies who can support you and hold you accountable for making these changes?

What challenges do you think you might encounter while working toward these changes?

What is one thing you will do to care for yourself while doing this work?

What is one thing you will do to care for your colleagues and organization?

What is one thing you will do to care for your community?