

# Developing a co-designed community-led program through a trauma informed lens

Dr. Engela van der Klashorst

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# Acknowledgement of Country

Welcome

The word "Welcome" is written in a highly decorative, calligraphic script. The letters are filled with a vibrant orange color and outlined in black. The 'W' is particularly large and features a prominent swirl at its top left. The 'e' at the end of the word has a long, sweeping tail that curves downwards and to the right, ending in a small spiral. Below the main body of the word, there are several decorative elements: three vertical lines of varying lengths ending in small orange circles, and a diagonal line ending in a small orange circle. The entire word is set against a plain white background.



# Current community programs

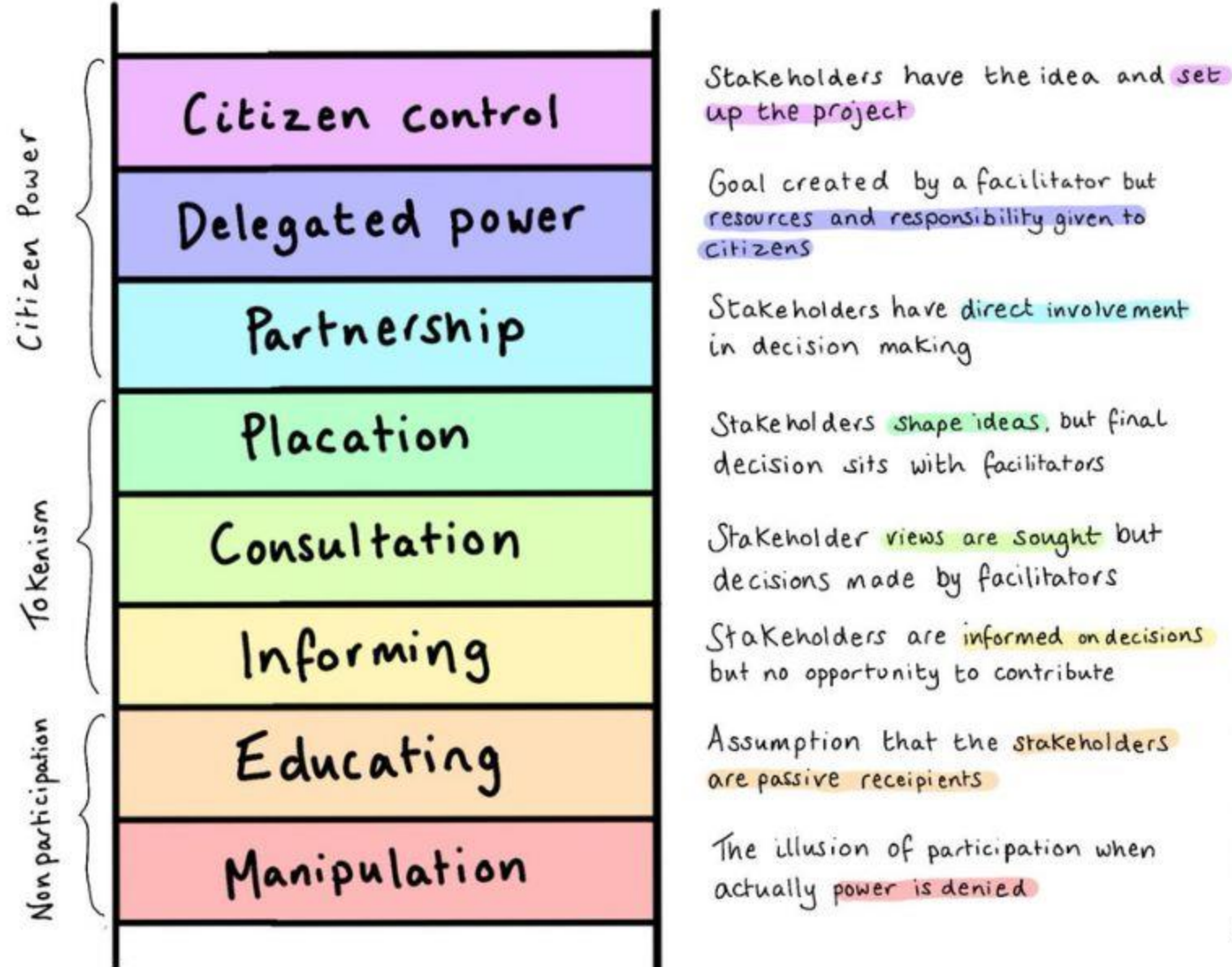
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What community programs is  
your neighborhood house  
currently delivering?



# Ladder of Participation

(Arnstein, 1969)



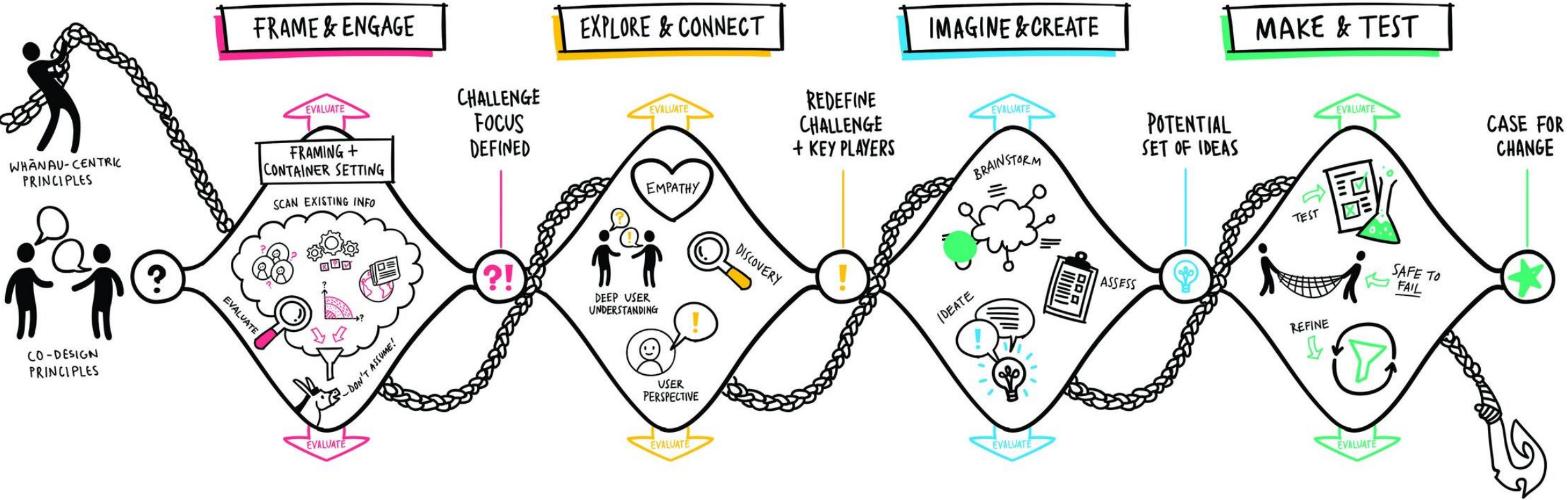



## Co-design

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*“A participatory approach to designing solutions, in which community members are treated as equal collaborators in the design process”*

# Co-Design process: a snapshot





FRAME & ENGAGE





# Design + with?

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- Who needs to be involved and how?
  - What do we already know about the issue?
  - What assumptions might we hold?


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# Crazy 8's

In 8 minutes:

1. Identify 8 stakeholders that you can include in a co-design process
2. What are concerns/ issues that they might have within the community?
3. What assumptions may we have about our stakeholders?





EXPLORE & CONNECT

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## Lens in co-design

- Trauma informed
- Person-centred
- Strength-based





# Trauma

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*“An emotional response caused by severe distressing events that are outside the normal range of human experiences”*

# Person- centred approach

- Authenticity
- Unconditional positive regard
- Empathy

## Safety

Ensuring physical and emotional safety



## Choice

Individuals have choice and control



## Empowerment

Prioritising enablement and skill building



**Trauma-informed care incorporates...**

## Collaboration

Sharing decision making and power



## Trustworthiness

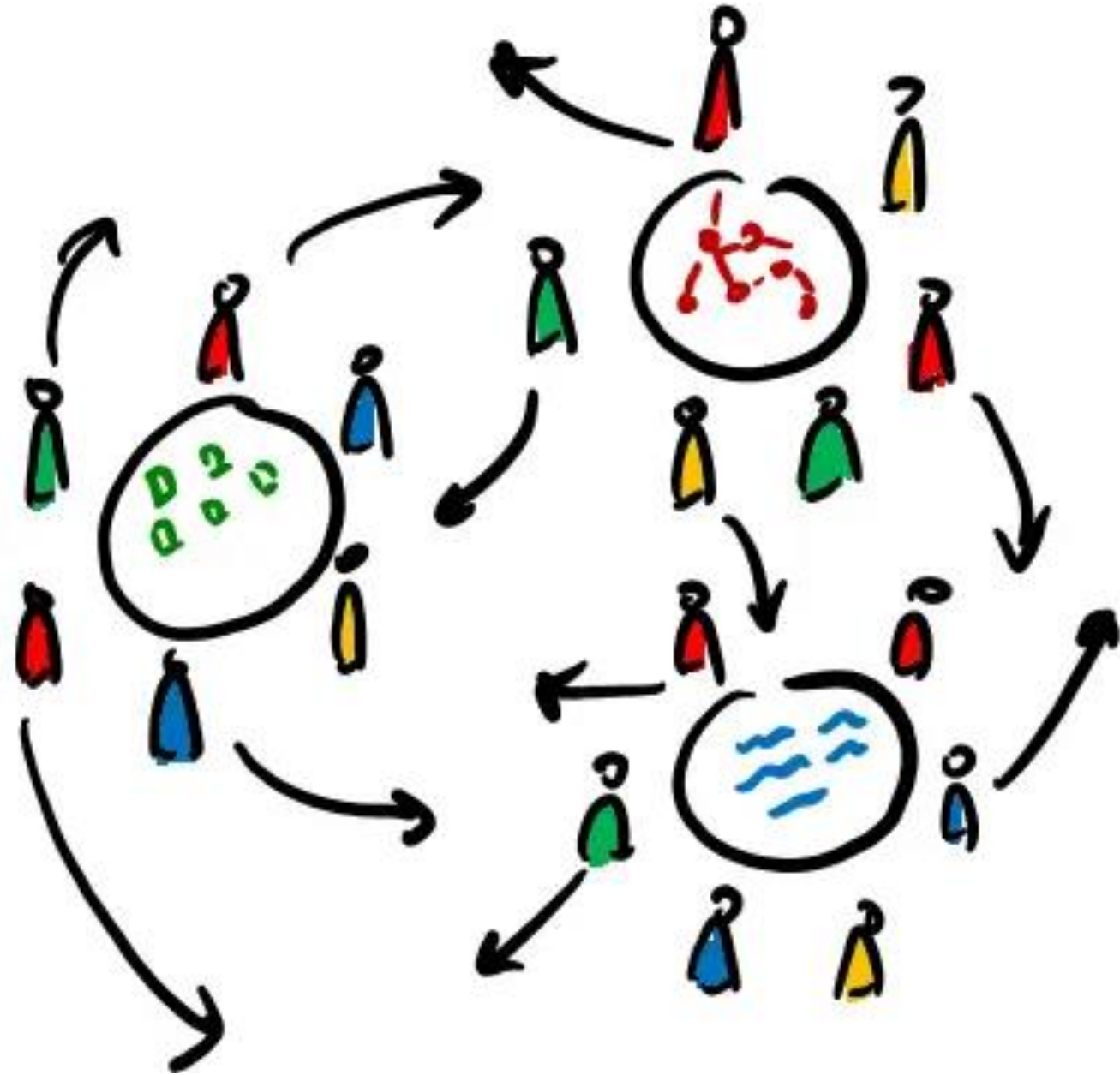
Task clarity, consistency, interpersonal boundaries




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## World Café

- How can we apply trauma informed principles in our work with communities?
- Why/ how will the use of a trauma informed lens attract more community members to participate in co-designing community programs?
- How can we apply a person-centred approach to better engage with our communities?
- How can we identify the strengths of community members who are not currently participating in our programs?







IMAGINE & CREATE

# Clear reason for co-design

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- Start with a question
- Not a predetermined outcome
- How do we determine a good question?





# Application

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Identify a community issue/ need/ idea that you would like to address

# Dot voting

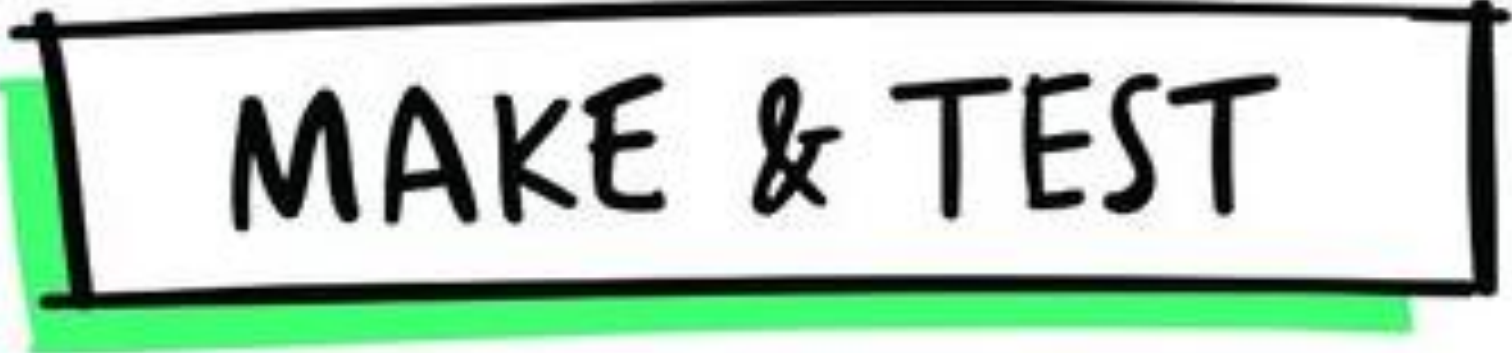
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Using your three dots, vote for the community issues/program ideas that you would like to explore.





Nominal  
group  
technique



MAKE & TEST