



Youth Thrive Guiding Premises

1. Young people are best supported by practitioners who understand and recognize the importance of self-awareness and self-care in their own professional practice.
2. Young people are best supported by practitioners who are aware of the impact of traumatic stress and understand the need to use trauma informed practice methods. Trauma informed practice is a paradigm shift that focuses on trauma resolution through building resiliency. It is most concerned with what has happened to the youth and the subsequent impact rather than their behavior.
3. Young people are best served by practitioners who focus on assets and use strength-based approaches with an awareness of current research regarding neuroscience and adolescent development.
4. Young people are best supported by practitioners who understand that attachments, connections, and relationships are a primary source of growth and learning. It is in relationships and through our use of relationships that we experience ourselves, learn, practice new skills, receive feedback, and grow as humans.
5. Young people are best supported by practitioners who understand the role of race, racism, and bias, and the ways in which race, other identities, as well as privilege and power, shape the young person's life, as well as the practitioner's own life.
6. Young people are best supported by practitioners who understand and provide culturally responsive services. Being culturally responsive means we take into account our culture, the culture of those individuals and families we serve, of the larger community, and the culture that is created within our programs and organizations.

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