

Stage 1 - Step 5

Worksheet: Stage 1 Reflection Exercise

Purpose: To facilitate an open discussion among the implementation team members that recognizes feelings and thoughts about the information and process to date, ensuring that everyone thinks they have learned the Stage 1 information and are prepared to move on to the next stage.

Instructions: Convene your implementation team for this activity to collectively ensure the team's understanding of the material from Stage 1 and discuss how learnings can be applied to your practice. Check in and discuss how you are feeling about the information, and any challenges or concerns the implementation team may have at this point in the process. You may want to name a facilitator to ask the questions and ensure each person has a turn to speak or rotate asking questions. Using a trauma-informed approach, first listen to each other as you share concerns and questions. Then, work together to identify how you will answer each other's questions — this can be by sharing your collective wisdom, by revisiting Stage 1 resources, case studies, and FAQs, or by finding other sources of information.

Review Stage 1 Goals and Accomplishments:

Stage 1 provided foundational information for you and your implementation team to begin the implementation planning process and initiate practice change across your organization.

You have ...

- Refreshed your knowledge about ACEs, toxic stress, trauma-informed care, and evidence-based interventions
- Determined how to generate organizational support for screening
- Established your implementation team
- Developed a high-level implementation plan and timeline

Discuss the following prompts:

- Now that we have completed the steps in Stage 1 and have a broad understanding of what we will need to address clinically, operationally, administratively, and emotionally to successfully implement ACE screening, what do you think were some of the most important things we have learned so far?
- What opportunities do you anticipate for our clinic as we move forward with implementation?
- What are potential barriers and how can we overcome them?
- Before we move on to Stage 2 steps and tasks, how are you feeling about the team's work to date? Why do you think you're feeling that way?
- If the team is not feeling ready to move on, what would help us to be more ready? What do we need? Who can we ask for help?

Congratulations,
You have completed Stage 1!

