WRITE ON, which stands for Writing and Reflecting on Identity To Empower Ourselves as Narrators, is a six-week-long mental health intervention delivered to adolescents in detention. In addition to being the first systematically evaluated, manualized writing-based intervention for this population, WRITE ON is unique in its trauma-informed design. Specifically, in response to incarcerated youth’s alarmingly high rates of trauma exposure (Abram et al., 2004), WRITE ON was designed in accordance with the Substance Abuse and Mental Health Services Administration’s six principles of trauma-informed care (SAMHSA, 2015). Results from the pilot evaluation indicate high levels of participant satisfaction, statistically significant decreases in PTSD symptoms, and statistically significant increases in resilience.

For more information about the WRITE ON intervention:
- [https://wp.nyu.edu/steinhardt-corelab/](https://wp.nyu.edu/steinhardt-corelab/)

For more information about principles of trauma-informed care:

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