

# Exercise: Newspaper of the Future



This tool was developed by POAH in partnership with Design Impact as part of a larger effort to make housing more trauma-informed. To learn more about POAH's work and see how this exercise might fit into your own organization's efforts to become more trauma-informed, visit POAH's Trauma-Informed Housing Toolkit at: [traumainformedhousing.poah.org](https://traumainformedhousing.poah.org)

## Purpose

- Kick-off brainstorming by using this exercise to imagine a shared vision for the future
- Help a team or community articulate their common objectives, by exploring what it might look and feel like to arrive at the shared vision
- Begin to identify specific ideas that could be further developed in brainstorming
- This exercise can be utilized before the "Yes, And" activity

## Tips for Trauma-Informed Practice

- **Abandon the plan if necessary:** Be responsive to the needs and desires of participants. Prioritize the group over the agenda.
- **Practice transparency:** Explain the purpose and plan for the session. Set clear expectations. Articulate what comes next.
- **Offer choice:** Offer participants choice wherever possible, such as meeting time/location, use of camera or chat (virtual) or whether to split into breakouts or remain as a group.
- **Give room:** If difficult feedback or painful emotions arise in the discussion, allow room for expression. Avoid minimizing the experience or proposing solutions that may bypass it.

## Topic: Organizational Support for Staff Burnout

**Instructions:** Imagine that 30 years from now our organization is a national model for trauma-informed housing. What have we accomplished? What does housing look like since the organization started prioritizing organizational support for staff burnout?

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# The Housing Post

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**HEADLINE:**

**SUBHEADLINE:**

Whose lives have changed as a result of our organization’s work? How have their lives changed?

**BODY:**

What ideas made this 30-year vision possible? What does trauma-informed housing look like?  
**How did/does the organization prevent burnout for staff?** What happened?

**CONSIDER:**

- How does leadership **interact** with staff? How do staff **interact** with staff?
- How do **spaces** offer respite and support for staff experiencing burnout?
- What **daily tasks, roles and responsibilities changed**? What resources do staff have now?
- What does it feel like to **go to work** at this place?