

Trauma Informed Practices

Illinois Family Violence Coordinating Conference
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1

Review from this morning

- ▶ Brain Development
 - What fires together, wires together.
 - Memory & impression
 - Teens need for risk, thrills & peers is adaptive.
 - The brain isn't fully developed until age 25.
- ▶ Trauma
 - Event
 - Experience
 - Effect



2

Treatment- The Mind of Mario



3

Prevention/Interventions

Public Health	Institute on Medicine
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- | | |
|-------------|-------------|
| ▶ Primary | ▶ Universal |
| ▶ Secondary | ▶ Selective |
| ▶ Tertiary | ▶ Indicated |

4

A Wise Man Told Us

“Risk factors are not predictive factors because of protective factors”

▶ Carl Bell, M.D.



5

Mediators of Traumatic Stress Responses

Characteristics of the child:

- ✓ Subjective experience of the event
- ✓ Prior history of exposure to trauma
- ✓ Prior psychiatric history
- ✓ Coping style
- ✓ Strengths & supports
- ✓ Family relationships
- ✓ Cultural issues
- ✓ Gender
- ✓ Age

Characteristics of the event and environment:

- ✓ Nature and intensity of the event
- ✓ Child or family member's experience of direct harm
- ✓ Proximity to event
- ✓ Pattern and duration of the event
- ✓ Exposure to the event through media and other mechanisms
- ✓ Parent's and other's reaction to the event
- ✓ Level of caregiver and environmental support following the event



6

Universal: The Four S's

Safety

Supportive Adult Relationship

Self-Soothing

Strengths

7

Create a safe environment

- ▶ Give choices and provide **consistent rewards and consequences** for behavior.
- ▶ Be predictable. Maintain **routines** and prepare youth for any changes in routine or schedule. Add **ritual** to the day.
- ▶ Maintain professional boundaries. Avoid the false promise of rescuing youth.
- ▶ Be the **adult protective shield**.

8

Help Them Soothe Themselves

- ▶ Recognize that these children and youth can be very challenging.
- ▶ Try to keep your emotional reactions in check and stay calm.
- ▶ When a child is losing control, **they rely on you to provide the emotional glue they can't access**.
- ▶ Praise them for using appropriate coping strategies (even after a meltdown once they have regained control).

9

Support

- ▶ Every child needs three supportive adults in their lives as they grow up.
- ▶ Mentors are great but they must stay in a child's life at least six months to be effective.
- ▶ Be clear in your own mind about what your role will be in this young person's life and act appropriately.

10

Strengths

- ▶ May have to start small.
- ▶ May have to search hard.
- ▶ Try to put yourself in his/her place. What you view as a challenge may be evidence of great strength on the part of a child.

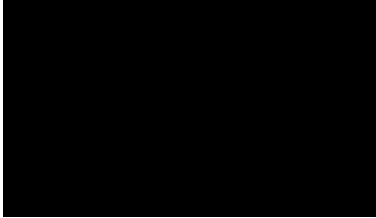
11

Secondary/Selective

- ▶ Psychological First Aid (PFA)
 - Contact & Engagement
 - Safety & Comfort
 - Stabilization
 - Information Gathering
 - Connection w/social supports
 - Support w/coping
- ▶ School & Community Assistance Teams (SCAT)

12

Impact of Treatment



13

Trauma & The Brain – Some Key Concepts from Bruce Perry, MD

- ▶ **Resilience**– Not everyone exposed to adverse experiences is traumatized
- ▶ **Recovery**– Brains respond to repeated stimuli; use-dependent development
- ▶ Even as adults, brains capable of learning and changing

14

Evidence-Based Practices (EBPs)

- Are standardized treatments that result in improved outcomes
- Outcomes replicated in a variety of studies with different types of youths
- Can be incorporated into a program serving youth and their families

15

Psychosocial Therapies

- ▶ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- ▶ Parent Child Interactive Therapy
- ▶ Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- ▶ Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

16

NCTSN in Illinois

- Chaddock
- Children's Research Triangle
- Heartland Alliance
- LaRabida Children's Hospital
- Youth Network Council

- Northwestern Medical School
- Institute for Juvenile Research/UIC

17

Chaddock

- ▶ Quincy– Western Illinois
- ▶ Child-Parent Psychotherapy,
- ▶ Trauma Focused Cognitive Behavioral Therapy,
- ▶ Cognitive Behavioral Intervention for Trauma in Schools, and (CBITS)
- ▶ Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

18

Children's Research Triangle

- ▶ Chicago and Belleville
- ▶ Uses trauma assessment pathway model
- ▶ Trauma informed intervention program
- ▶ Children aged 2 - 18
- ▶ Includes educating professionals, caretakers & other community members about the impact of trauma



19

Heartland Alliance

- ▶ Chicago
- ▶ Community Based Refugee Trauma Treatment
- ▶ Cognitive Behavioral Intervention for Trauma in Schools, and (CBITS)



20

LaRabida Children's Hospital

- ▶ Chicago South Side and South Suburbs
- ▶ Adapt, implement, and evaluate trauma-informed practices for urban African American children
- ▶ Increase capacity to provide Child-Parent Psychotherapy.



21

Youth Network Council

- ▶ 6 communities (NW suburbs, Rockford, Ottawa, Springfield, Granite City & Carbondale)
- ▶ youth ages 10-17 who are considered at-risk due to crisis situations in the family, contact with the juvenile justice system, and homelessness.
- ▶ Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)



22

Northwestern Medical School

- ▶ Center for Child Trauma Assessment and Treatment Planning, CCTASP
- ▶ Assessment through the Child Adolescent Needs and Strengths (CANS), NCTSN Trauma Version
- ▶ Assess Trauma EBP's including CPP, CBITS and SPARCS



23

Institute for Juvenile Research at University of Illinois Chicago

- ▶ The Urban Youth Trauma Center at the Institute for Juvenile Research
- ▶ Youth and families exposed to community violence
- ▶ Increase access to trauma informed services in urban communities



24

Other Efforts

- ▶ DCFS & Child Welfare through a Trauma Lens
- ▶ Safe from the Start & Safe Start
- ▶ Neighborhood Recovery Initiative
 - Mentoring Plus Jobs
 - Parent Leadership
 - School Based Counseling
 - Re-entry Programs

25

A few words about military families...

- ▶ Ask the question
 - Track, may want to pursue Tri-Care or One-Source
 - More information about this family and it's stressors
 - Start broadly, then get more specific
- ▶ Understand "Mission Ready"
- ▶ Who is most vulnerable during deployment?

26

Some Trauma Websites

- ▶ www.cestudy.org – ACES Study
- ▶ www.childtrauma.org – Dr. Perry and Child Trauma Academy
- ▶ www.nctsnet.org – National Child Traumatic Stress Network
- ▶ www.developingchild.harvard.edu – Center on the Developing Child, Harvard University

27