Healing from Trauma-Young Adult and Family Perspectives and Recommendations

December 18, 2014
Georgetown National Webinar Series

FOLLOW-UP OPEN DISCUSSION CALL TO BE HELD ON JANUARY 7, 2015 AT 1 PM ET

Presenters

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Georgetown University National Technical Assistance Center for Children's Mental Health

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Director Technical Assistance  
Youth MOVE National

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Training & Technical Assistance Family Specialist  
Federation of Families and Georgetown University National Technical Assistance Center for Children's Mental Health
Learning Objectives

- Understand the impact and lasting nature of trauma
- Recognize stages youth and their families go through
- Realize variety of response strategies that may help

Polling Question
Adverse Childhood Experience (ACE) Study

One of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being.

Collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente’s Health Appraisal Clinic in San Diego.

ACE Study Continued

• Initial phase 1995 to 1997
• More than 17,000 participants
  – completed a standardized physical examination and completed a confidential survey that contained questions about childhood maltreatment and family dysfunction, as well as items detailing their current health status and behaviors
• No further participants were enrolled, but medical status of the baseline participants tracked over time.
10 Adverse Childhood Experiences Studied

- Childhood abuse
  - Emotional
  - Physical
  - Sexual
- Neglect
  - Emotional
  - Physical

- Household Situations:
  - Parental separation or divorce
  - Household substance abuse
  - Household mental illness
  - Mother treated violently
  - Incarcerated household member

http://www.cdc.gov/ace/prevalence.htm#ACED

Adverse Childhood Experiences are Common

<table>
<thead>
<tr>
<th>Household dysfunction:</th>
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<tbody>
<tr>
<td>Substance abuse</td>
<td>27%</td>
</tr>
<tr>
<td>Parental sep/divorce</td>
<td>23%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>17%</td>
</tr>
<tr>
<td>Battered mother</td>
<td>13%</td>
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<tr>
<td>Criminal behavior</td>
<td>6%</td>
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<table>
<thead>
<tr>
<th>Abuse:</th>
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<tbody>
<tr>
<td>Psychological</td>
<td>11%</td>
</tr>
<tr>
<td>Physical</td>
<td>23%</td>
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<tr>
<td>Sexual</td>
<td>21%</td>
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<table>
<thead>
<tr>
<th>Neglect:</th>
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<tbody>
<tr>
<td>Emotional</td>
<td>15%</td>
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<tr>
<td>Physical</td>
<td>10%</td>
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ADVERSE CHILDHOOD EXPERIENCES

Antidepressant Prescriptions

ACE Score and Rates of Antidepressant Prescriptions

Mental Health Costs

Prescription rate per 100 patient-years

ACE Score

0 1 2 3 4 5 or more
Suicide Attempts

Mental Health

Childhood Experiences Underlie Suicide Attempts

<table>
<thead>
<tr>
<th>ACE Score</th>
<th>% Attempting Suicide</th>
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<tr>
<td>0</td>
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<tr>
<td>1</td>
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<td>2</td>
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<td>3</td>
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<td>4+</td>
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Adult Alcoholism

Health Risks

Childhood Experiences vs. Adult Alcoholism

<table>
<thead>
<tr>
<th>ACE Score</th>
<th>% Alcoholic</th>
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<tbody>
<tr>
<td>0</td>
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<tr>
<td>1</td>
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<td>3</td>
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<td>4+</td>
<td>4+</td>
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Teen Sexual Behaviors

ACE Score and Teen Sexual Behaviors

Percent With Health Problem (%)

ACE Score
- 0
- 1
- 2
- 3 or more

Intercourse by 15
Teen Pregnancy
Teen Paternity

Consequences of Lifetime Exposure to Violence and Abuse

Consequences of Lifetime Exposure to Violence and Abuse

Neurological
Dental
Surgery
Rheumatology
Dermatology
Mental Health
Behavioral Issues
Orthopedics
Respiratory/Pulmonary
Oncology

ENT
Infectious Disease
General/Other Categories
Cardiovascular
Gastrointestinal
Ophthalmology
Ob-Gyn
Allergies
Genitourinary
Endocrine
**Finding your ACE Score**

What is your total ACE Score?

Worksheet to calculate ACE Score

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<td>9</td>
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<td>4</td>
<td>10</td>
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**Resilience**

Fortunately, brains and lives are somewhat plastic. The appropriate integration of resilience factors born out of ACE concepts — such as asking for help, developing trusting relationships, forming a positive attitude, listening to feelings — can help people improve their lives.
What Is Your Resilience Score?

- Developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006 and updated in February 2013.
- Mark Rains and Kate McClinn created the 14 statements with suggestions from members of the group.
- Scoring system was modeled after the ACE Study questions.
- Content based on research studies over 40 years including Emmy Werner
- Purpose is limited to parenting education - not developed for research.

What is Trauma?

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
What Does it Mean to be Trauma-Informed?

A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.


LINKS TO THE TOOL:
http://gucchdtacenter.georgetown.edu/traumaInformedCare/
or http://trauma.jbsinternational.com/traumatool

Partnership with JBS International

8 Modules

9 Introductory Videos
Example of video from Module 1:
Understanding the Impact of Trauma

Impact on the Brain. Children experience the impacts of traumatic stress not only emotionally but also through physical changes in the brain architecture. These changes significantly influence child development. This video provides information on the impacts of trauma on the developing brain, why these impacts matter, and how to use the information to develop programs to help children who have experienced trauma.
Understanding Trauma From a Youth and Family Perspective

Stage 1: Misunderstood & Confused

**Youth Perspective**
- What is going on?
- Why is this happening?
- Why am I so afraid, anxious?
- Why do I not enjoy things like I used to?
- I don’t know how to explain what I am feeling but I’m feeling something.
- If I tell someone they may not get it, they may not understand.

**Family Perspective**
- Why is my child reacting this way?
- No one else seems to be affected - what is the problem?
- What is age appropriate behavior?
What Could Help At This Stage?

**Youth Perspective**
- Caring conversations with people who care.
- Unhelpful conversations are ones that
  - Judge
  - Try to fix it before I understand the “what”
  - Tell me it is going to get better
  - It won’t happen again—over promise

**Family Perspective**
- Receiving information of warning signs someone may be dealing with a traumatic experience
  - Mental Health
  - Physical & Emotional Abuse
  - Substance Use

Stage 2: Blaming & Shaming

**Youth Perspective**
- If I just would have listened
- If I wouldn’t have provoked him
- If I would have been smarter with my choices
- You don’t get it
- It’s your fault we are in this situation
- Why don’t you make better choices
- Why didn’t you protect me?
- Why don’t you believe me

**Family Perspective**
- Believing the person is acting out for attention
- Dealing with your own guilt
- Blaming everyone for not helping
What Could Help At This Stage?

**Youth Perspective**
- Connection with others who may have or are dealing with similar experiences.
- Conversations that help me understand what is happening for me and my family.
  - Rethink blame
  - Rethink shame

**Family Perspective**
- Finding a supportive voice to help you understand what is happening to you and your family
- Connecting with others who have experienced similar trauma and were able to recover

**Video Clip**

[Video Clip]

Cassandra James
Parent, MST
Stage 3: Anger & Frustration

Youth Perspective
- Not sure what is happening and why you need to talk to so many people.
- People sharing what is happening with others
- People not meeting you where you are at and pushing you too fast
  - Snap out of it
  - It’s over - why does it still bug you
  - Pull yourself up

Family Perspective
- Cannot find accurate information to help your child
- Cannot understand why your child has to “fail” in order to receive services
- Cannot find help in your community and have to travel 20 miles or more for treatment

What Could Help At This Stage?

Youth Perspective
- Understand my options for treatment
- Don’t share my story without permission
- Ask what I need instead of telling me what you think I need
- Celebrating the small moments of success and the good days
- Encourage me but don’t push too hard
- Use of language- reframe from statements that may provoke

Family Perspective
- Your doctor providing help and treatment options that are right for your family
- Finding providers who understand and work with families who have similar backgrounds as your family
Stage 4: Making Sense of it All

**Youth Perspective**
- Things start to click - I understand the various perspectives.
- I understand what has happened and realize it’s not my fault.

**Family Perspective**
- Processing how the event changes every aspect of your family life.
- Receiving accurate information to make informed decisions.
- Checking in with all the family members to see how they are handling their emotions about the event.

What Could Help At This Stage?

**Youth Perspective**
- Identifying strategies to help with reminders of the trauma.
- I understand that treatment, medication and other supportive services are available.
- I have strategies to manage my fear, anxiety and behaviors that are healthy.

**Family Perspective**
- Having a team working with you and your family in a strength-based way.
- Individual Therapy
- Family Therapy
- Support Groups
Stage 5: Hope & Resiliency

**Youth Perspective**

- Understanding your new worldview
- Post-traumatic growth: *rewriting your story and finding the meaning*
- Able to cope when needed
- Identified support network
- Ability to understand other’s and forgiveness

**Family Perspective**

- Living your new normal
- Making the necessary adjustments in your lifestyle
  - Diet/exercise/rest
  - Social interaction
  - Education
  - Basic living needs
What Could Help At This Stage?

**Youth Perspective**
- Supportive network identified both formal and informal
- On-going healthy strategies to implement when needed
- Being able to share my story to help others

**Family Perspective**
- Being a support to other families at the beginning of their journey
- Advocating for others on a local, state or national level
  - Supportive Services
  - Legislation
  - Awareness

Developing A Responsive System

- Listen to the story
  - Shift your approach from asking what is wrong with you to what has happened.
- Understanding one’s world view & perceptions maybe different for each family member
  - Understand your bias as a provider
- Provide trauma specific interventions
- Provide education to youth and family around what has happened and what that means for them
  - How they can heal and better understand self
  - Understand triggers and the lasting impact

- Shift from a reactive and punitive structure to a proactive prevention structure.
- Understand risk factors
- Develop effective programs to overcome risk factors
- Enhance protective factors that promote resiliency
  - Work with Youth & Family Advocates
- Build resiliency in all domains
  - Individual
  - Family
  - School
  - Community
Questions and Comments

Contact Information

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<th>Email</th>
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Web Link for
“Trauma Informed Care: Perspectives and Resources”

http://gucchdtacenter.georgetown.edu/TraumaInformedCare/

Two More Webinars in the Series:
Promoting a Trauma Informed Approach in Both Policy and Practice

January 22, 2015, 1:00-2:30 PM E.T.
Supporting Champions for Cross-System Collaboration in Trauma Informed Care

February 19, 2015, 1:00-2:30 PM E.T.
Building Capacity for Trauma Informed Provider Organizations: Community-Based and Residential
Evaluation Form

https://www.surveymonkey.com/s/TACenterWebinarEvaluation

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