

# TRAUMA INFORMED CARE



## Community Youth Services

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Lacey Community Center

Scott Hanauer, MA MHP CMHS

Chief Executive Officer

711 State Avenue NE

Olympia, WA 908506

360-943-0780

[www.communityyouthservices.org](http://www.communityyouthservices.org)

# INTEGRATED CARE at CYS

## Early Intervention

Family Preservation Services #  
Parents as Teachers #  
Safe Shelter - Haven House

## Juvenile Justice

Juvenile Diversion  
Juvenile Court & Detention Transitions Program  
The Bridge Music Program

## Out-of-Home Care

Therapeutic Foster Care # ^  
Independent Living Skills  
Crisis Residential Services – Haven House

# Research/Evidence Based  
^ Thurston & Pierce Counties



## Behavioral Health and Wellness

Multisystemic Therapy #  
Wraparound w/Intensive Services Transitional Age #  
Transitional Age Youth Core Services #  
7 Challenges Substance Abuse #

## Employment Education

Youth Build  
Career Trek  
Gravity High School  
AmeriCorps Youth in Service



## Shelter – Housing

Street Outreach ^  
Drop-In Center – Rosie's Place  
Young Adult Shelter ^  
Transitional Housing



# TRAUMA COMPETENCIES

## THERE IS A DIFFERENCE BETWEEN UNDERSTANDING ACES AND BEING TRAUMA INFORMED

CLEAR IDENTIFICATION OF TARGET POPULATION

CLEAR UNDERSTANDING OF ULTIMATE OUTCOMES

TRAUMA INFORMED STAFF

IDENTIFIED THEORY OF CHANGE

ONGOING ASSESSMENTS OF NEEDS, STRENGTH AND PROGRESS

AUTHORITATIVE STAFF AND ADULTS

UNDERSTANDING DEPRESSION, ANXIETY AND EXTERNALIZING BEHAVIOR

ENGAGEMENT STRATEGIES UNIQUE TO TARGET POPULATION

THERAPEUTIC AND OPEN ENVIRONMENTS

CULTURAL & LINGUISTIC COMPETENCE

ACTIVE LISTENING VS. PROBLEM SOLVING

DATA INFORMED

PRO-SOCIAL ACTIVITIES

PRO-SOCIAL PEERS

PRO-SOCIAL ADULTS

SOLUTION FOCUSED CASE MANAGEMENT

WRAPROUND – SYSTEM OF CARE

IDENTIFYING AND SUPPORTING THE “SPARK”

FAMILY ENGAGEMENT WHEN APPROPRIATE

ESTABLISHING PERMANENCY

RESTORATIVE JUSTICE ACCOUNTABILITY

STRATEGIES OF ADDRESSING ESCALATED BEHAVIOR

ENHANCING EMOTIONAL & SELF-REGULATION

MULTISYSTEM COLLABORATION

RESEARCH & DEVELOPMENT (UW, PSU, UO)

# TRAUMA & ADVERSE CHILDHOOD EXPERIENCES

## SIMPLE TRAUMA

Car Accident

House Fire

Earthquake

Onetime Victim of a Crime

Physical Injury

## COMPLEX TRAUMA at CYS

Physical Abuse

Emotional Neglect

Family Substance Abuse

Domestic Violence

Untreated Mental Illness

Sexual Abuse

Placement Disruptions

# COMPLEX TRAUMA

Poverty

Depression

Homelessness

Poor Nutrition/Hunger

Lack of Adequate Health Care

Acute/Severe/Chronic Medical Conditions

Witness to Homicide

Anti-Social Peer Groups

Witness to Accidental Death

Generational Patterns of Inadequate  
Parenting

Learning Disabilities

Running Away

History of Suicide

History of Family Suicide

Emotional Abuse

Transience

Anxiety

Unemployment

Birth Defects

Physical Disabilities

Rape

Divorce

Teen Pregnancy

Multiple Changes in Caregivers

Loss or Absence of Parents

Gender Identification Issues

Exploitation

History of Self Harm

Incarceration

Loss of Parent: Death, Abandonment, Divorce

# REACTIONS TO TRAUMA & ACES

- FEAR OF PHYSICAL HARM
- EXCESSIVE WORRY & ANXIETY
- LYING & "CRAZY" LYING
- HOMELESSNESS
- FEAR OF ABANDONMENT
- ANIMAL ABUSE
- CRUELTY TO OTHERS & ANIMALS
- DESTRUCTIVE
- DRUG/ALCOHOL ABUSE
- UNSURE OF THE FUTURE
- UNSURE OF WHAT IS TRUE
- LOW FRUSTRATION TOLERANCE
- SUPERFICIALLY ENGAGING
- DEMANDING & QUESTIONING
- UNEMPLOYMENT
- VICTIMS BECOME ABUSERS
- SCHOOL PROBLEMS
  - ACADEMIC & BEHAVIORAL
- EXCESSIVELY GUILTY
- QUITTING SCHOOL
- INABILITY TO ACCEPT NURTURING
- SELF HURTFUL
- POOR JUDGMENT
- IMPULSIVE
- LIMITED SOCIAL RELATIONSHIPS
- SLEEP DISRUPTION
- DEPRESSION



# RESILIENCY

“The Ability to Thrive, Mature and Increase Competence in the Face of Adverse Obstacles” Kimberly A.

Gordon Rouse Ph.D.

## ▣ Resiliency

- Resiliency is Learned First by Example
- Resiliency is Learned by Someone Believing in You

## ▣ Factors of “Resilience”.

- Sociability – The Ability to Elicit Positive Attention From Others
- Reasoning & Judgment – The Ability to Anticipate Consequences of Behavior & Decisions
- Autonomy – The Ability to Accomplish Tasks on Their Own
- Hope – A Belief That One Can Impact Their Own Destiny
- Attention – Resilient Children Receive Positive Attention From Adults
- Community – A child who has at Least One Positive Mentor or Role Model
- Peers – Do friends make their lives better those who make their lives worse?

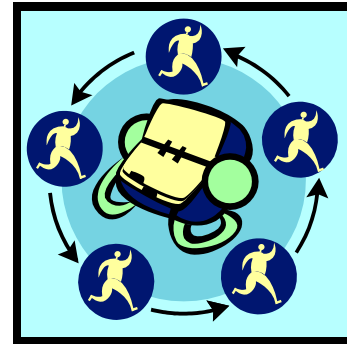
# Solution Focused Case Management

- **People are experts about their own lives**
  - **People want to find solutions**
- **The relationship is more important than the strategy**
- **When asked the right questions, people have the right answers**
- **What people hear themselves say is more important than what they hear others say**
- **Focusing on solutions & the future is more important than focusing on the past and problems**



# Principles of Wraparound – CYS

- 1) Family/Youth Voice and Choice
- 2) Team Based
- 3) Development of Natural Supports
- 4) Collaboration
- 5) Community Based
- 6) Culturally Competent
- 7) Individualized
- 8) Strengths Based
- 9) Unconditional and/or “Persistent”
- 10) Outcome Based



# Skill: UNDERSTAND NEUROLOGY

**Prefrontal Cortex**



**Lymbic System**

# DEPRESSION

## DEPRESSIVE THOUGHTS

**“I am worthless”**

**“No one has ever cared about me”**

**“I can’t do anything well”**

**“Nothing is ever going to change for the better”**

**“There is no point in even trying”**

**“It wouldn’t matter if I wasn’t around”**

**“No matter how much I try . . . it doesn’t work out”**



# ANXIETY

## Anxious Thoughts



**“Something bad is going to happen”**

**“I’m worried and in danger”**

**“People cannot be trusted”**

**“The world and the people in it are dangerous”**

**“People are judging me”**

**“I’m overwhelmed and stressed out”**



# EXTERNALIZING BEHAVIOR

## AGGRESSIVE/ANTIOSICAL THOUGHTS

**“It’s not my fault”**

**“They deserved it”**

**“You deserve it”**

**“They’re disrespecting me”**

**“He/she is lying and trying to provoke me”**

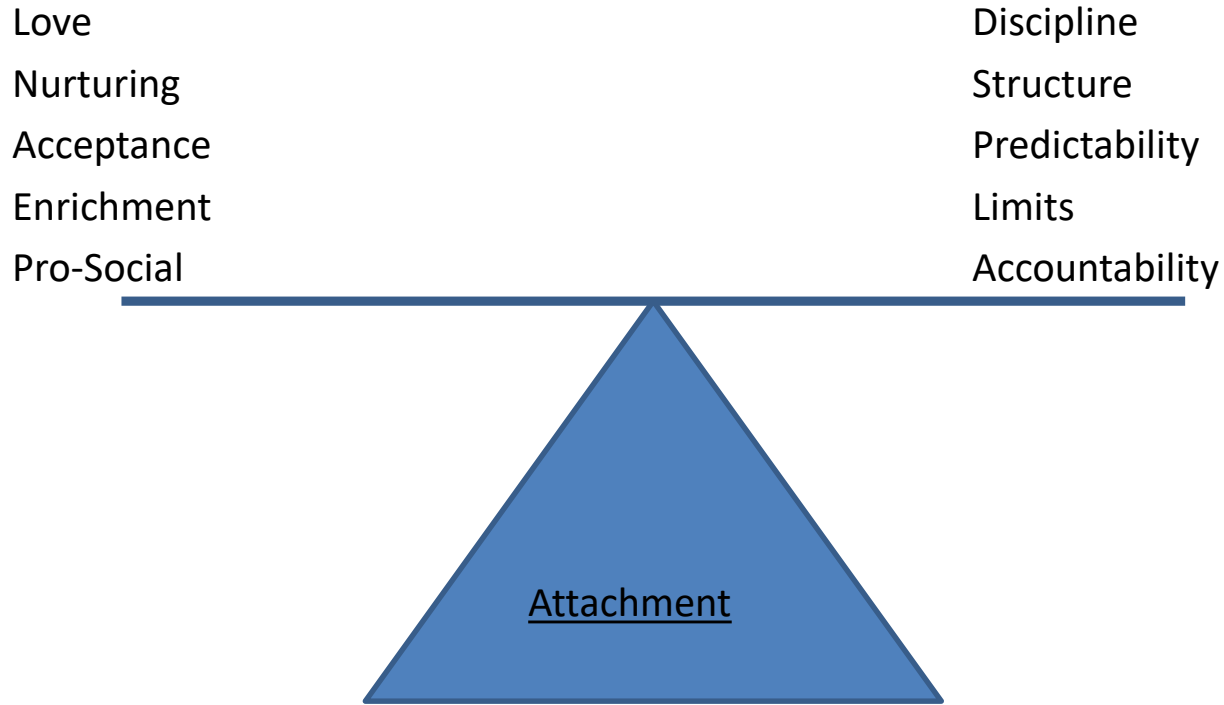
**“You have no idea what I’m dealing with”**

**“No one is doing anything for me”**

**“They are out to get me”**



# Skill: Authoritative Parenting



# SKILL: ENGAGEMENT

**Research: Engagement:  
Difference Between High Success and Less Success**

Acceptance  
Accountability  
Fun Together  
Relationship Building  
Empathy  
Warmth  
Pro-Social Activities  
Listening  
Flexibility  
Unflappable Attitude

# Listening vs. Problem Solving

## LISTENING

Listens for Feelings

Focus is on the Present & Future

Believing People are Their Own Experts

Questions = Solutions

Listening for “Strengths”

People Listen to Themselves More Than  
What They are Told

## PROBLEM SOLVING

Focus is on Past and “Problems”

“Fixing” the Problem

Listening for “Problems”

Lecturing

Moralizing

Advising



# SKILL: MANAGING POWER STRUGGLES

Hint: Never Wrestle in the Mud with Pig (**the pigs like it**)

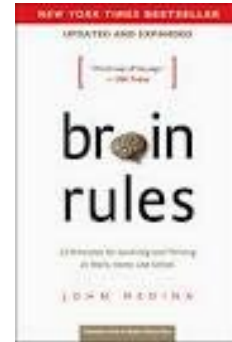


Part of Human Development 0 -----18?

Offer Independence, Choices and Autonomy

Avoid Rigid Rules

# PRO-SOCIAL



## Pro-Social Activities

Sports, Art, Music, Faith Based, Clubs, Service Learning



## Pro-Social Peers

Research:

Youth Behavior is Most Influenced by “Friends”

“Do your friends make your life better or worse?”

## Pro-Social Adults

Coaches, Teachers, Faith Based, Mentors, Friends



# SKILL: FIND THE “SPARK”

SKILLS/TALENTS

CREATIVE LIFE

SOCIAL JUSTICE

HELPING OTHERS

LEADERSHIP

ATHELTICS



# SKILL: SELF REGULATION

▣ HYPERAROUSSED



▣ SELF REGULATED



▣ HYPOAROUSSED



# CYS & RESEARCH PARTNERS

University of Washington's Evidence Based Practice Institute



Portland State University's Pathways 2 Success



University of Oklahoma's National Resourced Center for Youth Services

