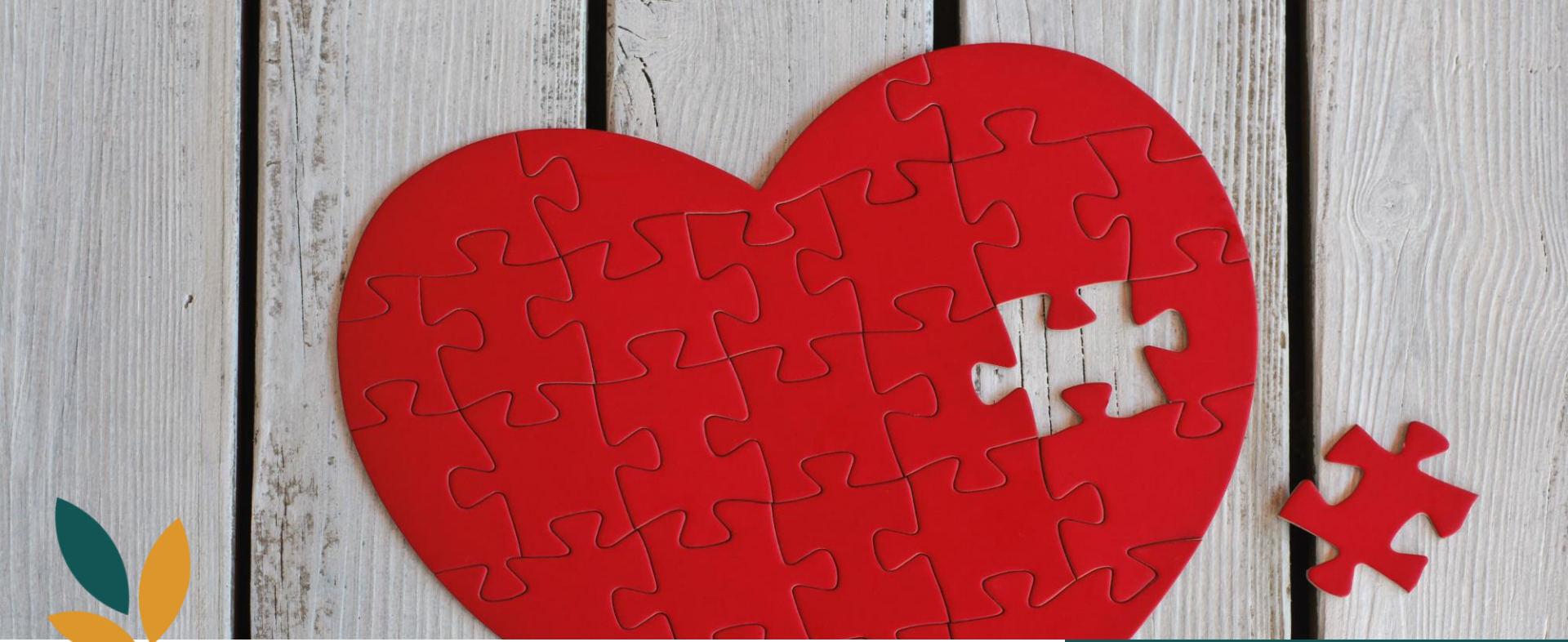

From Trauma-Aware to Trauma-Informed to Trauma-Responsive

The Journey of a Short-Term Residential Therapeutic Program

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Learning Objectives

- Identify 2 barriers to implementation of a trauma-informed program and ideas to address them
- Identify where your program is in its development of supporting youth and families with trauma experiences
- Describe how you would support your workforce in working with children and youth who have been exposed to trauma experiences

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Statistics related to trauma

- Approximately **25% of American Children will experience some type of trauma** before their 16th Birthday[1]
- In a lifetime, **8% of children will experience sexual assault**[2]
- In a lifetime, **17% will experience physical assault**[2]
- In a lifetime, **39% will witness violence**[2]

1 Costello, Erkanli, Fairbank, and Angold (2002).
2 Kilpatrick, Acierno, Saunders, Resnick, Best, and Schnuur, (2000).

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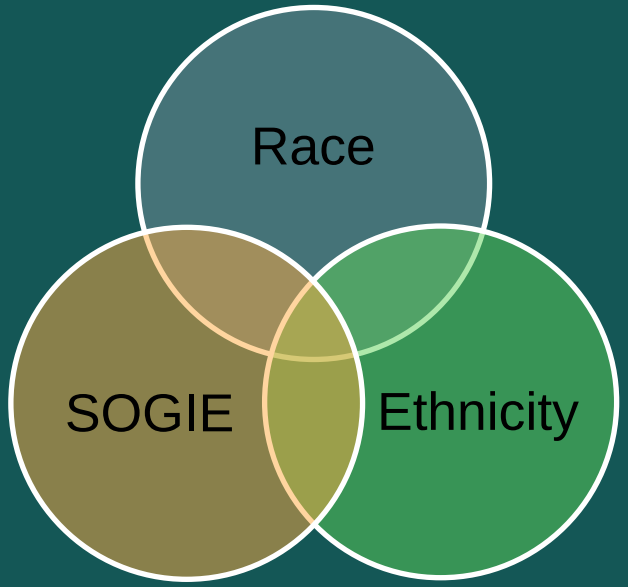

Risk factors

- ACEs +5
- Intersectionality (race, ethnicity, SOGIE)

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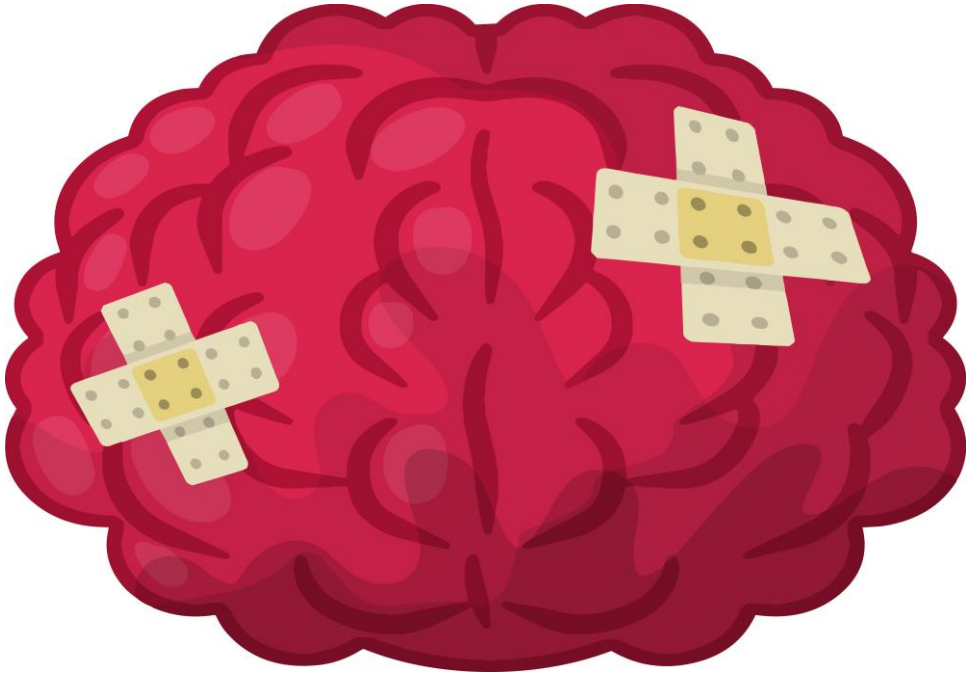
Long-term effects of trauma

- Psychological
- Emotional
- Intellectual
- Relational



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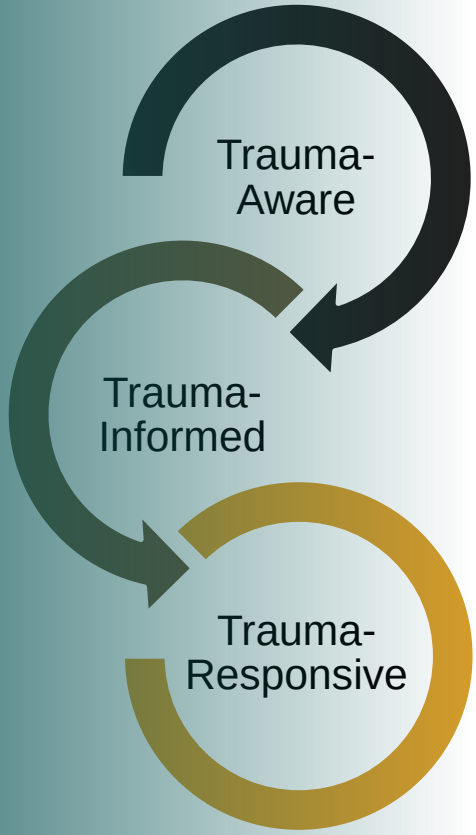
- **Trauma-Aware:** Understanding what trauma is and its impact. Staff can speak to its impact

- Trauma-Informed: Widespread culture change and use of trauma-informed treatment and approaches

- Trauma-Responsive: A paradigm shift in knowledge, perspective, attitudes and skills that continues to deepen and unfold over time



Missouri Department of Mental Health. (2014) The Missouri Model: A developmental framework for trauma-informed approaches. dmh.mo.gov/media/pdf/missouri-model - developmental-framework-trauma-informed-approaches

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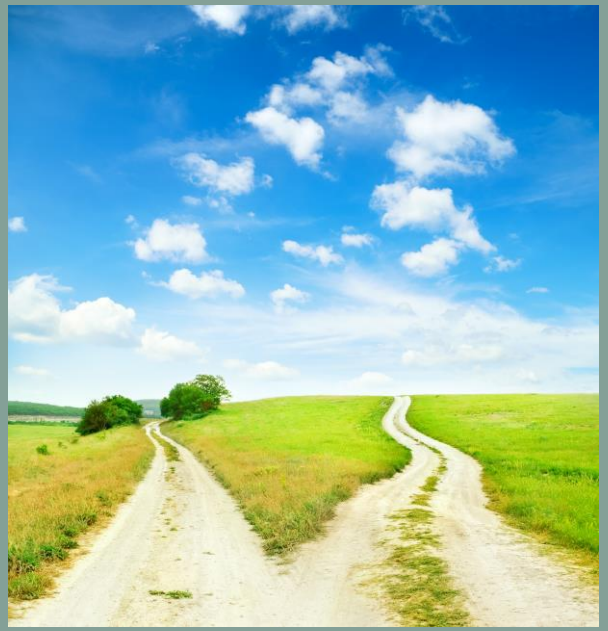

Our Journey from Trauma-Aware to Trauma-Informed and our ambition to become Trauma-Responsive

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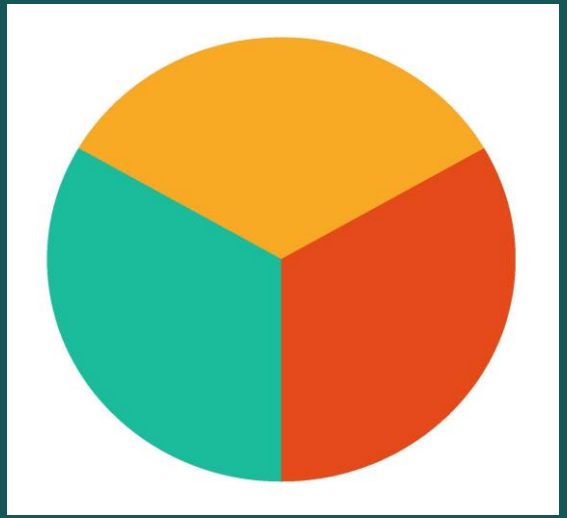
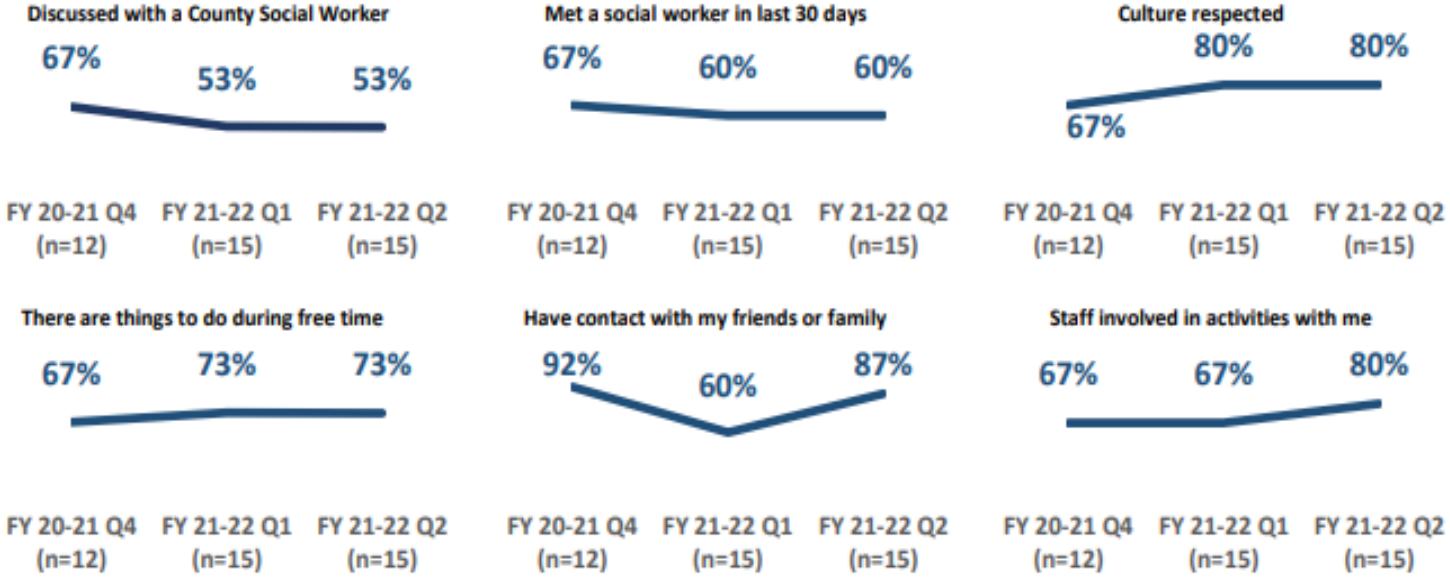


Data

- What it is and the value to support program development and modification.
- Trauma-Informed Organizational Assessment (TIOA) and initial administration
    - Messaging
    - Follow up/Action
    - Outcomes (Self-care committee, TIC committee)
- TIOA/Attitudes Related to Trauma-Informed Care (ARTIC)
- UCLA-Brief screen (Intake, full if clinically significant)
- Commercial Sexual Exploitation- Identification Tool (CSE-IT)
- Prolonged Grief Disorder (PGD) Checklist

Personal Rights Check-In



Source: Survey Monkey

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Youth voice

What does TIC look like in a residential setting?

- Environment
- Workforce (hiring, supervision, training)
- Practices (clinical and non-clinical, EBP, de-briefing)
- Policy (prudent parenting, foster youth bill of rights, Title 22, safety planning)
- Engagement (relationships, family and community connection, natural supports)

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What does TIC look like for our workforce?

- Training
- Supervision
- Coaching
- Surveys/discussions/voice
- Support from top/down

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A Trauma-informed culture

- EBP (Risking Connections)
- Language
- Champions/coaches
- Policy review
- Expectations, modeling
- Parallel process (staff interaction)
- Review of data to inform practice & policy

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Lessons learned

- Reluctance/fear/doubt
- Generations
- Time/resources
- Pace/Long-term
- Sustainability/Fidelity

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Discussion groups

1. How to evaluate where your program is now

2. How to start in the direction of Trauma-Aware, Trauma informed, Trauma –Responsive

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Q & A

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