



Psychological Trauma

Understanding the Theory and Practice of Trauma Informed Services

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kidsLINK is the operating name of Notre Dame of St. Agatha Inc.

Agenda

1. Setting the Stage for the kidsLINK Project
2. Define Trauma
3. The Research and Rationale for TI systems
4. Trauma Informed vs. Trauma Specific
5. The 12 Criteria for a Trauma Informed System
6. Falout and Harris Self Assessment Tool
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Setting the Stage

- ” 2002 Children with serious and complex needs
- ” 2006 Began exploring complimentary & alternative methods to TI literature
- ” 2007 Began strategic planning process with the Board
- ” 2008 Linking Research, Training & Practice
- ” 2009-2012 Implement Trauma Informed Services



What is Trauma?

It happens to each
from a shocking event or multiple and
repeated life threatening and/or extremely
frightening experiences that may cause
negative effects on a person, disrupting
path of healthy physical, emotional, spiri
tual, and social development.

Children and Trauma in America: A Report of the National Child Traumatic
Stress Network (2004)

Variability in Responses to Stressors and Traumatic Events

The impact of a potentially traumatic event is determined by both:

- “ The objective nature of the event
- “ The individual's response to it. With] j Y

Something that is traumatic for one person may not be traumatic for another.

The impact of a potentially traumatic event depends on several factors

1. Age and developmental stage
2. Perception of the danger faced
3. Victim or witness
4. Relationship to the victim or perpetrator
5. Past experience with trauma
6. Adversities faced following the trauma
7. Presence/availability of adults who can offer help and protection

Epidemiology and Prevalence of Trauma

What
we
have
learned



General Population Studies

Adverse Childhood Experiences (ACE) study (1998)

Examined the cumulative effects of multiple adverse childhood experiences on physical and mental health.

Felitti and Anda (1998)



What is the Adverse Childhood Experiences (ACE) Study?

- “ 10 year study
- “ 17,000 people involved
- “ Looked at effects of adverse childhood experiences over lifespan
- “ Largest study ever done on this subject

Adverse Childhood Experiences are Common

Of the 17,000 who participated:

” 1 in 4 exposed to 2 categories ACEs

” 1 in 16 was exposed to 4 categories

” 22% were sexually abused children

” 68% of the women experienced abuse, violence or family strife in childhood



The Psychobiology of Trauma



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survive and thrive while
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*Bruce Perry, M.D., Ph.D.
Child Trauma Academy*

It Begins With Fear

" Faced with a threat, the body embarks on a cascade of physiological reactions.

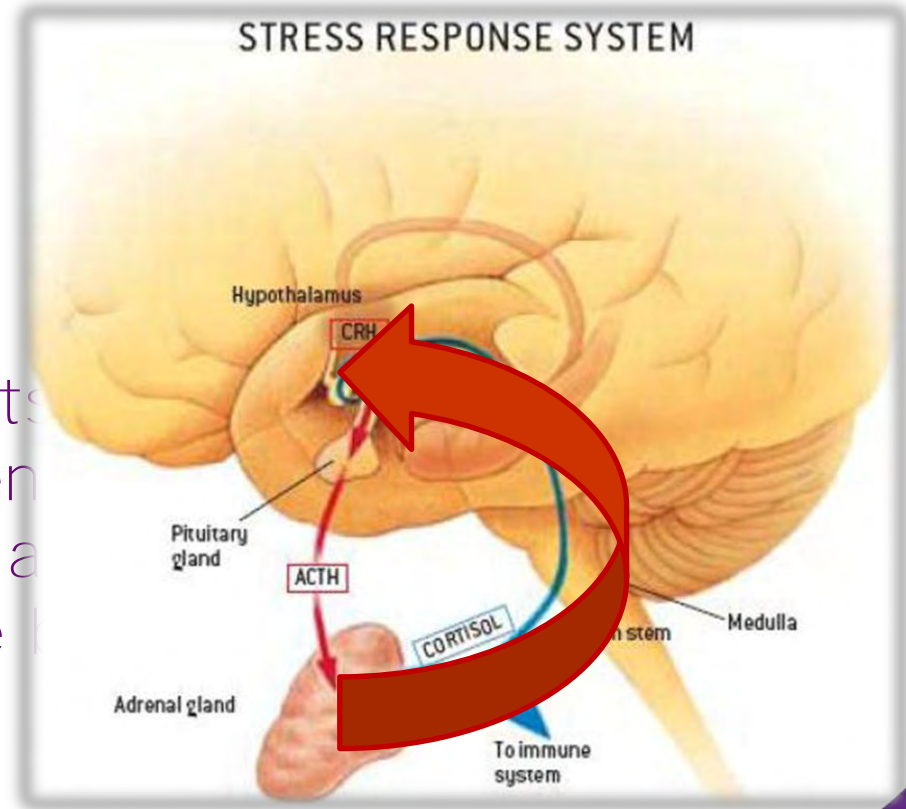


" Adrenalin surges, setting the heart pounding and blood pressure soaring and readying the muscles for action, a response called "fight or flight."



Trauma Alters the Brain

Increasing evidence suggests that abused or neglected children's stress response system goes awry, causing an imbalance of cortisol in the body.



Vulnerable Population Studies



Vulnerable Populations

There is a great deal of research on the prevalence of trauma in vulnerable populations of children and youth

Children and youth who

U F Y A

“ Abused and Neglected

“ Witnessing Violence

“ Sexually Abused”

“ Self Injurious / Suicidal

“ Substance Use

“ Intellectual Disabilities

“ Aboriginal Decent

“ Refugees

“ Lesbian and Gay Youth (LGBTQ)

“ Mental Health

“ Child Welfare

“ Homeless Youth

“ Youth Justice

Witnessing Violence

- “ NatSurCEV, 2007 More than 60% exposed to violence, 9.8% same family member assault another (Finkelhor et.al, 2009).
- “ Rhode Island study 44% of substantiated DV events had children present (Fantuzzo, Fusco, 2007)

Mental Health

- “ 51- 98%of public mental health clients w severe mental illness, including schizophrenia and bipolar disorder, have been exposed to childhood physical and/or sexual abuse.
- “ Most have multiple experiences of trauma (Goodman et al., 1999, Mueser et al., 1998; Cusack et al., 2003)

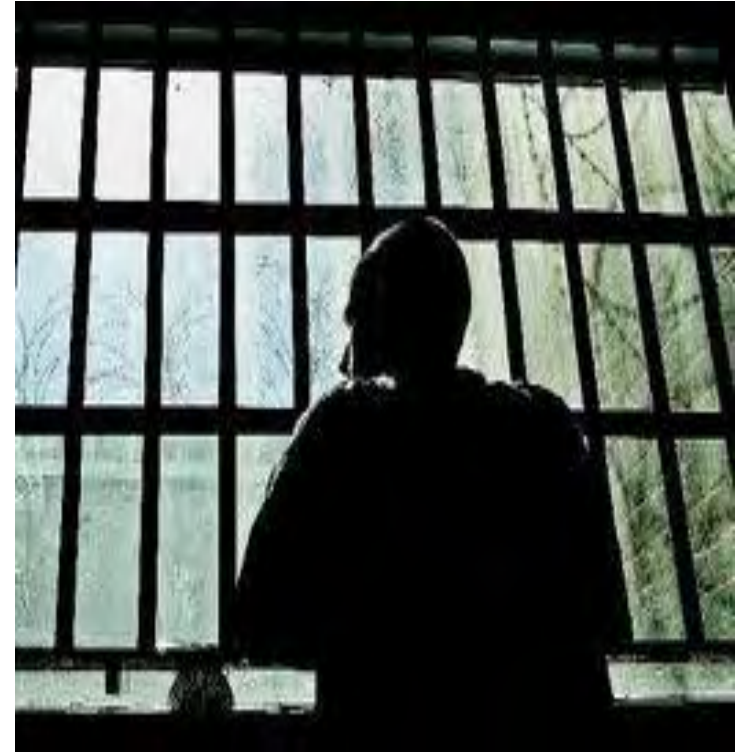
Child Welfare

“More than 95% suspected.

“75% experienced moderate to major event (Griffin et.al, 2011)

Youth Justice

“ 75%- 93 % of youth entering the system have experienced trauma (Justice Policy Institute, July 2010)



What does the prevalence data in vulnerable populations tell us?

“Trauma is Epidemic

“Victims of trauma are found across all sectors care

Trauma is c Z h Y b ' Å

“Misdiagnose

“Misinterpret

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unrecognized ignored or Y b] (Jennings 2008)



As awareness of the prevalence and impacts of trauma increases [those individuals affected] are increasingly viewed not as a subgroup or anomalous population of clients, but as encompassing nearly all children, adolescents and adults served by public mental health and substance abuse (p. 3) services

Models for Developing Trauma-Informed Behavioral Health Systems and Trauma Specific Services (2008)