



The Road to Resilience

An introduction to trauma, its impact and trauma-informed environments

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Getting started...

- Introductions
- Sign in and evaluations
- This training includes difficult information, please reach out if you need support
- This content comes from a combination of resources, including SAMHSA and NCTSN
 - This material was developed with the input of trauma survivors
 - Every situation is different
 - No one has all the right answers
- Let's talk! Please ask questions!



About me:



Training objectives:

- Gain basic understanding of the definition of trauma
- Define traumatic stress and complex trauma
- **Realize:** Learn about the prevalence of trauma and its universal nature
- **Recognize:** Learn about the impact of trauma on various components of one's life and identify indicators of trauma
- **Respond and resist re-traumatization:** Learn the importance of responding to our knowledge of trauma by changing our practice





Chicago Children's Advocacy Center and our partners are the front-line responders in Chicago to reports of child sexual abuse, as well as reports of physical abuse of children under 3 years old.



Multi-disciplinary team partners

- **Illinois Department of Children & Family Services (DCFS)**
 - child safety, protection and well-being
- **Chicago Police Department**
 - criminal investigation
- **Cook County State's Attorney's Office**
 - felony review
- **Cook County Health & Hospitals System**
 - forensic medical exams and holistic treatment
- **Chicago Children's Advocacy Center**
 - coordination of investigation, and support services





Forensic Interviews



ChicagoCAC provides children with a safe place to share their story in their own words with experts who will listen to them, protect them and help them heal.

Child abuse is reported, then...



Collaboration



Arrive for medical and FI



ChicagoCAC Intake calls family



Family driven to center

Defining trauma and complex trauma

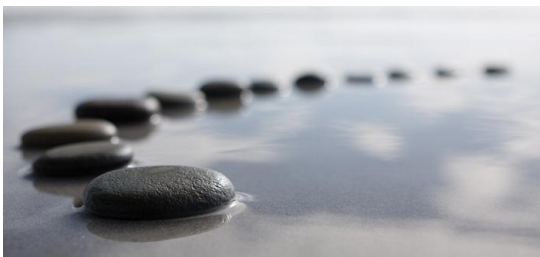


What is trauma?

Individual trauma results from an **event (actual or threatened)**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or threatening and that has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being.

SAMHSA





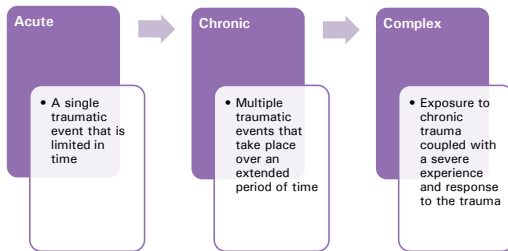
Everyone experiences trauma differently.

What about stress?

- Positive stress
 - First day of school
 - Getting a shot
- Tolerable stress
 - Natural disaster
 - Loss of loved one
 - Frightening injury
- Toxic stress
 - Repeated abuse
 - Exposure to violence frequently



Types of trauma



Source: Child Welfare Trauma Training Toolkit: Slide Presentation, March 2008, The National Child Traumatic Stress Network, www.NCTSN.org

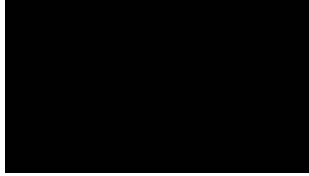


Complex trauma

- Overwhelms ability to cope
- Interpersonal nature
- Longer duration



Video – Through Our Eyes :
Children, Violence, and Trauma Introduction
United States Office of Justice Programs, Office for Victims of Crime



What is resilience?

Partner up with someone you don't know very well

1. One partner talks: Take 2-3 minutes to tell a story of a time you, someone you know or someone you admire was resilient.
2. One partner listens: Jot down a few notes about what you heard.
3. Reverse roles and repeat #1 and #2.





Healing is possible.

Resilience

*Resilience often refers to the ability of an individual, family or community to **cope** with adversity and trauma, and **adapt** to challenges or change.*

*Resilience can be **personal, contextual** and **dynamic**.*

*Resilience often relies on **relational conditions** and may be an **ongoing process**.*

Resilience does not look the same for everyone.



Case example & activity

How do we help Jermaine on his road to resilience?



Four Rs

Realize the prevalence of trauma;

Recognize how trauma affects all individuals involved with the agency;

Respond by putting knowledge into practice;

Resist re-traumatization.



R1: Realize the prevalence of trauma



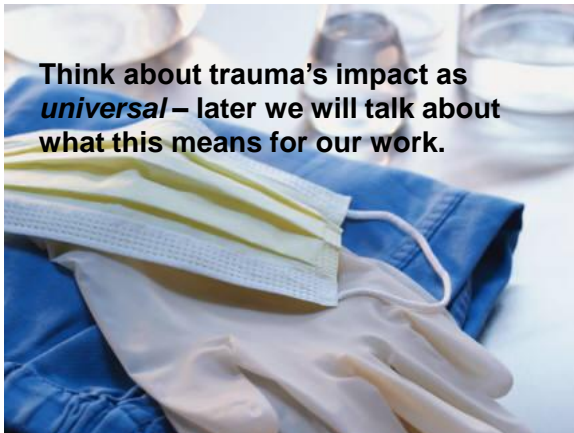
Realize the prevalence of trauma

Trauma has a very real and significant impact on:

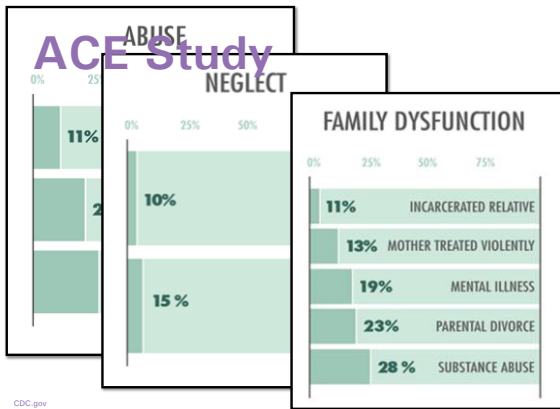
- **Individuals** who experience traumatic events
- **Providers** working with those individuals
- **Public health** as a whole

Trauma-Informed Community Initiatives of WNY



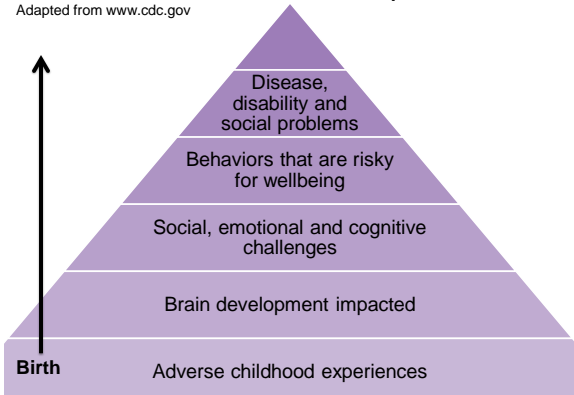


Think about trauma's impact as **universal** – later we will talk about what this means for our work.



Potential influence of ACEs on one's lifespan

Adapted from www.cdc.gov



Additional childhood stressors

- Poverty
- Being a victim of crime
- Exposure to community violence
- Bullying
- Homelessness
- Being in the foster care system
- Immigrating from another country
- Household member(s) active or was active in the Military/National Guard
- Exposure to war and/or terrorism
- Exposure to a natural disaster





People who are ACEs had their
welfare.

Resiliency, change and hope

- Resilience: Not everyone exposed to these experiences is traumatized.
- Recovery: Brains respond to can change over time.
- Even as adults, brains are capable of learning and healing!

Source: Bruce Perry

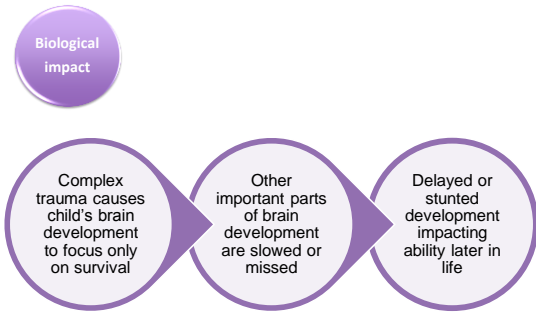


R2: Recognize how trauma impacts all individuals







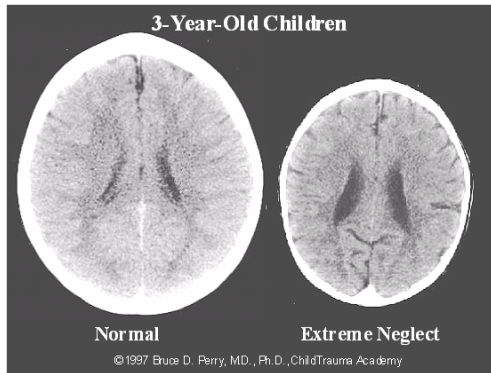


Video: Trauma's impact on the brain



Based on what we know about Jermaine, what might he have missed out on because his brain was focused on survival in his early years?







Impact of trauma
Flight, fight, freeze

Hyper-arousal

- Flight or Fight
- Hyper-vigilant
- Anxious
- Sleep/eating problems
- Avoidant

Dissociation

- Freeze or surrender
- Oppositional behaviors
- "Zoning out"
- Self-harm behaviors



Source: B. Perry





Behavioral impact:
Which of Jermaine's behavior's could be due to his trauma history?





Interpersonally, children may have difficulty:

- Trusting others
- Sensing the world as safe
- Regulating emotions within relationships
- Relying on others to help them
- Understanding that others care for them





Relational impact:
 How might Jermaine's trauma history impact his ability to build relationships with others?





"The world is an unsafe place."

"People are unsafe and can't be trusted."

"I expect crisis, danger and loss."

"I have not worthy of love and protection."



Caregivers provide a foundation for building trust and healthy relationships.



Caregivers are key buffers to trauma.



Protective factors can help!

- Individual
 - Temperament, understanding, relationships with others, expression & mastery, conflict resolution skills, and cultural identity
- Family
 - Role models, physical health of caregivers, networks, support, stability
- Community
 - Access to services, school, mentors, neighborhood cohesion



Divide into groups of 2 or 3

1. In your current role with children, what are you already doing that helps to **realize** the universal nature of trauma and recognizing the **indicators** of trauma?
2. Begin to develop a list of practices you could change or improve to better **respond** and **resist re-traumatization**.



Time for a stretch!



R3: Respond by putting knowledge into practice

Trauma-informed care and trauma-informed environments



Four Rs

Realize the prevalence of trauma;

Recognize how trauma affects all individuals involved with the agency;

Respond by putting knowledge into practice;

Resist re-traumatization.



Reflection time: what did your group discuss during the activity?



Seven horizontal lines for writing.

What does it mean to be trauma informed?

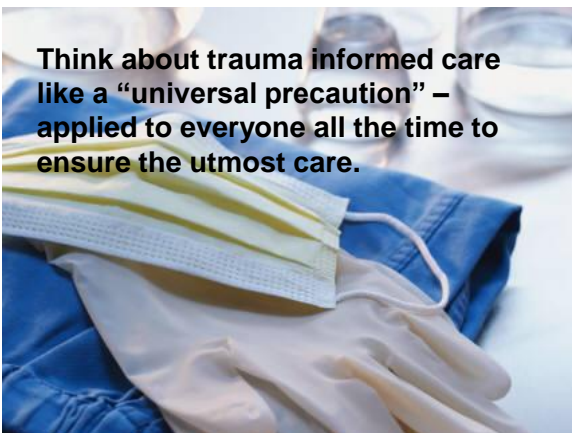
A trauma-informed approach refers to how an agency thinks about and responds to those who have experienced trauma.

A trauma-informed approach is designed to avoid re-traumatization of clients.



SAMHSA

Seven horizontal lines for writing.



Think about trauma informed care like a “universal precaution” – applied to everyone all the time to ensure the utmost care.

Seven horizontal lines for writing.

Two questions:

What's wrong with you?

What happened to you?





Six principals of a trauma informed approach

- Safety
- Trustworthiness
- Peer support
- Collaboration
- Empowerment
- Considerations of culture and history

How does this compare to the feelings and needs we listed earlier?

What are the values that guide your work? Do they reflect a trauma-informed approach?

ChicagoCAC's Core Values:

1. Freedom from abuse and exploitation is a basic human right.
2. The Center is a safe place for everyone who enters its doors.
3. The collaborative process is the best approach to prevent and respond to child abuse.
4. Children and families deserve to receive the highest standard of care available.
5. Best-practice interventions can restore lives.



R4: Resist re-traumatization

Empathy, self-awareness and respect



Thinking about physical space

What increases anxiety?

What makes someone feel safe?



What does a trauma-informed space look like for the population you work with?





Four pillars of security for a child:

- People
- Place
- Routine
- Ritual

What are examples of trauma-informed rituals for the population you work with?







Take care of yourself!

Good practice

- Healthy boundaries
- Respect for all
- Self-awareness
- Positive coping skills
- Strong communication skills
- Supervision and support



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A path to hope and healing
