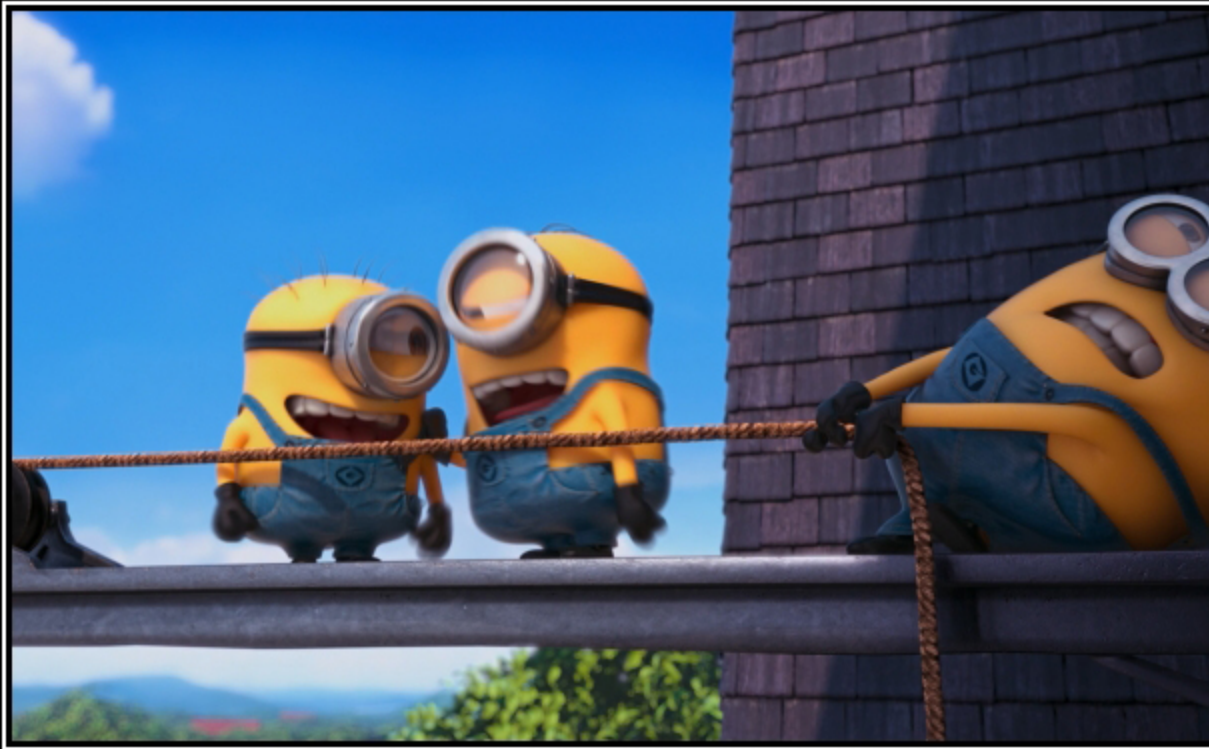




A Team Approach to Trauma Informed Care

Material is adapted from the NCTSN Resource Parent Workshop
and the Child Welfare Trauma Training Toolkit, 2nd edition.



TEAMWORK

IN A NUTSHELL



What we will be discussing

- Review of Trauma, the Impact of Trauma, and Trauma Informed Care
- Being an advocate for children
- Promoting and supporting trauma-focused assessment and treatment for children and youth
- Partnering agencies and providers with youth and families
- Partnering within agencies and systems that interact with children and families



What is Child Trauma?

- Witnessing or experiencing an event that poses a real or perceived threat
- The event overwhelms the child's ability to cope
- Can you name some situations that can be traumatic?





Types of Trauma

- Acute Trauma
- Chronic Trauma
- Complex Trauma
- Historical Trauma
- Neglect
- Child Traumatic Grief
- Medical Trauma



Effects of Trauma

- Impact of potentially traumatic event is determined by both:
 - The objective nature of the event
 - The child's subjective response to the event
- Something that is traumatic for one child may not be traumatic for another



Effects of Trauma

- Attachment
- Biology
- Mood regulation
- Dissociation
- Behavioral control
- Cognition
- Self-concept
- Development
- Overwhelming emotion
- Mental health issues





Trauma Informed Care

In a trauma informed system, those participating in the system:

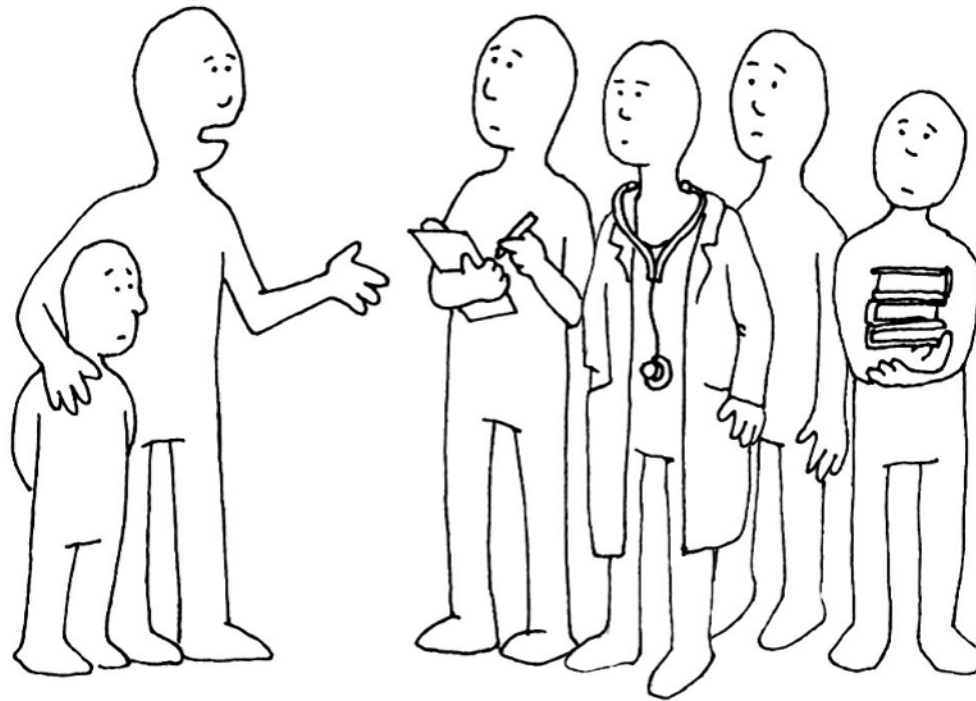
- Understand the impact of trauma
- Can integrate that understanding into caring for the child
- Understands his or her role in caring for the child

“The experience of abuse or neglect leaves a particular traumatic fingerprint on the development of children that cannot be ignored if the child welfare system is to meaningfully improve the life trajectories of maltreated children.”

Source: National Scientific Council on the Developing Child. (2010). Persistent fear and anxiety can affect young children's learning and development: Working Paper No. 9. Retrieved from www.developingchild.harvard.edu



Being an Advocate for Children





I would feel like I was just being passed around and not really knowing what was going on. No one explained anything to me.

I didn't even know what rights I had . . . if I had any.

No one told me what the meaning of foster care was. No one told me why I had been taken away from my mom. I knew there were bad things going on, but no one really explained it to me.

- Luis

Hochman, G., Hochman, A., & Miller, J. (2004). Foster care: Voices from the inside. Washington, DC: Pew Commission on Children in Foster Care. Available at <http://pewfostercare.org/research/voices/voices-complete.pdf>



Trauma-Informed Advocacy

- Help others to understand the impact trauma has had on your child
- Promote the importance of psychological safety
- Share strategies for helping your child manage overwhelming emotions and problem behaviors
- Support the positive, stable, and enduring relationships in the life of your child
- Help others to appreciate your child's strengths and resilience
- Advocate for the trauma-specific services your child needs
- Know when you need support



Helping Your Child Heal

- **Know** when your child needs help
- **Learn** about trauma-focused assessment
- **Understand** the basics of trauma-informed therapy
- **Ask questions** if you are not sure that the therapy is working



When to Seek Help

When you:

- Feel overwhelmed

When your child:

- Displays reactions that interfere with school or home life
- Talks about or commits acts of self-harm (like cutting)
- Has trouble falling asleep, wakes up often during the night, or frequently has nightmares
- Complains of frequent physical problems but checks out okay medically



When to Seek Help

When your child:

- Asks to talk to someone about his or her trauma
- Talks over and over again about the trauma or seems “stuck” on one aspect of it
- Seems plagued by guilt or self-blame
- Expresses feelings of helplessness and hopelessness



Advocacy in Action (Group Activity)

Help your team member understand:

- What child traumatic stress is
- How trauma has affected your child
- Your child's strengths and resiliency
- What your child needs



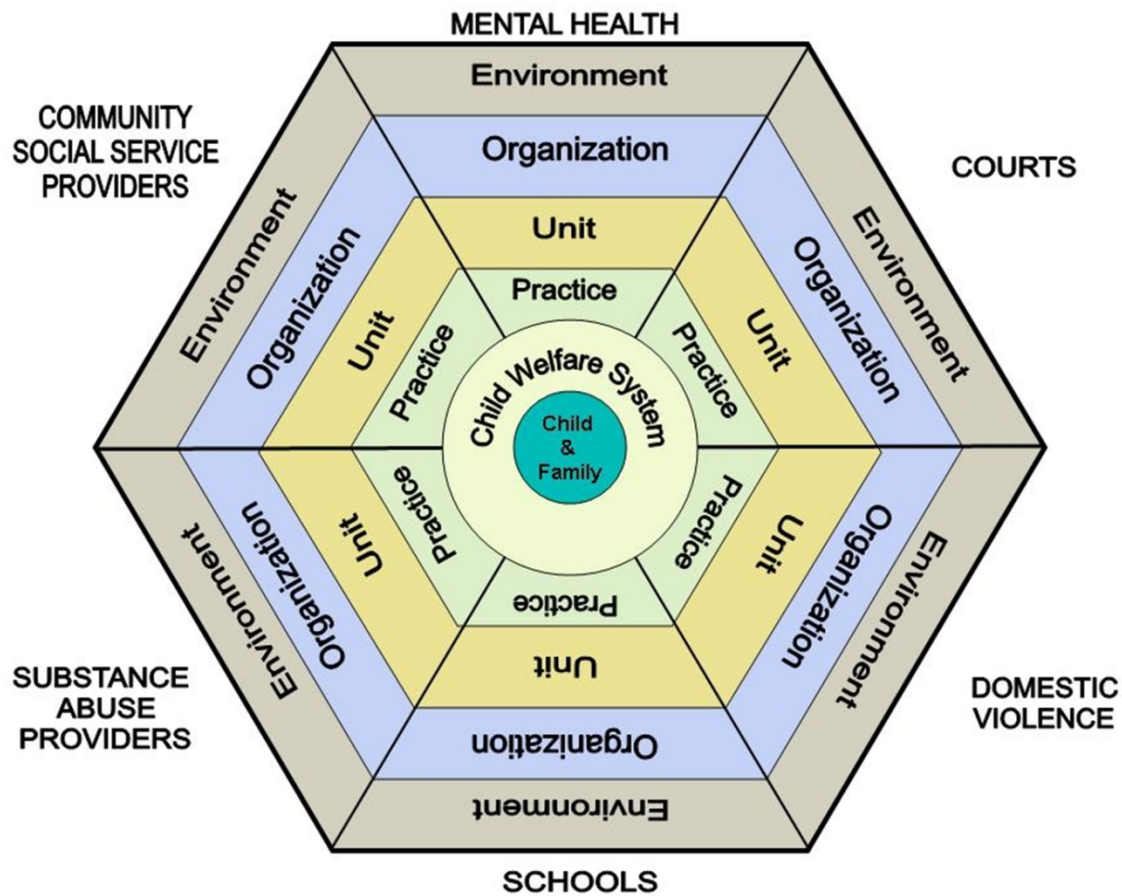
Working as a Team

The team members in a child's life:

- Share a commitment to the child's safety, permanency and well-being
- Have distinct roles and responsibilities
- Relate to the child in different ways
- Are NOT equally trauma informed



Working as a team





Who are the team members?

- Child
- Foster Parents
- CASA
- Case Manager
- Case Worker
- Counselor
- Psychologist
- Psychiatrist
- Guardian Ad Litum
- Others?



Whose job is it anyway?





Foster Parent – Job Description

The goal of foster care is to provide for the physical, emotional and social needs of children in a "substitute" family setting - a foster home - until the biological family can be reunited or a permanent placement plan can be implemented





Foster Parent - Responsibilities/Duties

- Provide a safe and comfortable home
- Provide for the child's basic physical and emotional needs
- Provide for school attendance, monitor progress, note special needs and accomplishments
- As safety allows, help the child maintain a relationship with his/her family in cooperation with case worker
- Assist the child in preparing to return home or being moved to an adoptive home.
- Provide recreational and enrichment activities



Foster Parent - Responsibilities/Duties

- Maintain a record for the child of his/her time in foster care, development milestones, photographs, report cards, etc
- Keep the agency informed of problems and progress
- Be available for meetings with social workers
- Cooperate with agency workers to implement plan for family reunification or permanent placement
- Cooperate with the visitation plan
- Help the child maintain an emotional bond and involvement with his/her biological parents and extended family members



CASA Volunteers – Job Description

- A CASA (Court Appointed Special Advocate) is a trained citizen volunteer appointed by the Juvenile Court to ensure that the needs and interests of abused or neglected children are being met
- To serve as an arm of the Juvenile Court as a researcher, monitor and child advocate





Case Manager – Job Description

- Case managers supervise the performance of contracted caregivers
- Maintain quality care for each youth or family
- Assess families for initial and ongoing licensure
- Match child needs with caregiver skills
- Monitor and document progress towards goals
- Plan transitions for discharges
- Maintain good working relationships with other agencies and organizations



Case Manager – Responsibilities/Duties

- Provide ongoing supervision of licensed contracted caregivers
- Receive and evaluate referral materials regarding children or families in need of placement
- Plan and supervise the pre-placement and placement for the youth/family
- Organize, facilitate, and document results of meetings



Case Manager – Responsibilities/Duties

- Provide consultation to caregivers both individually and in groups
- Coordinate community resources
- Maintain, collect, review and submit documentation and reports
- Advocate to promote the well-being of youth/families



Case Worker – Job Description

- Case Workers provide advanced social work in an attempt to keep families together and children safe
 - Stressful
 - Challenging
 - High burn out and turnover rates



Case Worker – Responsibilities/Duties

- Client Visits
- Discussions with Families
- Teamwork
- Working with Abusers
- Locate Resources and Help Clients Change
- Work Within Time Constraints
- Provide Empathy and Contextual Understanding



Counselors – Job Description

- Counselors care for the mental health needs of children in a foster care
- Counselors will usually serve the whole family, rather than singling out the individual child, and will often be responsible for a caseload of several families
- Counselors are also responsible to assist during crisis situations





Counselor – Responsibility/Duties

- Meet with families in home or other settings
- Assessment of child's needs and problem areas during placement
- Working with children who need intensive intervention related to adjustment after placement
- Family therapy (with both foster parents as well as birth families), group therapy
- Develop interventions for special needs children
- Work with educational and other professionals involved in the child's life



Psychologist – Job Description

- Deals with the psychological issues of children of different ages
- Performs various duties in matters dealing with the psychological development of a child
- Conduct testing and diagnosis of children in care



Child Psychologist – Responsibilities/ Duties

- Study the mental and psychological development of children
- Child counseling
- Diagnosis and treatment of speech difficulty
- Help a child overcome his/her limitations
- Treat childhood learning disabilities
- Research on child development issues
- Counsel the whole family to help them adapt to the child with problem and help the child get well



Psychiatrist – Job Description

- Deals with the psychological issues of children of different ages
- Performs various duties in matters dealing with the behavioral and psychological issues with children that are due to chemical imbalances in the brain
- Testing and diagnosis of children and mental health needs



Psychiatrist – Responsibilities/Duties

- Perform psychiatric evaluation, medication support services and complex case consultation
- Delivers Mental Health Services to children in foster care
- Assist in crisis intervention



Guardian Ad Litum - Job Description

- A Guardian Ad Litum (GAL) represents the rights of children and advocates for the child's best interest in all court proceedings
- The GAL solely represents the child's interests, ensuring the emotional and physical safety in a stable, supportive home life that encourages health and proper development

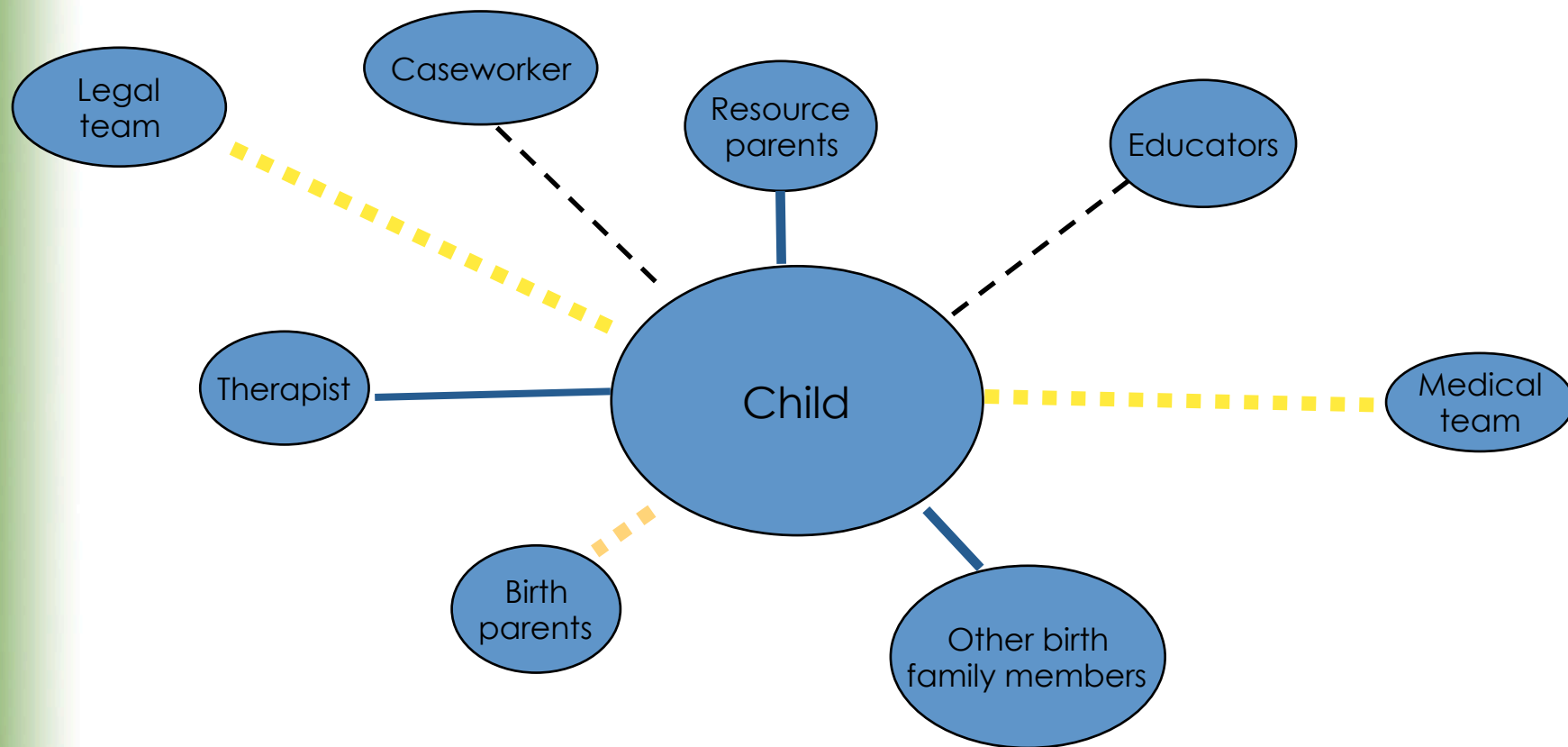




Guardian Ad Litum - Responsibilities/ Duties

- Advocate for child's best interest
- Investigate and collect information that helps develop recommendations for the court
- Facilitate communication and shares information between all involved participants
- Monitoring the entire court process and attends all court proceedings

Know Your Child's Team



— Strong, positive connection

- - - - - Weak connection

- - - - - Stressful connection



Thinking About My Child (Group Activity)

- Who are the **key players** in your child's life?
- How can you **work together more effectively** to help your child?
- How might **using your “trauma lens”** change the way you work with other team members or with the child's birth parents?
- How might you involve the child or youth in making decisions about their services?



Partner with Youth and Families

- Youth and families should be given choices and an active voice in decision-making on an individual, agency, and systemic level
- Youth and family members who have been in the system have a unique perspective and can provide valuable feedback
- Partnerships with youth and families should occur at all levels of the organization



Partner with
Youth and
Families



Partnering with Youth and Families in Services

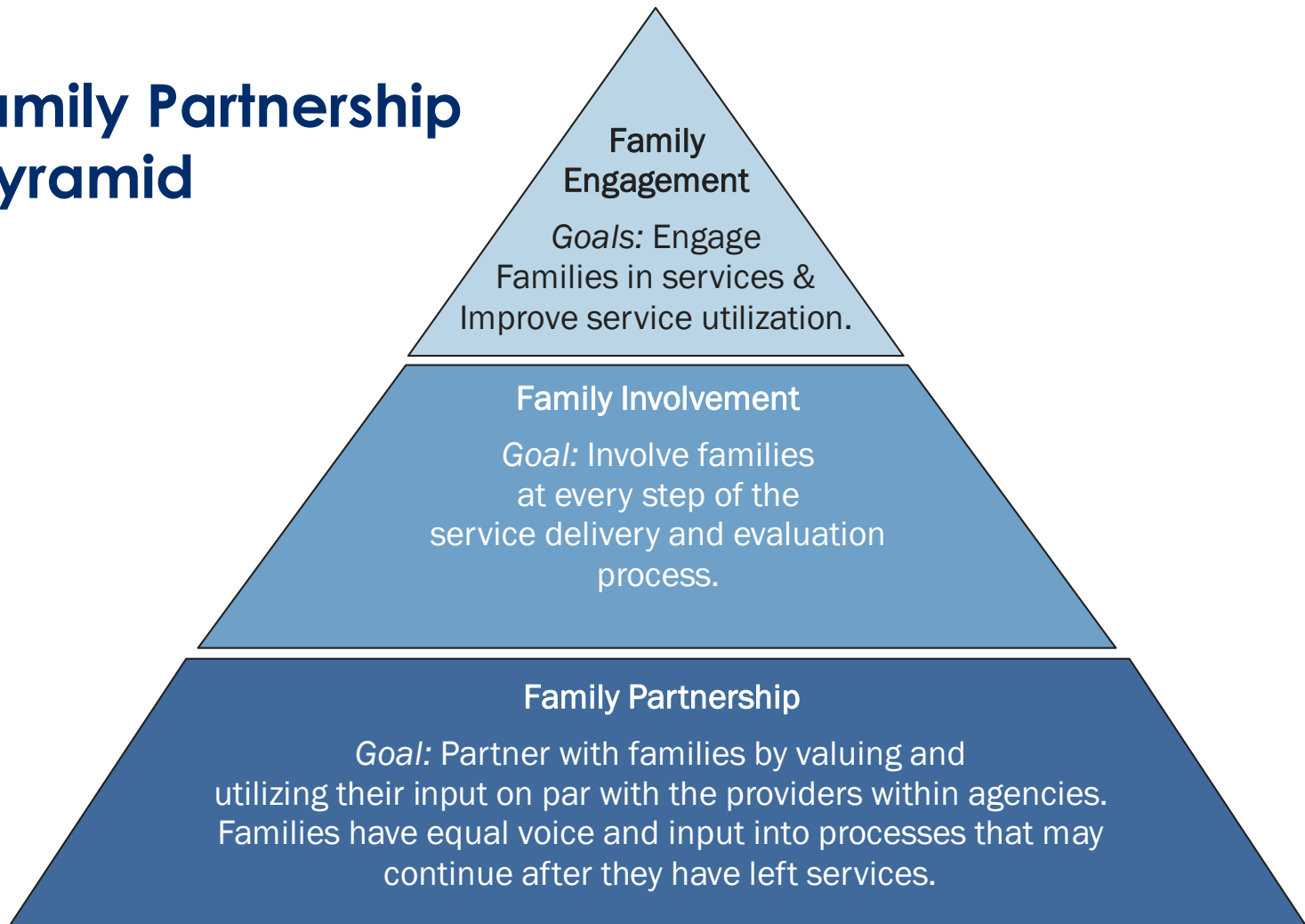
Benefits:

- Empowers youth and families who have been disempowered by trauma
- Builds trust
- Enhances the helping relationship
- Promotes youth and family buy-in
- Improves quality of services and fit with family's needs
- Increases placement stability and timely permanency
- Builds family decision-making skills

Source: U.S. Department of Health and Human Services (DHHS), Administration for Children Families, Child Welfare Information Gateway. (2010). Family engagement, *Bulletin for Professionals*. Retrieved from http://www.childwelfare.gov/pubs/f_fam_engagement/



Family Partnership Pyramid





Partner with Agencies and Systems That Interact with Children and Families

Partner with
Agencies
and Systems
That Interact
with Children
and Families

- Child welfare agencies need to establish strong partnerships with other child- and family-serving systems
- Service providers should develop common protocols and frameworks
- Cross-system collaboration enables all helping professionals to see the child as a whole person, thus preventing potentially competing priorities and messages
- Collaboration between the child welfare and mental health systems promotes cohesive care and better outcomes



Service Planning – Group Activity

Needs

Strengths

Weaknesses

Resources and Providers

Plan

Coordinate

Communicate

Plan Review and Update





Activity Wrap Up

- What Needs, Strengths, and Weaknesses did you identify?
- What Resources and Providers...
 - did you identify as available?
 - did you identify as needed?
- What is your Plan?
- How is the child or youth involved?
- How will your team Coordinate and Communicate?
- What is your Plan for Reviewing and Updating as needed?



Go Team!





Thank you!