Trauma-Responsive Care: A Framework for Resilience

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Infant/Toddler Specialists Network
Jeanne VanOrsdal
Ronna Schaffer
Holly Wilcher
Welcome and Introductions

Ronna Schaffer
Infant/Toddler Specialist
Region I

Holly Wilcher
Infant/Toddler Specialist
Region IV

Jeanne VanOrsdal
Infant/Toddler Specialist
Region V
Learning Objectives

Participants will be able to:

- Identify the impact of trauma on children, caregivers, and families.
- Recognize the value of responsive practices to support resiliency and build protective factors.
- Explore the implementation of elements of a trauma responsive system.
Overview of Trauma
6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's Office of Public Health Preparedness and Response (OPHPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:

1. SAFETY
2. TRUSTWORTHINESS & TRANSPARENCY
3. PEER SUPPORT
4. COLLABORATION & MUTUALITY
5. EMPOWERMENT VOICE & CHOICE
6. CULTURAL, HISTORICAL, & GENDER ISSUES

Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by OPHPR and NCTIC was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

Definitions

Trauma

Trauma-informed care

Trauma-responsive care

Trauma-informed systems

Trauma-responsive systems

Source: Crisis Prevention Institute (n.d.). *Trauma-informed care resources guide.*
https://www.crisisprevention.com/Blog/Trauma-Informed-Care?sr-feat=1
Definitions

Crossover Trauma

Historical Trauma

Racial Trauma

Intergenerational Trauma

Definitions

Adverse Childhood Experiences
Triggers
Vicarious Trauma
Secondary Traumatic Stress
Compassion Fatigue

Impact on Caring for Children

While dealing with the impact of trauma, adults may have a decreased ability to provide sensitive and responsive care to children.

In addition, some adults may experience secondary traumatic stress.

https://wmich.edu/sites/default/files/attachments/u57/2013/child-trauma-toolkit.pdf

http://pediatrics.aappublications.org/content/pediatrics/early/2015/09/08/peds.2015-2861.full.pdf
Signs of Trauma or Stress

Infants and Toddlers
- Eating and sleeping disturbances
- Irritable, difficult to soothe—or passive
- Developmental delays
- Defiant, withdrawn, aggressive

Preschoolers
- Regression of skills
- Sleep disturbances
- Engage in traumatic play
- Decrease in social skills
- Hypervigilance


National Child Traumatic Stress network (n.d.). *Age-related reactions to a traumatic event.*
https://www.nctsn.org/resources/age-related-reactions-traumatic-event
Signs of Trauma or Stress

School-Age
- Difficulty with attention
- Mood swings, withdrawn, or aggressive
- Frequent headaches, stomach upsets
- Regressive behaviors

Adults
- Difficulty responding to children in healthy ways
- Increased chance of:
  - Social risk factors
  - Mental health issues
  - Substance abuse
  - Intimate partner violence

Supporting Children Impacted by Trauma

- Responsive caregiving
- Emotional literacy
- Label and validate feelings
- Continuity of care

- Routines and schedules
- Allowing for dramatic play
- Pyramid model approach
Impact of Care

Responsive Care

- Primary Caregiving
- Continuity of Care
- Inclusive Care
- Small Group Care
- Individualized Care

Unresponsive Care


Supporting Families and Caregivers
Trauma-Informed versus Trauma-Responsive Practice

A program, organization, or system is trauma informed when it does the following:

1. Realizes the impact of trauma and potential paths for recovery
2. Recognizes signs and symptoms of trauma in families and stress
3. Integrates knowledge about trauma into policies, procedures, and practices
4. Seeks actively to resist re-traumatization

Screenings and Assessments

CHILDREN AND FAMILIES

CAREGIVERS

ORGANIZATIONS

STATE SYSTEMS
Supporting Families Impacted by Trauma

Protective Factors

Environmental Approach

Comprehensive Services
Protective Factors

- Provide culturally based family support services.
- Create a sense of safety and security within your system.
- Incorporate families’ perspective in continuous quality improvement of service delivery.
Protective Factors

◆ Strengthening Families
  ▪ Parental resilience
  ▪ Social connections
  ▪ Knowledge of parenting and child development
  ▪ Concrete support in times of need
  ▪ Social and emotional competence of children
Environmental Approach

Promoting resilience at multiple levels of influence on the family

- Partnering with schools, Early Head Start/Head Start, early intervention, therapists
- Being visible in the community
- Encouraging a shared vision of support for families with community providers, first responders, and faith leaders
Comprehensive Services

- Expanding initiatives that help programs connect families impacted by trauma with community-based services
  - Food assistance
    - Supplemental Nutrition Assistance Program or Women, Infants, and Children Programs
    - Food banks
  - Programs serving families experiencing homelessness
  - Domestic violence programs
Supporting Caregivers Impacted by Trauma

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<td>Caregiver Assessment Tool</td>
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Workforce Wellness and Training

What training exists to prepare the workforce to work with children impacted by trauma?

- Are they able to recognize signs of trauma in children?
- Are they aware of the benefits of using responsive caregiving practices?

What training exists to prepare the workforce to work with families impacted by trauma?

- How connected are the providers to community services?

What supports are in place to support caregiver wellness?
What Is Mindfulness?

“The ability to stay focused on one’s present experience with nonjudgmental awareness”

https://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers
Getting Started With Mindfulness

- Potential benefits
- Application of mindfulness
- Resources

Caregiver Assessment Tool

- Responses to trauma
- Key resiliency factors
- Self-assessment
- Self-care plan
- Resources

Taking Care of Ourselves

Wellness for You and Your Staff
Building a Trauma-Responsive System
What Is a Trauma-Responsive System?

Recognizes and responds to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers.

Programs and agencies within such a system **infuse and sustain trauma awareness, knowledge, and skills into** their **organizational cultures, practices, and policies.**

All parts act in collaboration with all who touch the lives of the child, **using the best available science, to maximize physical and psychological safety**, facilitate the recovery of the child and family, and support their ability to thrive.

How Do I Know If My System Is Trauma Informed?

What is a Trauma-Informed Child and Family Service System?

A trauma-informed child and family service system is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers. Programs and agencies within such a system infuse and sustain trauma awareness, knowledge, and skills into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to minimize physical and psychological safety, facilitate the recovery of the child and family, and support their ability to thrive.

A service system with a trauma-informed perspective is one in which agencies, programs, and service providers:

1. Routinely screen for trauma exposure and related symptoms;
2. Use evidence-based, culturally responsive assessment and treatment for traumatic stress and associated mental health symptoms;
3. Make resources available to children, families, and providers on trauma exposure, its impact, and treatment;
4. Engage in efforts to strengthen the resilience and protective factors of children and families impacted by and vulnerable to trauma;
5. Address parental and caregiver trauma and its impact on the family system;
6. Emphasize continuity of care and collaboration across child-service systems; and
7. Maintain an environment of care that addresses, minimizes, and treats secondary traumatic stress, and that increases staff wellness.

These activities are rooted in an understanding that trauma-informed agencies, programs, and service providers:

8. Build meaningful partnerships that create mutuality among children, families, caregivers, and professionals at an individual and organizational level; and
9. Address the intersections of trauma with culture, history, race, gender, location, and language, acknowledge the compounding impact of structural inequities, and are responsive to the unique needs of diverse communities.

Key Elements of a Trauma-Informed Child Care System

1. Screen for trauma exposure and related symptoms
2. Make appropriate resources available
3. Strengthen the resilience and protective factors of children and families
4. Address parent & caregiver trauma
5. Continuity of care & collaboration across child-service systems
6. Workforce care that addresses secondary traumatic stress & increases wellness

How Do Our Policy Levers of Change Support a Trauma-Responsive Child Care System?

Questions to consider…

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<tr>
<th>Quality Frameworks/QRIS</th>
<th>Subsidy/Child Care Assistance</th>
<th>Child Care Licensing/Quality Assurance</th>
<th>Professional Development Systems</th>
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<tr>
<td>• How do we recognize programs for teaching social emotional skills?</td>
<td>• How do our polices and practices support continuity of care of nurturing caregivers?</td>
<td>• How do our requirements honor continuity of care with nurturing caregivers?</td>
<td>• Is there a comprehensive trauma-informed professional learning for the early childhood workforce?</td>
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<td>• How do we assess and honor the presence of nurturing and responsive caregiving?</td>
<td>• How are family partnerships cultivated through child care assistance/subsidy practices?</td>
<td>• Which of our licensing provisions support environments that promote safety and trust?</td>
<td>• In what ways do our workforce initiatives address early childhood practitioner stress?</td>
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<td>• How are partnerships with families rewarded and encouraged in quality ratings?</td>
<td>• How does our subsidy system strengthen quality in early childhood programs?</td>
<td>• How do our workforce qualification and ongoing Professional Development requirements support caregiver wellness?</td>
<td>• How does our Professional Development System help caregivers develop cultural competence?</td>
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What Is Something I Heard Today That Takes My Thoughts or Planning in a New Direction?
Additional Resources
Trauma-Responsive Systems Building Resources
Creating a Trauma-Informed Early Childhood System
Review of Literature and Summary of Findings

- Review of the research on trauma-informed care in early childhood settings
- Focus groups to gain perspective on topic
- Interviews with early childhood trauma experts to gain insights into strategies to include a trauma-informed intervention approach
State Policies to Support Social Emotional Health

- Administration for Children and Families Information Memorandum

- [https://www.acf.hhs.gov/sites/default/files/occc/ccdf_acf_im_2015_01.pdf](https://www.acf.hhs.gov/sites/default/files/occc/ccdf_acf_im_2015_01.pdf)
Services for Families of Infants and Toddlers Experiencing Trauma: A Research-to-Practice Brief

https://www.acf.hhs.gov/sites/default/files/opre/opre_nitr_brief_v07_508_2.pdf
**Concept of Trauma and Trauma-Informed Approach**

- **Working concept of trauma and a trauma-informed approach**
- **Shared understanding of these concepts appropriate across an array of service systems and stakeholder groups**

[https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)

*Prepared by SAMHSA's Trauma and Justice Strategic Initiative July 2014*
Review of Trauma-Informed Initiatives at the Systems Level

- How are child- and family-serving systems at the state or local level defining approaches?
- What are the central activities and program components of a systems-level approach?
- What outcomes are targeted by these approaches and what evidence of progress toward these outcomes has been demonstrated?

Changing Policies to Streamline Access to Medicaid, SNAP, and Child Care Assistance

- Findings from the Work Support Strategies Evaluation
Trauma-Informed Organizational Toolkit

- Trauma-Informed Organizational Self Assessment
- User’s Guide
- How-To Manual for Creating Organizational Change
**Trauma Screening and Assessment Measures Searchable Database**

The National Child Traumatic Stress Network

- No cost and free continuing education credits and e-learning resources.
- E-learning modules
  - Skills for Psychological Recovery
  - Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress, and Trauma
  - The 12 Core Concepts: An Online Interactive Course
  - Psychological First Aid Online
- Training curricula
Contact Information

Ronna Schaffer, Region I Infant/Toddler Specialist
Child Care State Capacity Building Center
Ronna.Schaffer@icf.com

Holly Wilcher, Region IV Infant/Toddler Specialist
Child Care State Capacity Building Center
Holly.Wilcher@icf.com

Jeanne VanOrsdal, Region V Infant/Toddler Specialist
Child Care State Capacity Building Center
Jeanne.vanorsdal@icf.com

Thank you!
State Capacity Building Center,
A Service of the Office of Child Care

9300 Lee Highway
Fairfax, VA 22031
Phone: 877-296-2401
Email: CapacityBuildingCenter@ecetta.info

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