WELCOME to the

Supporting Our Students

ECHO

Session will start in less than 15 minutes
Trauma Informed Care for High School Age Youth

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ECHO presentation

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Conflict of Interest Disclosure Statement

No Conflicts of Interest
Types of trauma

**Acute Trauma**
- Single traumatic event that is limited in time
- During an acute event, children go through a variety of feelings, thoughts, and physical reactions that are frightening

**Chronic Trauma**
- The experience of multiple/varied traumatic events (e.g., being exposed to DV and then being in a serious car accident, or ongoing abuse/neglect)
- The effects of chronic trauma are often **cumulative**

**Complex Trauma**
- Both the exposure to chronic trauma and the impact of such exposure of a child
- Children who have experienced complex trauma have endured multiple interpersonal traumatic events from a young age
- **Has profound effects on nearly every aspect of development and functioning**

**Neglect**
- Failure to provide for a child’s basic needs
- Perceived as trauma by an infant or young child who is completely dependent on adults for care
- Opens the door to other traumatic events
- **May interfere with a child’s ability to recover from trauma**
Prevalence of Traumatic Events

• Potentially traumatic events are the norm, not the exception
• 40% by age 18 (general population)
• Some research suggests up to 90% over lifetime
• Adolescence is a vulnerable time for experiencing trauma/victimization
What Can Trauma Look Like?

- PTSD
- Depression
- Sexualized Behaviors
- Phobias
- New-onset ADHD
- Enuresis
- Somatization
- Attachment problems
- Conduct problems
- Dissociation
- Risk taking
- Eating problems
- Substance abuse
- Sleep problems
The Impact of Trauma Across Developmental Domains

- Emotional development
- Social development
- Cognitive development
- Physical development

Development in these areas are affected by actual changes in the brain, neurochemistry, and fear response systems.
Impact on Learning and School Performance

• Children exposed to trauma have:
  • Lower GPA
  • More absences and drop outs
  • Behavior Problems
  • Concentration and memory problems
  • Information Processing and problem-solving difficulties
  • Feelings of overwhelm and low frustration tolerance
  • More difficulty with peer relationships
What does it mean to be “Trauma-Informed”
• Shifting from
  • “What’s wrong with you?”

to

“What happened to you?”
Trauma-Informed Approach

• **Realize**
  • That trauma is widespread
  • Understand people's experience and behavior in the context designed to survive adversity and overwhelming circumstances

• **Recognize the signs of trauma**
  • Signs can be gender, age and setting-specific
  • Can manifest in individuals seeking or providing services

• **Respond**
  • With language, behavior, environments and policies that take into consideration the experience of trauma

• **Resist re-traumatization**
Key Principles of Trauma-Informed Care

1. Safety of youth and staff; physical and psychological
2. Trust and Transparency
3. Youth choice
4. Collaboration
5. Empowerment
Managing Behaviors

- Increase the level of support and encouragement given to the traumatized youth
- Designate an adult who can provide additional support if needed
- Set clear, warm and firm limits and develop logical – rather than punitive consequences
- But regulate first!
- Convey caring
Common Trauma Triggers
(Adapted from ARC, Kinniburgh & Blaustein, 2005)

Unpredictability or sudden change
Transition
Loss of control
Feeling vulnerable or rejected
Loneliness
Sensory overload
Confrontation
Praise, intimacy, and positive attention
How to Help Youth When They Are Triggered?

• Be sensitive to the cues in the environment that may cause a reaction
• Warn youth of things out of the ordinary
• Maintain usual routines
• Give youth choices and control when possible
Manage Behaviors Related to Traumatic Reactions

• Understand that people cope by re-enacting trauma through their interactions with others

• Humans choose familiar misery over the unfamiliar

• Resist their efforts to draw you into a negative repetition of the trauma
What fuels resilience?

- Supportive Relationships
- Adaptive Skill Building
- Positive Experiences