

Trauma Informed Care

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Adverse Childhood Experiences (ACEs)

ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



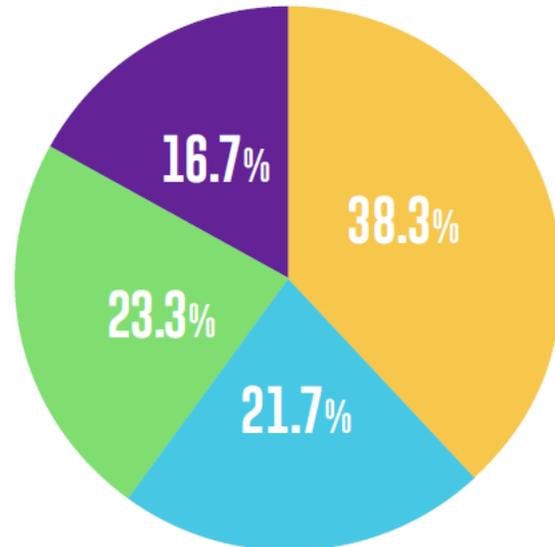
Divorce

Adverse Community Experiences (ACEs)

ACEs are incredibly common

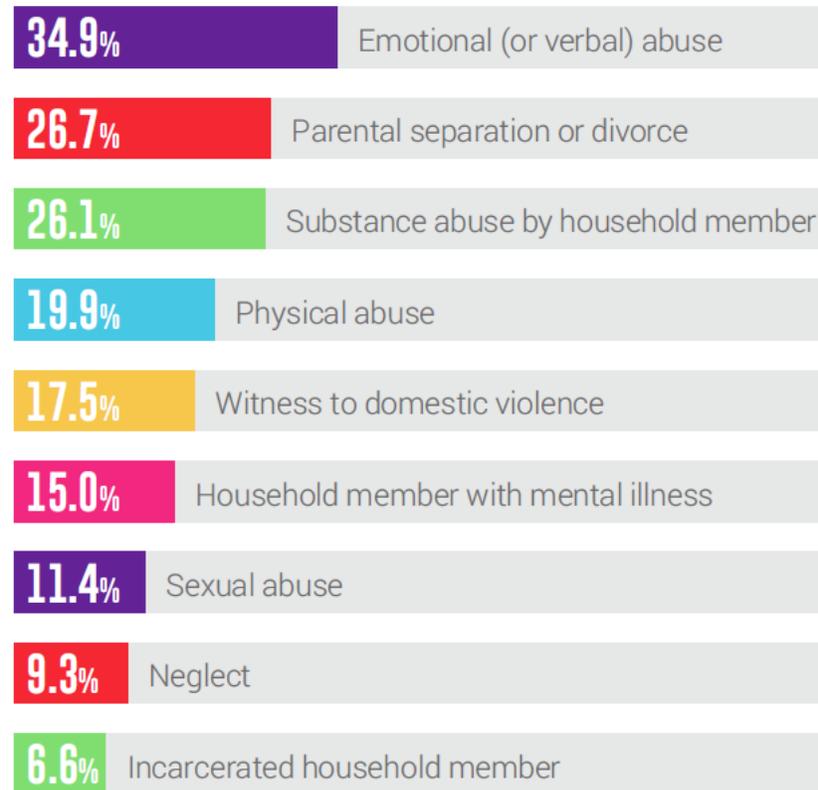
KEY FINDINGS

In California, **61.7%** of adults have experienced at least one ACE and **one in six**, or 16.7%, have experienced four or more ACEs. The most common ACE among California adults is emotional (or verbal) abuse.



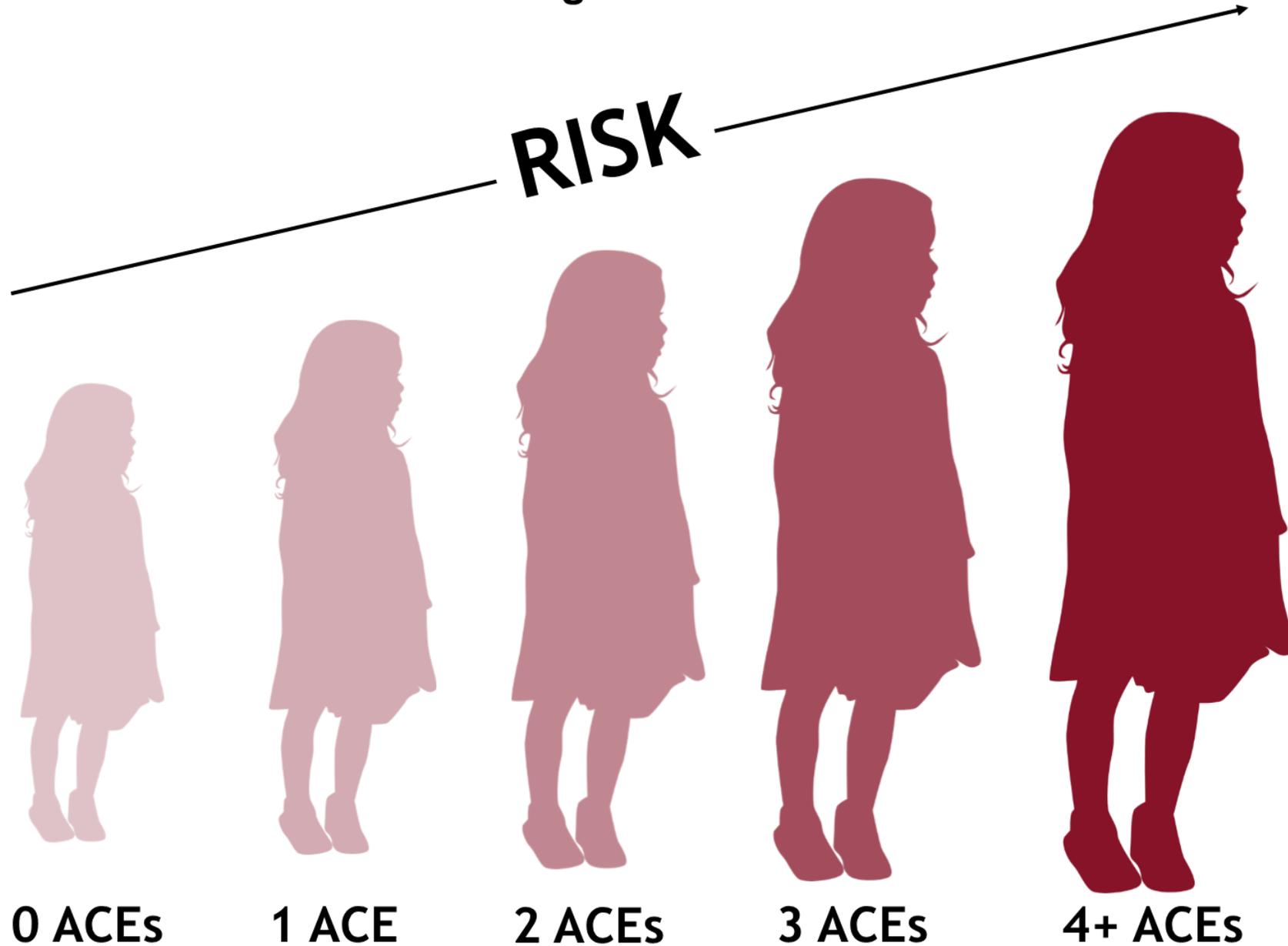
Prevalence of number of ACEs among California adults

Most common ACEs among California Adults



Most common ACEs among California adults

**As the number of ACEs increases, so does
the risk for negative health outcomes**



How ACEs affect schools



How ACEs affect schools

A student with an ACE score of **3** is:

- **3 X** more likely to experience **academic failure**
- **5 X** as likely to have **attendance issues**
- **6 X** as likely to exhibit school **behavior problems**

ACEs in the Classroom

**Acting out in
social
situations**

Withdrawal

Demanding

**Somatic
complaints**

Fear

**Trouble with
self-regulation**

**Trouble
learning new
skills**

**Fight
Flight
Freeze**

**Lacking
confidence**

**Poor social
skills**

**Lack of
executive
function**

**And many
more...**

Traumatized Kids

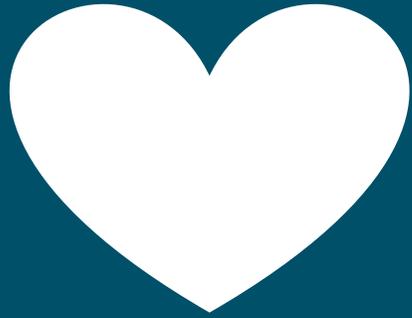


Something to consider:

Is it **development**?

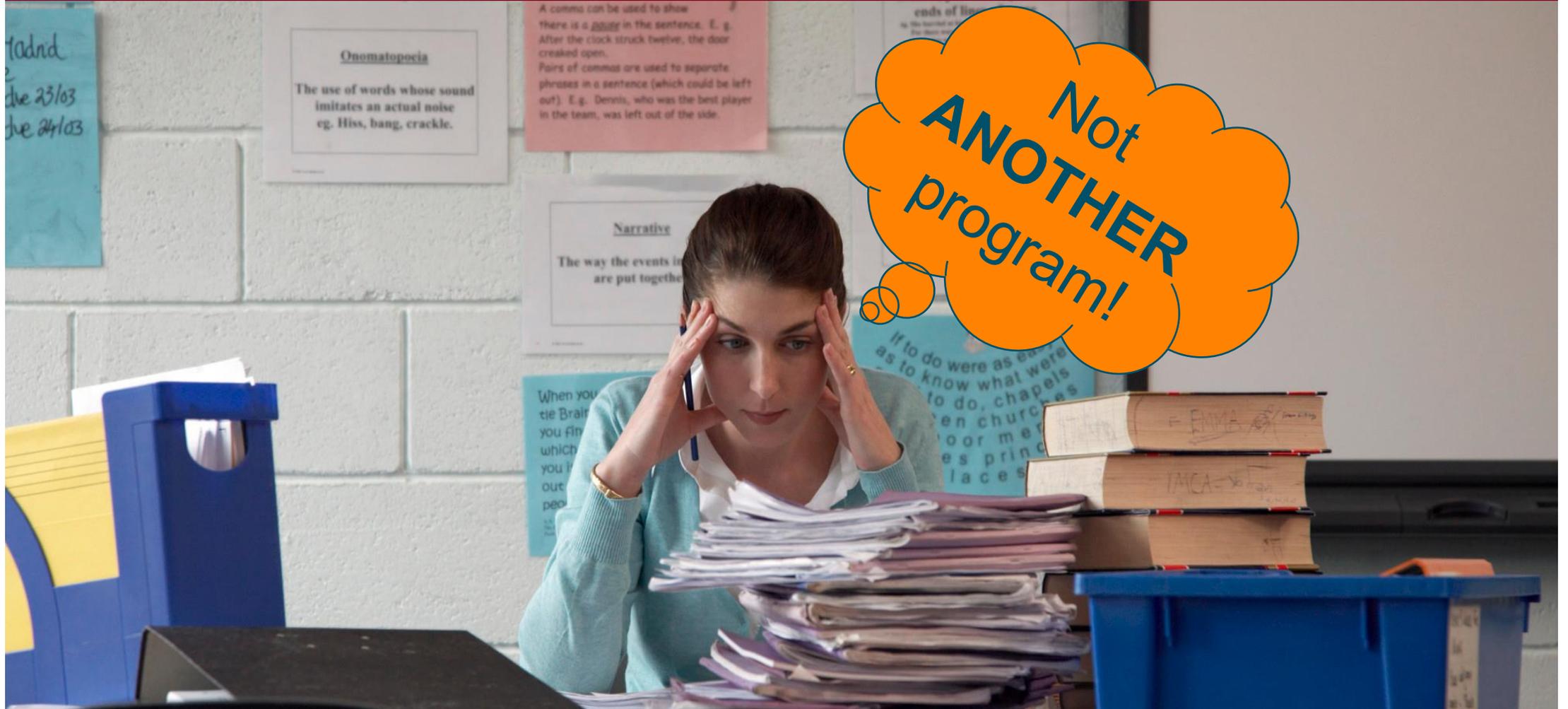
Is it **discipline**?

Is it **distress**?



**KEEP CALM
AND USE
UNIVERSAL
PRECAUTIONS**

I know what you're thinking...



Trauma Informed Care (TIC)

**What is
wrong
with that
child?**

Trauma Informed Care (TIC)

~~What is
wrong
with that
child?~~

What
happened
to that
child?

**How many of you got to choose
your family?**

How many of you got to choose your family?

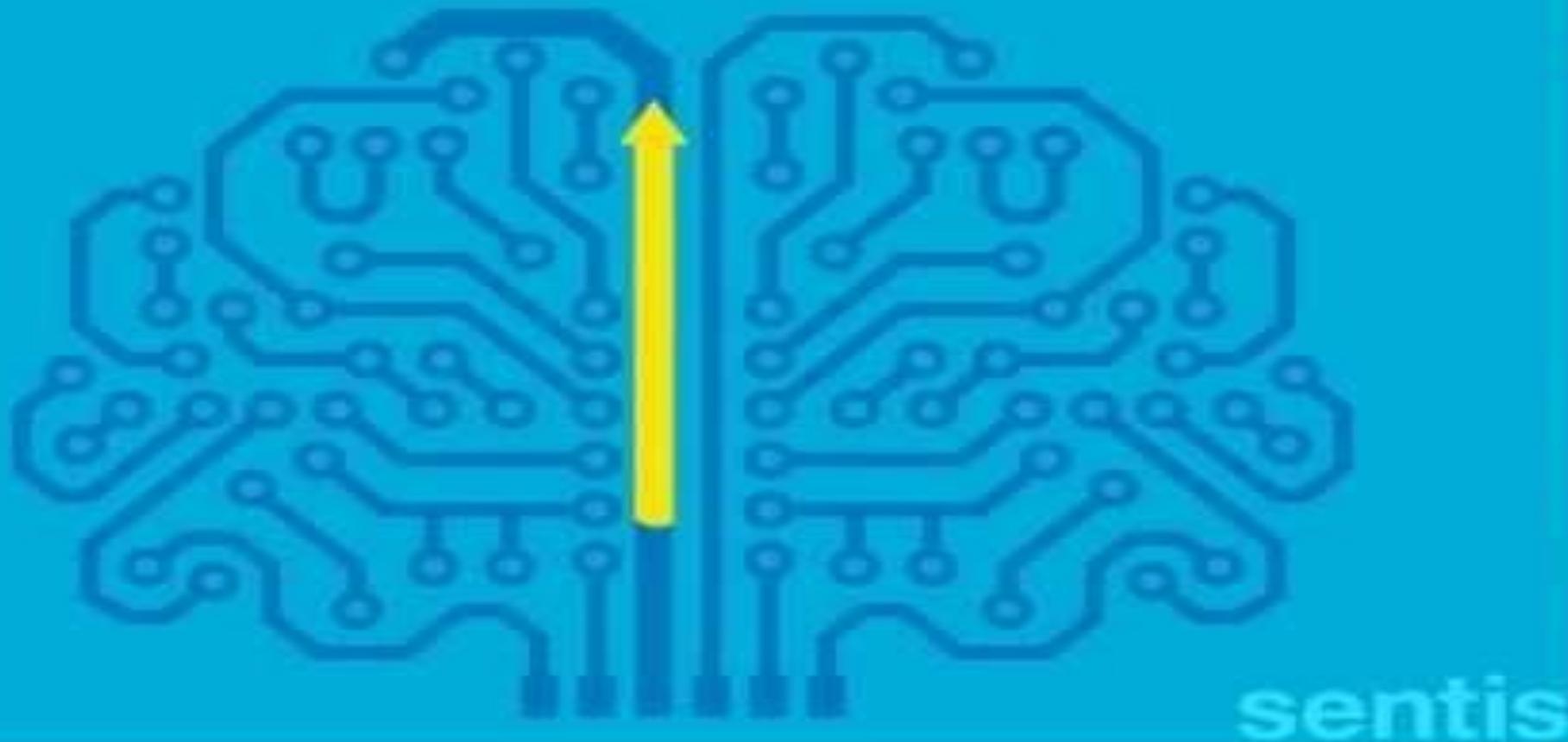


“There is no greater insight into the future than recognizing... when we save our children, we save ourselves.”

- Margaret Mead, anthropologist

But how?

Adversity is NOT Destiny!



**In order to feel secure,
children must feel:**

Seen

Safe

Soothed

-Dan Siegel & Tina Payne Bryson

A relationship with just one caring adult can make all the difference



A relationship with just one caring adult can make all the difference



You can be the one!

Who believes in modeling?



35 years later



What you can model

Self care

**Self
regulation**

Compassion

Forgiveness

**De-escalate,
then discuss**

**Drop the
mirror**

What does self care look like?



What can you do?

1) Take care of yourself

2) Create Safety

3) Increase emotional literacy

4) Create opportunity for resilience

5) Increase protective factors

6) Be a G.I.C.

1) Take care of yourself first



Take care of yourself first



What does self care look like?

 Get plenty of sleep

 Enjoy sunshine

 Cook

 Write or draw (^{think} out loud)

 Talk to myself

 Cuddle cats

 Walk or bike (esp. in a park)

 Tidy

 Read

 Read about people whose lives are more complicated

 Garden

 Get a hug

 Talk to select people

2) Create Safety



3) Give Voice to Feelings



Name it to Tame it!



Emotions are contagious



4) Create opportunity for resilience

**“ Resilience is how we weather the storms
in our lives and rebound
after something difficult”
It is a set of adaptive behaviors.**

-Elena Aguilar

4) Create opportunity for resilience

I HAVE
(external
supports)

I AM
(personal
strengths)

I CAN
(social/life
skills)

Four Tools for Developing Resilience

1) Be Kind to yourself
(and others- Tend to
the Team)

2) Create an empowering
point of view- aim for
“optimistic realism”

3) Focus energy and efforts
on what you can
control and influence

4) Reconnect to your
sense of purpose.

5) Increase Protective Factors



Parental Resilience

Managing stress and functioning well when faced with challenges, adversity and trauma

What it looks like

Resilience to general life stress

- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions

Resilience to parenting stress

- Not allowing stress to interfere with nurturing
- Positive attitude about parenting and child

Social Connections

Positive relationships that provide emotional, informational, instrumental and spiritual support

What it looks like

- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections

Knowledge of Parenting & Child Development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

What it looks like

- Nurturing parenting behavior
- Appropriate developmental expectations
- Ability to create a developmentally supportive environment for child
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

Concrete Support in Times of Need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

What it looks like

- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help

Social & Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

What it looks like

For the parent:

- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

For the child:

- Age appropriate self-regulation
- Ability to form and maintain relationships with others
- Positive interactions with others
- Effective communication

6) Be a G.I.C.

6) Be a G.I.C.

Grown up

In

Charge

What is your super power?



Be a G.I.C.

**“ Culture is the way we do things-
Our values, customs and
communication styles.”**

-Elena Aguilar

Be a G.I.C.

**Can your super power
be changing a culture?**

Do the best you
can until you
know better.

Then when you
know better, do
better.

- Maya Angelou

ACE-impacted children are more common than seasonal allergy sufferers



4 - 7 - 8

In

Hold

Out

Questions?

Please complete the evaluation
and sign up for our email list.



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