



ENSURING KIDS' ACCESS TO TRAUMA THERAPY

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Workshop Agenda

- Why specialized trauma therapy for kids?
- Barriers to kids accessing trauma therapy
- What to look for? Assessing appropriateness and effectiveness for CEV
- Strategies for increasing access
- Facilitated discussion on implementation

DISCUSSION QUESTION:

Why do (some) CEV need effective trauma therapy?

Benefits of Trauma Therapy

- Reduction in PTSD, depression and anxiety symptoms
- Support for strong caregiver-child relationships
- Improved health, education and justice outcomes
- Facilitating healing, resilience and empowerment
- Disrupting the cycle of violence

DISCUSSION QUESTION:

What are the barriers to CEV accessing effective trauma therapy in your community?

Lack of Effective Services

- Not child/teen-specific
- Not trauma-focused and/or not responsive to certain types of trauma
- Lack of capacity (long waitlists)
- Restrictive eligibility criteria
- Failure to use evidence-based approaches

Logistical Barriers to Access

- Difficulty finding services
- Financial barriers
- Transportation issues
- Scheduling difficulties
- Competing needs → 'Survival mode'

Psychosocial Barriers to Access

- Stigma, shame, fear of judgement/blame
- Not understanding impact of violence
- Trauma avoidance, inc. desire to 'move on and forget'
- Concern that therapy will not help
- Lack of culturally responsive services

DISCUSSION QUESTION:

What might you look for when 'vetting' a therapy provider?

Therapist Qualifications

- Look for a clinical license (ie. LCSW), or close supervision by someone w/ one
- Training in trauma generally
- Training in the type(s) of victimization the child has experienced
- Training/experience in working w/ kids

Assessment Tools/Processes

- Screening for full range of violence/victimization experiences
- Use of standardized trauma screening and assessment tools for children
 - UCLA PTSD-RI
 - TSCC/TSCYC
 - Child PTSD Symptom Scale (CPSS)

Evidence-Based Approaches

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) → The 'gold standard'
- Child and Family Traumatic Stress Intervention
- Child-Parent Psychotherapy
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

Common Elements of These Models

- Emphasis on safety and predictability
- Gradual exposure to trauma processing
- Intensive caregiver participation
- Psychoeducation about trauma and type(s) of violence/abuse
- Focus on healthy coping and resilience

DISCUSSION QUESTION:

What strategies can be used to increase kids' access to trauma therapy in your community?

Potential Systemic Approaches

- Supporting therapist access to training and supervision
 - On trauma, working w/ kids, victimization
 - On evidence-based treatment models
 - On culturally-responsive practice
- Identifying/addressing logistical barriers
 - Location, scheduling, transportation, referral processes, eligibility, insurance, capacity, etc.

Potential Child/Family Approaches

- Addressing other unmet needs
- Psychoeducation for caregivers
 - Impacts of trauma on children
 - How trauma therapy works, inc. their role
- Addressing caregivers' trauma to reduce avoidance
- Community education to decrease stigma

DISCUSSION QUESTION:

Which of these strategies can you
implement in your community?
What are the next steps in doing so?



QUESTIONS?
THANK YOU!

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