

**Linking
Systems of Care**
for Children and Youth Project



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Linking Systems of Care Montana

Trauma-Informed Approaches

Participant Workbook

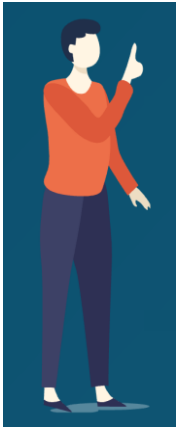
Module 1



Module 1

Key Principles and Policy Development

Learning Objectives



- Define the core concept of a trauma-informed approach.
- Recall LSOC Montana Policy Workgroup process to define the key principles that drive trauma-informed policy and practices.
- Describe how policy and practice change can help youth and families recover from trauma.
- Understand how the Linking System of Care Montana Organizational Trauma-Readiness Self-Assessment works to help agencies and organizations assess their current practice.

Key Definitions

- **Trauma** – Individual trauma results from an event, or series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, social, emotional, or spiritual well-being (SAMSHA).
- **Toxic Stress** – A stress response can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support.

This kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.

Seven Key Principles of Trauma-Informed Approaches

1. Physical & Emotional Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Equity for High-Risk Populations
7. Leadership, Administrative Support, and Policies

What are some current practices that align with a trauma-informed approach?

In the Workplace?

In Another Setting?

The Four “R’s”: Key Assumptions in a Trauma-Informed Approach

“A trauma-informed organization realizes the widespread impact of trauma and understands the potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; responds by fully integrating knowledge about trauma into policies, procedures, and practices; and seek to actively resist re-traumatization.”

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. Retrieved on October 8, 2020 from: https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

Current Trauma-Informed Approaches

Why Be Trauma-Informed

Helpful Resources

- 2019 Montana Youth Risk Behavior Survey (YRBS). This data is updated every two years and can be found at:
https://opi.mt.gov/Portals/182/Page%20Files/YRBS/2019YRBS/2019_MT_YRBS_FullReport.pdf?ver=2019-08-23-083248-820
<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>
- Information on state ACE score rankings from the National Survey of Children’s Health, Health Resources and Services Administration, Maternal and Child Health Bureau. This can be found at: <https://mchb.hrsa.gov/data/national-surveys>.

What’s the Answer

Helpful Resources

Curie and Widom, "Long-Term Consequences of Child Abuse and Neglect on Adult Economic Well-Being" (2013)

<https://www.ncbi.nlm.nih.gov/pubmed/20425881>

"The economic burden of child maltreatment in the United States."

<https://www.sciencedirect.com/science/article/pii/S0145213411003140>

LSOC Montana Organizational Trauma-Readiness Self-Assessment

If your organization does a good job in this category, please provide an example of the mechanism used to accomplish this principle.

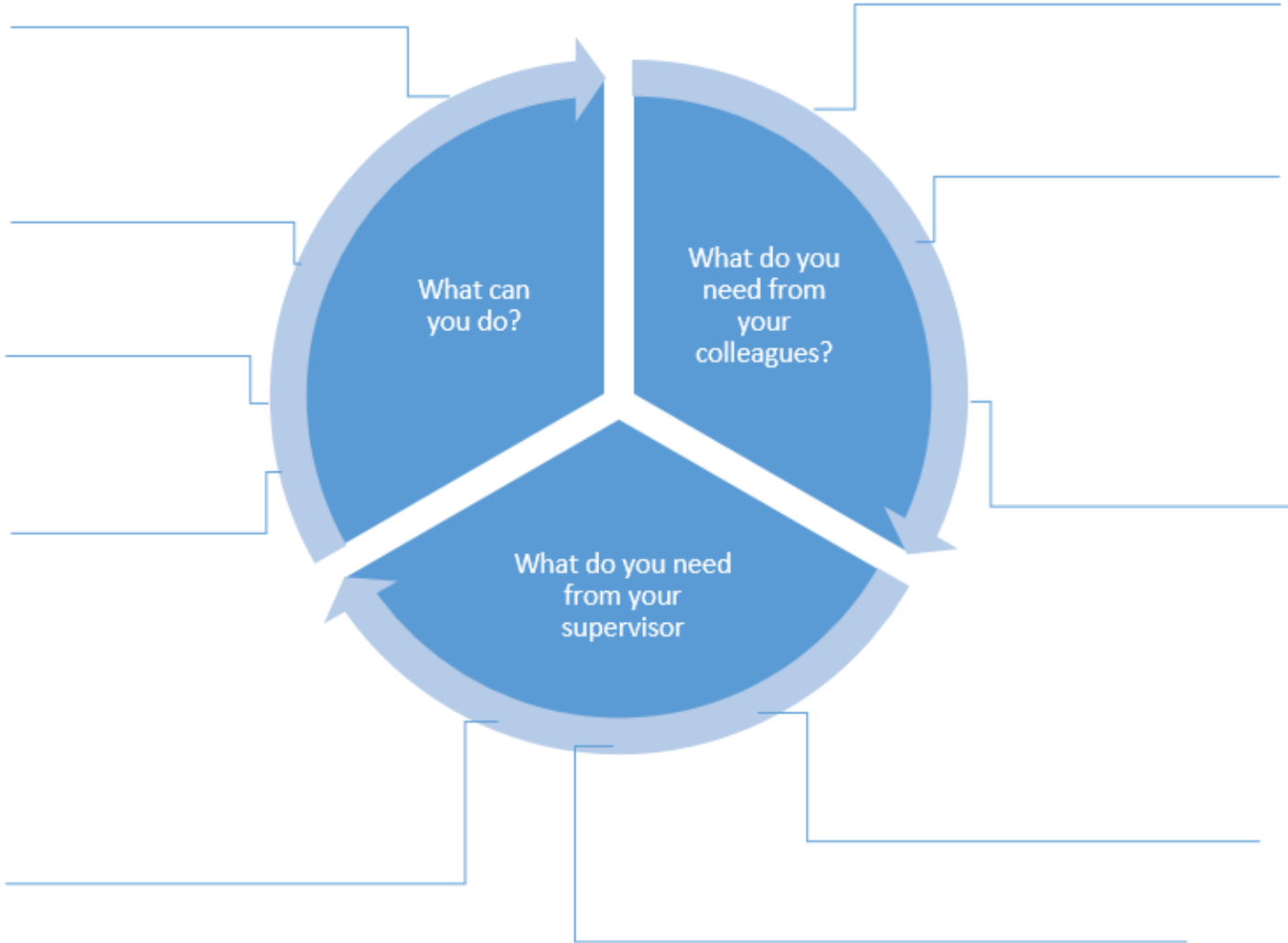
What could be different in your organization for a ranking one number higher?

What is the next step to increase rankings in this category?

Document the next steps your organization will take.

Individual Action Planning

Zone of Control



Test your knowledge



Question 1

Which of the following statements is NOT one of SAMHSA's Four R's?

- A. Realizes the impact of trauma
- B. Reduces community violence through outreach efforts
- C. Recognizes the signs and symptoms of trauma in those it serves
- D. Responds by integrating knowledge about trauma into policies, procedures, and practices
- E. Resists re-traumatization

Question 2

Where does Montana rank nationally number in the number of ACEs reported by youth of all demographics?

- A. Among the five states with the lowest numbers of ACEs
- B. About average compared to other states
- C. Montana does not report on the number of adversities experiences by youth
- D. Among five the states with the highest number of ACEs

Question 3

In what two ways do the LSOC Montana Seven Key Principles of Trauma-Informed Approaches differ from SAMHSA's?

- A. The Montana key principles are more limited in its guidance on facilitating equity for high-risk populations
- B. The Montana key principles more broadly articulates guidance on facilitating equity for high-risk populations
- C. Montana has fewer key principles
- D. The Montana key principles include specific information about leadership and administrative support