



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



# Trauma Informed Practices

April 6, 2018



# Child Care Development Fund (CCDF)

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- Since 1990; Administration for Children and Families. U.S. Dept. of Health and Human Services
- CCDF helps low-income families with children under age 13 pay for high-quality child care and afterschool programs so that parents can work or participate in training or education activities. (Subsidized Program);
- CCDF Contractors: National Centers that provide Training and Technical Assistance to our state, territory and tribal grantees.
- Grantees: 50 States (+DC & PR), 4 Territories and 260 Tribes; (Region V: 6 States and 31 Tribes). They contract with CCDF Providers: Centers, Family Child Care Homes, In-home, Relatives to deliver services and are responsible for building capacity among their workforce.
- FY15:
  - 1.4 M children served monthly
  - 49% of families below FPL
  - 5.4 Billion Budget (Tribes: 2.22%: \$119M)

# Child Trauma

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Traumatic experiences:

- Physical, sexual, emotional abuse;
- Family/community violence;
- Child Neglect;
- Substance-exposed children;
- Loss of loved ones;
- Terminal illness in the family;
- Natural disasters;
- Refugees;
- **Tribal Communities: historical trauma;**
- Etc.

# Early Care and Education Providers

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- Child Care and Head Start providers
  - Trusted sources of support
  - Provide families information on children's development, parenting skills, access to services
- Policies and Practices that can aid states in providing services—
  - Building workforce capacity (state level as well as providers)
    - Responsive caregiving practices
    - Child development
    - Social/emotional health, behavioral health
  - Implementing statewide consultation or coaching model
  - Attending to continuity of care
  - Establishing early learning guidelines

# Workforce Capacity

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- Workforce Professional Development:
  - ▣ Developmental Screening/Surveillance
  - ▣ Reflective Practices and Supervision
  - ▣ Family Engagement
  - ▣ Recognizing Trauma
- Workforce Supports:
  - ▣ Infant/Early Childhood Mental Health Consultation
  - ▣ Coaching/Consultation (Inclusion/Infant-Toddler)
  - ▣ Statewide models of age-appropriate positive behavior intervention and supports
  - ▣ Caregiver Wellness

# Additional Strategies

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- Help adults—parents, teachers, child care staff—to strengthen their skills.
- Tailor interventions to address sources of significant stress for families.
  - Energy Assistance Programs
- Support the health, mental health and nutrition of children and their families.
  - Food Programs
- Connecting with and training of community partners
  - Pediatricians
  - Early Intervention
  - Child Welfare



# Trauma Informed Approaches (TIA) Office of Adolescent Health

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- Implement programs in positive, safe, supportive, and healthy environments: Ensure inclusivity of all youth, apply positive youth development practices, and use a trauma-informed approach
- Highlight the link between trauma and teen pregnancy, define TIA, and articulate the importance of being trauma-informed
- Describe associated policies and expectations in funding opportunity announcements
- Provide training and technical assistance
- Disseminate best practices to a broader audience through The Adolescent Health: Think, Act, Grow<sup>®</sup>(TAG)

# Specific Requirements

- Complete a TIA assessment tool during planning period prior to full implementation of program and thereafter on an annual basis
- Use results to identify specific actions in areas where improvement is possible
- Incorporate action steps into annual work plan
- 3 actions for Trauma-informed approaches
- Example of action steps:
  - reviewing and adapting program materials to ensure sensitivity to youth who have experienced trauma;
  - providing professional development for staff on the impact of trauma, signs and symptoms of trauma, and strategies for addressing trauma;
  - assessing, establishing, and reinforcing relevant organizational policies including policies on disclosure and reporting; and,
  - establishing referrals to specialists trained in addressing trauma

## A Practical Guide for Creating Safe and Supportive Environments in Teen Pregnancy Prevention Programs

<https://www.hhs.gov/as/ta/9-safe-and-supportive-environments.pdf>

### A Practical Guide for Creating Safe and Supportive Environments in Teen Pregnancy Prevention Programs



#### Overview

Ensuring that adolescents feel safe and supported is key to creating a teen pregnancy prevention (TPP) program culture that enhances self-esteem, self-confidence, and autonomy in order to equip youth with the skills and knowledge they need to make healthy decisions. This practical guide provides research-based tips to help TPP programs create safe and supportive environments for the youth they serve.



As you work to ensure that your TPP program is successfully creating a safe and supportive environment for all youth, keep the following points in mind:

1. Youth often feel uncomfortable talking about relationships and sexual health. Safe and supportive environments help build the trust, self-confidence, and self-esteem that all youth, especially those that have experienced trauma, need to discuss sensitive topics.
2. Ensuring physical and emotional safety creates a safe and supportive environment for all participants.
3. It is estimated that sixty-four percent of individuals in the U.S. have experienced at least one *adverse childhood experience* (ACE).<sup>1</sup> Because youth don't always talk about difficult or traumatic experiences, it is critical for TPP program staff to foster a safe and supportive environment for ALL youth.
4. Several resources are available to help organizations create safe and supportive environments, particularly for those at highest risk for poor sexual health outcomes.

#### Definitions

- **Physical safety:** an experience in which one is free from physical harm or threat.
- **Emotional safety:** an experience in which one is free from bullying, harassment and humiliation and is able to express emotions, feel confident to take risks, and supported in trying something new.

Adapted from: Osher, D., Sprague, J., Weissberg, R. P., Axelrod, J., Keenan, S., Kendziora, K., & Zins, J. E. (2008). A comprehensive approach to promoting social, emotional, and academic growth in contemporary schools. *Best practices in school psychology*, 4, 1263-1278.; The National Center for Safe and Supportive Learning Environments. <http://safesupportivelearninga.ed.gov/topic-research/safety/emotional-safety>



## A Checklist for Integrating a Trauma-Informed Approach into Teen Pregnancy Prevention Programs

# A Checklist for Integrating a Trauma-Informed Approach into Teen Pregnancy Prevention Programs

### What is a Trauma-Informed Approach?

Trauma refers to experiences that cause intense physical and psychological stress reactions. It can refer to "an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being."<sup>1</sup>

SAMSHA defines "a program, organization, or system that is trauma-informed as one that: 1) *Realizes* the widespread impact of trauma and understands potential paths for recovery; 2) *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system; 3) *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices; and 4) *Seeks to actively resist re-traumatization*."<sup>2</sup>

For resources on incorporating Trauma-Informed Approaches into your program, please visit:

**1** **Integrating a TIA at the organizational level**  
These items assess the degree to which health promoting policies and practices are in place to ensure the physical and emotional safety for everyone.

**TIA characteristics**

Our organization has a steering committee (or leverages existing advisory groups) with representation from administration, program facilitators, and youth to assess needs and develop an action plan and a timeline for implementing integrated TIA to TPP.

**3** **Integrating a TIA at the staff level**  
These items assess the staff's capacity to fully engage with program participants who have had adverse childhood experiences.

**2** **Integrating a TIA into program activities**  
These items assess the degree to which program activities are designed to be trauma-informed, including being through competency development, and behavior change.

*Please note that any adaptation to evidence-based teen pregnancy prevention (TPP) programs should be discussed and reviewed with OAH as it may require OAH approval.*

TIA characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Staff members recognize that adverse childhood experiences influence a youth's participation in program activities.				

TIA characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Staff are initially trained on a trauma-informed approach and how to apply trauma-informed principles in every interaction with youth. Additionally, all staff participate in professional development or continuing education specifically related to using a TIA on an annual basis.				

<https://www.hhs.gov/ash/oah/sites/default/files/traumainformed-checklist.pdf>



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# Changing Minds Initiative

Office of Juvenile Justice and Delinquency Prevention  
Office of Justice Programs  
U. S. Department of Justice

Catherine Pierce, OJJDP Senior Advisor  
Carmen Santiago Roberts, Grants Program Specialist

## Goals of Changing Minds

- Educate on the issue of childhood trauma and the solutions that exist to overcome exposure to violence.
- Advance programs and practices that help make homes, communities, and schools safer for children, youth, and families.
- Establish leadership and partnerships in the justice, education, and health fields – by increasing professional development and training opportunities.

## Components of the Campaign

- Public Awareness Campaign <https://changingmindsnow.org/>
- Expand the Education Program for teachers and the toolkit of online resources
- Technical Assistance & partnership with national organizations
- New creative assets: Spanish Translation and Radio Show

## Other Components

- Enhancing Law Enforcement Response to Children Exposed to Violence. <http://www.theiacp.org/Children-Exposed-to-Violence>
- State Policy - TTA to selected states to develop, coordinate, and enhance policies and practices among state child-serving systems to improve outcomes for children exposed to trauma and violence.