Trauma-Informed Mentoring
Mission
Introductions
Take Care of Self

IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).
Learning Objectives

• Increase your knowledge of the definition of trauma and traumatic events.

• Understand the ACE study and it’s implications.

• Understand how trauma impacts the development of a youth’s brain.

• Apply these understandings to strengthen youth resiliency via mentoring relationships.

• Understand the importance of self-care.
Overview of Trauma
Definition of Trauma

- The personal experience of interpersonal violence including sexual abuse, physical abuse, severe neglect, loss, and/or the witnessing of violence, terrorism, urban violence, war/combat, motor vehicles accidents and disasters
- Events that are shocking, terrifying and/or overwhelming to the individual
- Results in feelings of horror, fear, helplessness
- Trauma occurs when an external threat overwhelms a person’s internal and external positive coping resources

SAMHSA, n.d.
Trauma Prevalence in Children

- **71% of children** are exposed to violence each year (Finkelhor et al, 2013)
- **3 million children** are maltreated or neglected each year (Child Welfare info, 2013)
- **3.5-10 million** witness violence against their mother each year
  (Child Witness to Violence Project, 2013)
- **1 in 4 girls and 1 in 6 boys** were sexually abused before adulthood
  (NCTSN Fact Sheet, 2009)
- **94% of children in juvenile justice settings** have experienced trauma
  (Rosenberg et al, 2014)

SAMHSA, n.d.
The Three E’s in Trauma

**Events**

Events/circumstances cause trauma.

**Experience**

An individual’s experience of the event determines whether it is traumatic.

**Effects**

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.
The Adverse Childhood Experiences Study (ACE)

Collaboration between Kaiser Permanente’s Department of Preventive Medicine in San Diego and the Center for Disease Control and Prevention (CDC)
Traumatic Events May Affect a Child

- Brain Development
- Sense of Personal Safety
- Ability to Trust Others
- Sense of the Future
- Behavior and Social Relationships
- Effectiveness in Navigating Life Changes
- Educational Performance: Capacity to Learn
Lateral Ventricle Measures in a Traumatized 11 Year Old, Compared with a Healthy Matched Control

DeBellis (1999)
Trauma is often overlooked because...

- Behavioral responses resemble common delinquent behaviors and are under-identified as trauma symptoms.
- Stress manifestation is different by ages & stages.
- Many just don’t connect the symptoms or behaviors displayed to trauma…thus leading to punishment rather than help.

Region 3 Behavioral Health Services, 2016
Things To Remember

Underlying question = “What happened to you?”

Symptoms = Adaptations to traumatic events

Healing happens In relationships
Science of Childhood Trauma

Futures Without Violence, 2016
The Power of A Caring, Consistent Adult

• Supportive adults can help protect and buffer children from toxic stress.

• Supportive adults can also help children heal and build resiliency.

• Supportive adults can reduce levels of hormones present in children and as a result, reduce the impact of trauma.

• Supportive adults should celebrate, comfort, listen to, collaborate with, and inspire young people in order to build strong relationships.

changingmindsnow.org, n.d.
Empathy vs. Sympathy

Brene Brown/Kevin Lancast (2014)
Empathy vs. Sympathy Video

Discussion Questions

• How does this video apply to the concept of “what is wrong with the person” versus “what happened to the person?”

• How does this video relate to trauma?
Trauma Informed Care – Implications for Mentoring

1. Educate mentoring program staff and mentors.
2. Be careful and conscientious when matching.
3. Connect youth and families to other services, as needed.

Novak, J., Marks, V. (2015)
Supporting Young People in the Wake of Violence and Trauma

MENTOR, MHA of NYC, 2016
Resilience

“Even when people score high on ACEs, it doesn’t mean this is determinate of their life course. What doesn’t get accounted for in the ACE score is the concept of resilience; building resilience is a solution to adverse childhood experiences.”

Jane Isaacs Lowe
Robert Wood Johnson Foundation
Resilience

Center on the Developing Child at Harvard University, 2015
Relationships are the Foundation of Healing
Taking Care of Yourself
Self-Care
Take Care of Self First

Oxygen mask on the plane
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<tr>
<th>Body Work &amp; Other Adjunct Therapies</th>
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<td>• Dancing/Walking</td>
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Region 3 Behavioral Health Services, 2016
Hope and Recovery

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

-Elisabeth Kubler-Ross
The Story of Chad

Each year, nearly 60% of youth are exposed to violence in their homes, schools, and communities. Recent studies demonstrate how observing violence has a lasting negative impact on a child’s brain and their cognitive development. Over time, exposure to violence during childhood is significantly correlated with negative outcomes such as psychological issues, adverse behavior, and serious illnesses.

The U.S. Department of Justice, Futures Without Violence, and the Ad Council have developed the Changing Minds campaign, as part of the Defending Childhood Initiative, to raise awareness about the prevalence and impact of children’s exposure to violence and the trauma that may result; to motivate adults to be more caring, concerned, and supportive figures to the children around them.

One of the biggest predictors of a child’s ability to be resilient in the face of trauma is interacting with a caring adult. Through everyday gestures, any adult in a child’s life can vastly increase that child’s opportunity for success.
Mindful Meditation
Thank you!
References


Region 3 Behavioral Health Services (2016, June 22). Trauma 101 & Recovery [Presentation].

References


References


Futures without Violence. (2016, October 18). Changing Minds: Chad [Video file]. Retrieved from https://www.youtube.com/watch?v=sFH6GR0ASKg