

Adverse Childhood Experiences “ACEs” Training

How Being Trauma-Informed improves Juvenile Justice System Responses

Friday, March 23rd, 2018

RESOURCE AND REFERENCE MATERIALS

Hosted by the Law Offices of Public Defender Carlos J. Martinez, the Miami-Dade State Attorney’s Office, the Florida Department of Juvenile Justice, the Miami-Dade Juvenile Services Department and the City of Miami Police.



TRAUMA RESOURCES, PUBLICATIONS, AND DEFINITIONS

TRAUMA INFORMED VS. TRAUMA SPECIFIC

- Trauma informed care is a framework that includes an understanding of the prevalence and impact of trauma and the complex paths to healing and recovery in all aspects of organizational culture and operation. These principles and practices seek “safety first” and commit themselves to “do no harm.”
- Trauma specific services are interventions that directly address trauma and its impact and facilitate trauma recovery.

Adapted from Falloot, R. and Harris, M. (2009). Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol. Community Connections/Version 2.1/ 4-09

<https://www.healthcare.uiowa.edu/icmh/documents/CCTICSelf-AssessmentandPlanningProtocol0709.pdf>

COMPLEX TRAUMA IN CHILDREN AND ADOLESCENTS

- Multiple, or chronic trauma exposure
- Prolonged exposure with early-life onset
- Trauma is usually interpersonal in nature, within the child’s caregiving system
- Impact of this exposure across areas of functioning and development

PUBLICATIONS

Cook, A., Blaustein, M., Spinazzola, J., & van der Kolk, B. (2003). *Complex trauma in children and adolescents: White paper from the National Child Traumatic Stress Network Complex Trauma Task Force*. Los Angeles, CA; Durham, NC: National Child Traumatic Stress Network.

http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf

Kisiel, C., Fehrenbach, T., Small, L., & Lyons, J. S. (2009). Assessment of complex trauma exposure, responses, and service needs among children and adolescents in child welfare. *Journal of Child & Adolescent Trauma*, 2(3), 143-160.

https://www.researchgate.net/profile/John_Lyons5/publication/233477488_Assessment_of_Complex_Trauma_Exposure_Responses_and_Service_Needs_Among_Children_and_Adolescents_in_Child_Welfare/links/54281c370cf2e4ce940c4949.pdf

Kisiel, Fehrenbach, Torgersen, Stolbach, McClelland, Griffin & Burkman (2014) Constellations of Interpersonal Trauma and Symptoms in Child Welfare: Implications for a Developmental Trauma Framework *Journal of Family Violence*, 29:1-14. <http://web.a.ebscohost.com.turing.library.northwestern.edu/chc/pdf?vid=1&sid=6c954fd5-b2ab-4daf-a5ad-1a7c7cd330a6%40sessionmgr4010>

Teicher, M.H., Anderson, C.M., & Polcari, A. (2011). Childhood maltreatment is associated with reduced volume in the hippocampal subfields CA3, dentate gyrus, and subiculum. *PNAS: Proceedings of the National Academy of Sciences of the United States of America*, 109(9). Retrieved from <http://www.pnas.org/content/109/9/E563.full>

van der Kolk, B.A. (2005). *Developmental trauma disorder: Towards a rational diagnosis for children with complex trauma histories*. - *Psychiatric Annals*: traumacenter.org

http://www.traumacenter.org/products/pdf_files/preprint_dev_trauma_disorder.pdf

TRAUMA RESOURCES

NCTSN Complex Trauma Webpages

<http://www.nctsn.org/trauma-types/complex-trauma>

- Effects of Complex Trauma
- Assessment of Complex Trauma
- Treatment for Complex Trauma
- Complex Trauma Resources

Remembering Trauma: Connecting the Dots between Complex Trauma and Misdiagnosis in Youth

<http://www.rememberingtrauma.org/>

ReMoved	https://www.youtube.com/watch?v=IOeQUwdAjE0
Coverage of “Wholesome Families”	http://www.huffingtonpost.com/2014/04/03/honey-maid-love-commercial_n_5086442.html
Model Program Guide	http://www.ojjdp.gov/
California Evidence-Based Clearing House	http://www.cebc4cw.org/
NPREPP - SAMHSA’s National Registry of Evidence-based Programs and Practices	http://www.nrepp.samhsa.gov/
Executive Summary “Adverse Childhood Experiences in Minnesota” 2011	http://www.health.state.mn.us/divs/chs/brfss/ACE_ExecutiveSummary.pdf
NASMPHD Research Institute; US Department of Health and Human Services, NRI Center for Mental Health Quality and Accountability	http://www.nri-inc.org/-!ebp-implementation-issues/ctpc
Agency for Healthcare Research and Quality	http://www.ahrq.gov/clinic/epc/
National Child Traumatic Stress Network Empirically Supported Treatments and Promising Practices	http://www.nctsn.org/resources/topics/treatments-that-work/promising-practices
Bloomberg Business Week Article: <i>Child Abuse Disrupts Brain Formation, Harvard Study Says</i>	http://www.bloomberg.com/news/articles/2012-02-13/childhood-abuse-disrupts-brain-formation-study
Time Magazine Article: <i>How Child Abuse Primes the Brain for Future Mental Illness</i>	http://healthland.time.com/2012/02/15/how-child-abuse-primers-the-brain-for-future-mental-illness/
ACEs Connection Network	http://acesconnection.com/
ACEs Too High News	http://acestoohigh.com/
How Childhood Trauma Could Be Mistaken for ADHD	http://www.theatlantic.com/health/archive/2014/07/how-childhood-trauma-could-be-mistaken-for-adhd/373328/
Center for Special Education; Trauma	http://www.lesley.edu/center/special-education/impact-of-trauma-on-learning/
Helping Traumatized Children Learn	http://traumasensitiveschools.org/tlpi-publications/download-a-free-copy-of-helping-traumatized-children-learn/
The Science of Neglect: The Persistent Absence of Responsive Care Disrupts the Developing Brain	http://developingchild.harvard.edu/resources/the-science-of-neglect-the-persistent-absence-of-responsive-care-disrupts-the-developing-brain/
Representing Domestic Violence Survivors Who Are Experiencing Trauma and Other Mental Health Challenges: The Handbook for Attorneys	http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2012/01/AttorneyHandbookFINAL2Jan2012.pdf

Trauma National Resources

Family Court Tool Kit: Trauma and Child Development www.flcourts.org/resources-and-services/court-improvement/family-courts/judicial-toolkits/family-court-toolkit/

Florida State University's Center for Prevention and Early Intervention Policy

Harvard University's Center on the Developing Child

Centers for Disease Control and Prevention's ACE Study Site

Centers for Disease Control and Prevention Child Development Site

The Florida Coalition Against Domestic Violence

The National Child Traumatic Stress Network

National Council of Juvenile and Family Court Judges

<http://www.fcadv.org/>

CASA, The Judges' Page Newsletter, Trauma Edition

National Technical Assistance Center for Children's Mental Health, Georgetown University Center for Child and Human Development

National Judicial Institute on Domestic Violence

with OVAW, NCJFCJ, FUTURES formed National Judicial Institute on Domestic Violence

<http://www.futureswithoutviolence.org/judicial-education/>

Tackling Toxic Stress," a multi-part series of journalistic articles planned and commissioned by the Harvard Center on the Developing Child. Topics include:

- Pediatricians Take On Toxic Stress
- Listening to a Baby's Brain: Changing the Pediatric Checkup to Reduce Toxic Stress
- Innovating in Early Head Start: Can Reducing Toxic Stress Improve Outcomes for Young Children?
- Using Science to Drive New Approaches to Child Welfare
- Pushing Toward Breakthroughs: Using Innovative Practice to Address Toxic Stress

What's Your ACE Score?

There are 10 types of childhood trauma measured in the ACE Study. Five are personal — physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members — a parent who's an alcoholic, a mother who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment. Each type of trauma counts as one ACE. So, a person who's been physically abused, has an alcoholic parent, and a mother who was beaten up has an ACE score of 3.*

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often... swear at you, insult you, put you down, humiliate you, or act in a way that made you afraid that you might be physically hurt?
No **If Yes, enter 1** __
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
No **If Yes, enter 1** __
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
No **If Yes, enter 1** __
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
No **If Yes, enter 1** __
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
No **If Yes, enter 1** __
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason ?
No **If Yes, enter 1** __
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No **If Yes, enter 1** __
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No **If Yes, enter 1** __
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
No **If Yes, enter 1** __
10. Did a household member go to prison?
No **If Yes, enter 1** __

Now, add up your "Yes" answers: ____ **This is your ACE Score**

* Note: There are, of course, many other types of childhood trauma — watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, etc. The ACE Study included only those 10 childhood traumas because those were most commonly mentioned by a group of about 300 Kaiser members. Those traumas were also well studied individually in the research literature. The ACE score is meant as a guideline. If you experienced other types of toxic stress, especially chronically (over months or years), then those experiences would likely increase your risk of health consequences over the lifetime.

What's Your Resilience Score?*

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.
Definitely true Probably true Not sure Probably Not True Definitely Not True
2. I believe that my father loved me when I was little.
Definitely true Probably true Not sure Probably Not True Definitely Not True
3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
Definitely true Probably true Not sure Probably Not True Definitely Not True
4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
Definitely true Probably true Not sure Probably Not True Definitely Not True
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
Definitely true Probably true Not sure Probably Not True Definitely Not True
6. When I was a child, neighbors or my friends' parents seemed to like me.
Definitely true Probably true Not sure Probably Not True Definitely Not True
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
Definitely true Probably true Not sure Probably Not True Definitely Not True
8. Someone in my family cared about how I was doing in school.
Definitely true Probably true Not sure Probably Not True Definitely Not True
9. My family, neighbors and friends talked often about making our lives better.
Definitely true Probably true Not sure Probably Not True Definitely Not True
10. We had rules in our house and were expected to keep them.
Definitely true Probably true Not sure Probably Not True Definitely Not True
11. When I felt really bad, I could almost always find someone I trusted to talk to.
Definitely true Probably true Not sure Probably Not True Definitely Not True
12. As a youth, people noticed that I was capable and could get things done.
Definitely true Probably true Not sure Probably Not True Definitely Not True
13. I was independent and a go-getter.
Definitely true Probably true Not sure Probably Not True Definitely Not True
14. I believed that life is what you make it.
Definitely true Probably true Not sure Probably Not True Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (Meaning, how many of the 14 were circled "Definitely True" or "Probably True"?) _____ Of those circled, how many are still true for me?

* This questionnaire, a scoring system modeled after the ACE Study questions, was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions given by other members of the group. Content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. The questionnaire's purpose is limited to parenting education, as it was not developed for research.

JUDGE T'S TOP SITES

What Trauma Taught Me About Resilience | Charles Hunt | TEDxCharlotte

https://www.youtube.com/watch?v=3qELiw_1Ddg

Published on Nov 18, 2016

That resilience is one of the most important traits to have, is critical to their happiness and success, & can be learned.

This former College Recruiting, Talent Management, Diversity, and Supply Chain leader left the corporate world to fulfill his vision of building unbreakable spirits and cultivating resiliency for those who, like him, have The Audacity to Succeed. He helps students & young professionals build resilience, believe in bigger and greater for themselves, and create the educational, financial, and professional plans to get there. He reveals his own ACEs.

“How Do We Stop Childhood Adversity from Becoming a Life Sentence.” | Benjamin Perks | TEDxPodgorica

<https://www.youtube.com/watch?v=qp0kV7JtWiE>

Emotional and Verbal Child Abuse [Nicole Drapeau](#) Published on Jan 5, 2016

Burnt Hills-Ballston Lake High School, Senior

<https://www.youtube.com/watch?v=SEewnGqMlbg>

“What Emotional Abuse Can Be Like - What Do Verbally Abusive Parents Say?”

<https://www.youtube.com/watch?v=Es9mvIEYq1s>

Published September 24, 2015 Olivia Psyche This video is my friends experience of emotional abuse from her mother.

Her mother has also said other things, including "go kill/cut yourself, you coward", "I wonder where you're going to cut tonight", "rubbish/garbage", "idiot", "useless/valueless", "weak"

Negative comments that are told to you repeatedly can cause hidden damage without you even realizing it. If you are told that you are stupid everyday in more severe cases of emotional abuse, every week (or even every month) then you may start to feel stupid and believe it. But you are NOT stupid.

Stand on your ground. Keep your head up, look at them in the eyes and tell yourself: "no I am smart", "no I am worthy", "I am not ugly, I am beautiful", "I'm strong", etc.

Don't believe their lies!

Don't let them take control over you. You don't deserve it, you have the right to stand up for yourself!

YOU ARE NONE OF WHAT THEY SAY TO YOU xxxx

music: Empty my hands by Tenth Avenue North