



YouthCatalytics

# MOVING BEYOND THE TRAUMA

Promoting Health Through Trauma Informed  
Pregnancy Prevention Programming



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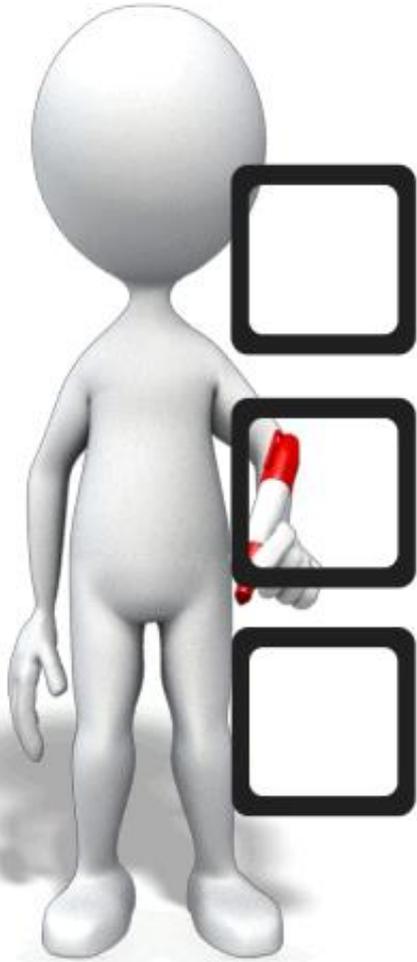
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Klingberg Family Centers

*Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health*  
June 4-6, 2014

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# Learning Objectives



- Understand & explain impact of trauma exposure
- Identify specific ways to adjust the organizational environment to be more trauma informed
- Describe trauma informed principles & how to implement 3 principles

# What is Trauma?

- “an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or other.” ~ APA
- “a series of experiences that have been so disruptive that the brain and the body are unable to complete normal developmental functions... these experiences have shaped personal logic, worldviews, and ultimately trauma-related behavior...” ~ Trauma Informed Practices With Children and Adolescents

# What is Trauma-Informed Care?

- Trauma-informed care is an approach to engaging people with histories of trauma that recognized the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.

~ National Center for Trauma Informed Care

**Why do we need  
to be trauma  
informed in  
sexuality  
education?**



# The Stats

- 2 out of 3 children are exposed to violence
- 1 in 10 children in the US are 'polyvictims'



*National Taskforce on Children Exposed to Violence, 2012*

# Nudge a Neighbor!



Of the approximately 76 million children in the United States, how many would you estimate may be exposed to violence this year?



Of the approximately  
76 million children in  
the United States,  
how many would you  
estimate may be  
exposed to violence  
this year?

**About  
46  
million!**

*National Taskforce on Children Exposed to Violence, 2012*

Turn to your neighbor and guess the age range when 80% of fatalities occur due to abuse or neglect.



80% of abuse/neglect  
related fatalities  
happen in the  
**first three years**  
of life!



# The Stats

- 2 out of 3 children exposed to violence
- 1 in 10 children 'polyvictims'
- 80% child fatalities in the first 3 years of life
- Homicide is the 2<sup>nd</sup> leading cause of death between ages 10 – 24
- Suicide is the 3<sup>rd</sup> leading cause of death
- 30-40% exposed to trauma by young adulthood
- 20% Youth in Child Welfare experience sexual initiation by age 13
- 11% of young people age out without permanent supports

*National Taskforce on Children Exposed to Violence, 2012. & Boonstra, Heather D. (2011)*

# Foster Youth

- 1/3 young adult former foster youth suffer from depression, post-traumatic stress disorder, and other mental health issues
- Significantly more likely to report not receiving medical or dental care and less likely to have health insurance.
- More than twice as likely to receive psychological or emotional counseling or substance abuse treatment
- More than twice as likely as their peers in the general population to experience a pregnancy by age 17 or 18
- Almost half (46%) of above cohort experience repeat pregnancy by age 19

~ Retrieved from Boonstra, Heather D.

# Trauma-Informed Principles<sup>1</sup>

Generally agreed upon principles designed to increase sense of safety and control to help the person transform the trauma so that he/she can thrive.



# Understanding Trauma



# What do we see?

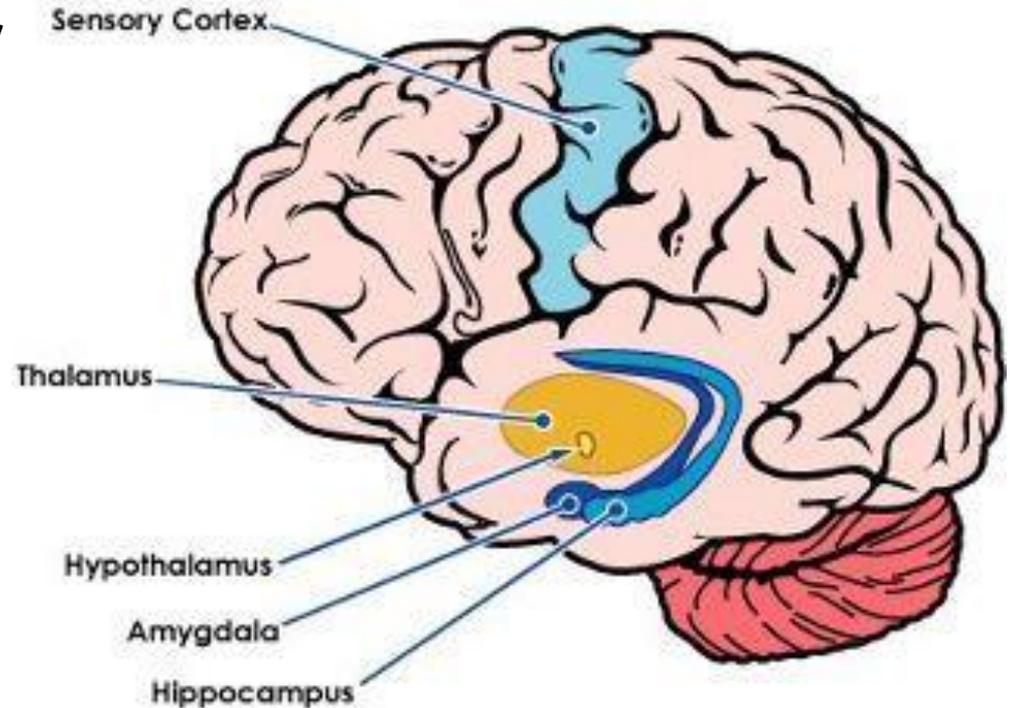
- Symptoms of distress
- Difficulty sleeping & eating
- Irritability
- Attention & concentration problems
- Aggression
- Depressed mood & withdrawal
- Relationship problems
- Anxiety and intrusive thoughts
- Impulsivity and risk-taking



# The Results

- Changes in brain anatomy & physiology
  - Up to 10% loss of child's potential intelligence
  - Larger Amygdala – the fear center
  - Smaller Hippocampus – the memory maker & behavior modulator

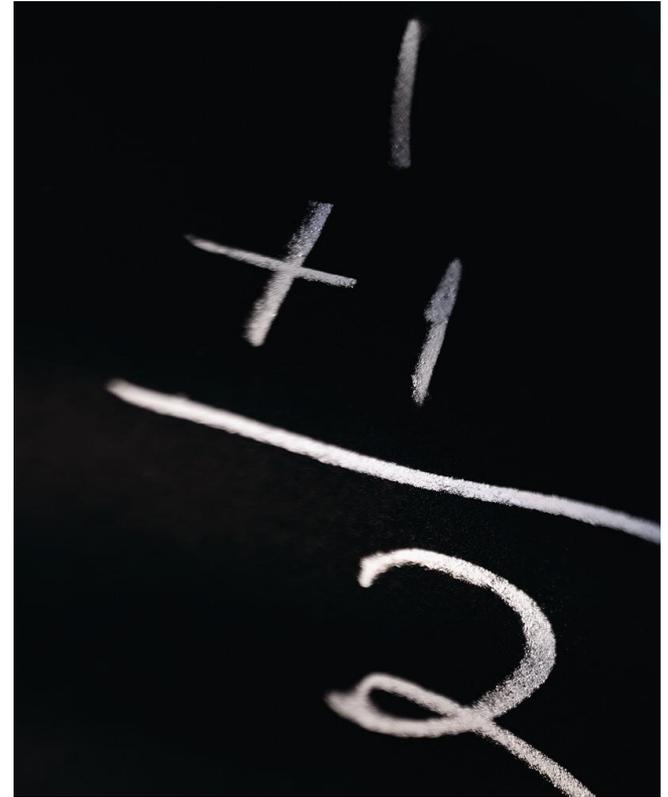
Parts of the Brain Involved in Fear Response



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# The Results in School or TPP Classroom

- Loss of 10% of potential intelligence
- Difficulty processing information
- Difficulty recalling information
- Underperformance in the classroom
- Incomplete homework
- Low achievement
- Low self-esteem
- Aggressive & disruptive behaviors
- **School failure**



# The Results in Community / Home

- Aggressive and disruptive behaviors
- Delinquency
- PTSD
- Psychiatric problems
- Anxiety and depressive disorders
- Alcohol and drug abuse
- Risky sexual behavior
- Repeated victimizations



# The Results in Adulthood

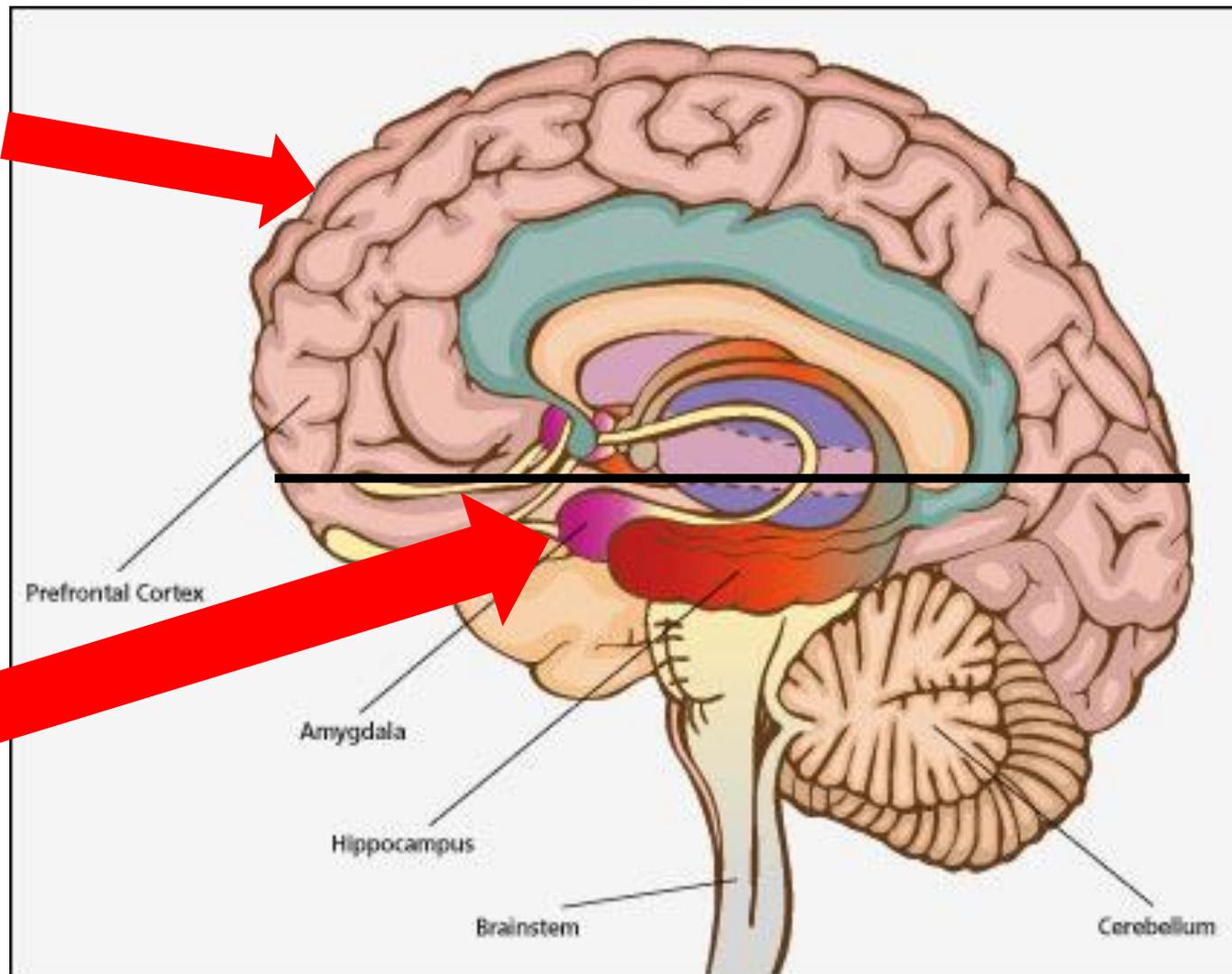
- Psychiatric problems
- Alcohol and drug abuse
- Violent behavior as an adult
- Major physical health problems



**TPP Education**



**Palace Guard  
& Emotional  
Memory**



# Common Trauma-Informed Principles

- Understanding of trauma
- Promote and preserve safety
- Healing happens within relationships
- Promote autonomy through knowledge, control & choice
- Focus on the whole person

# Create Safety

- Clear expectations
- Transition rituals
- Clear boundaries
- Visual stimulation
- Auditory stimulation



# The Relationship

- Defined by the adolescent
- Learn their private logic, be curious
- Trustworthiness
- Share power and control
- Modeling and mirror neurons

# Promote Autonomy Through Knowledge, Control and Choice

- Repeat information or practice activities often
- State the information in both concrete and abstract terms
- Provide experiential activities, including games
- Use storytelling to teach

# Promote Autonomy Through Knowledge, Control and Choice

- Relate information to past experiences and the real world
- Help adolescents explore available healthy choices
- Provide opportunities for decision-making
- Help adolescents define their strengths

**How can we add  
trauma informed  
practices to our  
program?**



# Make the Commitment

- Write a note to yourself
- Identify what you will do in your program to become more trauma-informed
- Set a deadline
- Identify what you need to meet the deadline



Questions?



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