

# Beyond the Basics

## Integrating Trauma-Informed Approaches in Your Teen Pregnancy Prevention Practice

Deborah Chilcoat and Lisa Schergen

**Date & Time:** September 13, 2016, 3:00-4:30pm ET

**Call-in number:** 888-390-1454

**Participant passcode:** 6653510



*The views expressed in this webinar and any mention of resources by speakers do not reflect the official policies of the Office of Adolescent Health, or the U.S. Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government. Any statements expressed are those of the presenters and do not necessarily reflect the views of the Office of Adolescent Health, or the U.S. Department of Health and Human Services.*

# Speakers



**Deborah Chilcoat**



Healthy Teen Network



**Daesha Ramachandran**



Multnomah  
County



**Carmen Chaparro**



**Lisa Schergen**



**Robert Diamond**



The Children's Aid Society

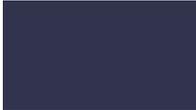
**Carrera Adolescent Pregnancy Prevention Program**



***How are you integrating  
trauma-informed approaches  
into your work?***



- Using a trauma-informed approach (TIA) can enhance your teen pregnancy prevention program (TPP). After today's webinar, you'll be able to answer these questions:
  - Why is it imperative to integrate trauma-informed approaches into our teen pregnancy prevention program?
  - How can we integrate trauma-informed approaches into our program?
  - How can we improve our practice of trauma-informed approaches based on the results from *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**



**1**

**Integrating a TIA at the organizational level**

These items assess the degree to which your organization provides empirically-based health promoting policies and practices that promote self-regulation and enhance physical and emotional safety for everyone involved in the TPP program.

TIA characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Our organization leverages existing representation from facilitators, and yet an action plan an integrated TIA to				
Our organization referrals and main informed agency updates them on local, licensed me have documented				

**2**

**Integrating a TIA at the program level**

These items assess the degree to which the TPP program utilizes trauma-informed practices and materials to enhance understanding, learning, memory retention, and well-being throughout all program activities. Such practices promote skill building, 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 ch
Staff members recogn experiences influence program activities.
All TPP programs are

**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.

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.				
Staff members carry out trauma-sensitive interactions that take trauma-related histories, symptoms, and behavior into consideration.				



*A way of addressing vital information about sexuality and well-being that takes into consideration adverse life experiences and their potential influence on sexual decision-making*



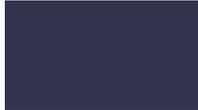


Adults who report experiencing abuse or other difficult family circumstances during childhood

- Trauma has not historically been considered in the design of sexuality education programming and resources
- Conventional approaches to teaching/talking about sexuality with youth is steeped in discourses of danger and risk
- A trauma-informed approach to adolescent sexual health is more inclusive and positive

A Trauma-Informed teen pregnancy prevention program is:

- Equitable
- Safe(r) Space
- Free of shaming and judgmental messaging
- Inclusive of gender and sexual diversity



# How have trauma-informed approaches been integrated into your teen pregnancy prevention program?



**Daesha Ramachandran**



**Robert Diamond**



The Children's Aid Society

**Carrera Adolescent Pregnancy Prevention Program**



**Carmen Chaparro**



# How have trauma-informed approaches been integrated into your teen pregnancy prevention program?

## Key Takeaways:

- Trauma occurs on multiple levels.
- Provide training and ongoing supervision.
- Be explicit with participants about confidentiality and its limitations.
- Consider needed adaptations in consultation with PO.
- Do your due diligence! Routinely assess and improve the integration of trauma-informed approaches in your program and practice.



What was an unanticipated challenge to taking a trauma-informed approach?

How did you address it?



Daesha Ramachandran



Robert Diamond



The Children's Aid Society

Carrera Adolescent Pregnancy Prevention Program



Carmen Chaparro

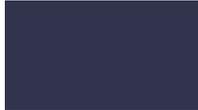


What was an unanticipated challenge to taking a trauma-informed approach?

How did you address it?

**Key Takeaways:**

- Genuinely engage and build relationships with school staff.
- Offer capacity-building on TIA.
- Be aware that trauma can be hard to identify.
- Secure community partners who support your work and a trauma-informed approaches to the work.



# How do you adjust trauma-informed approaches for the audience?



**Daesha Ramachandran**



**Robert Diamond**



The Children's Aid Society  
**Carrera Adolescent Pregnancy Prevention Program**



**Carmen Chaparro**



1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues

- <http://www.samhsa.gov/nctic/trauma-interventions>

# How do you adjust trauma-informed approaches for the audience?

## Key Takeaways:

- Consider what you know about participants as you work to create a safe(r) space – group composition matters.
- Understand trauma at the community level.
- Build relationships with those who know the young people.

# How have you adapted evidence-based programs to make them more trauma-informed?



**Daesha Ramachandran**



**Robert Diamond**



The Children's Aid Society  
**Carrera Adolescent Pregnancy Prevention Program**



**Carmen Chaparro**



# How have you adapted evidence-based programs to make them more trauma-informed?

## **Key Takeaways:**

- Select a program that uses TIA.
- Modify language.
- Connect with other grantees about the adaptations they are considering or made.

# How has taking a trauma-informed approach improved your program or services?



**Daesha Ramachandran**



**Robert Diamond**



The Children's Aid Society

**Carrera Adolescent Pregnancy Prevention Program**



**Carmen Chaparro**

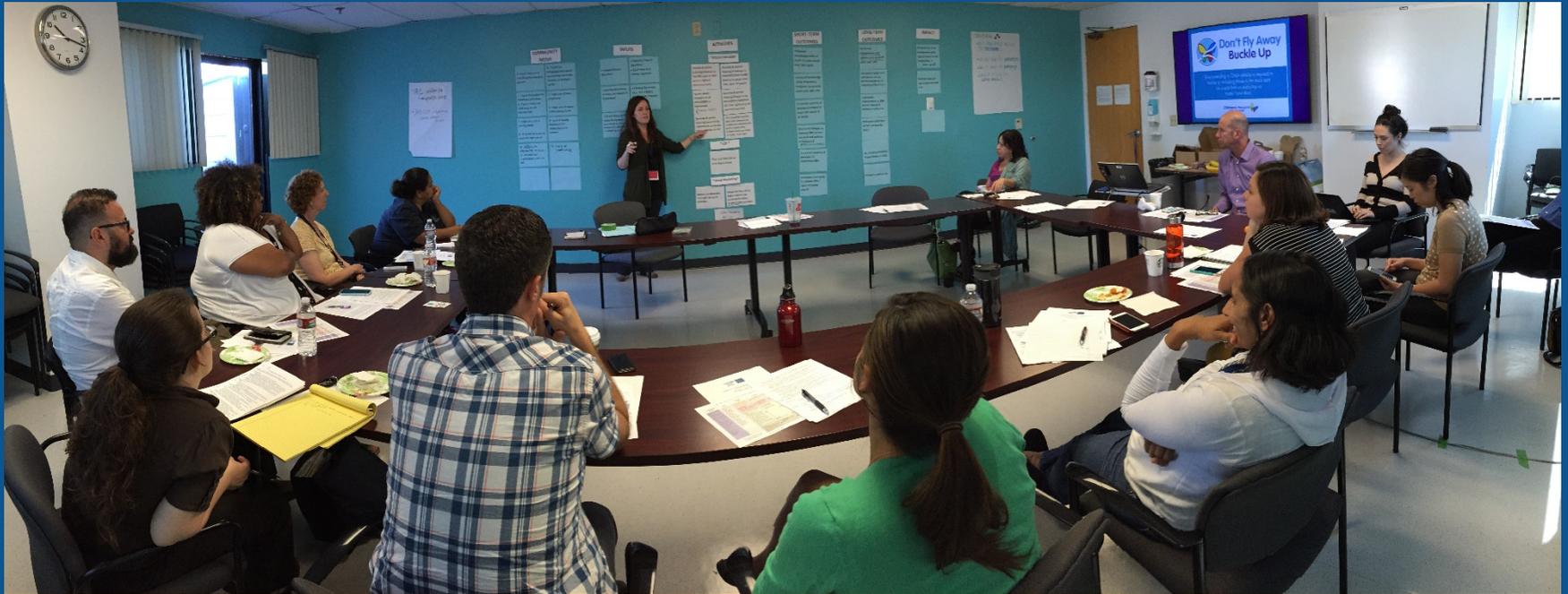


## How has taking a trauma-informed approach improved your program or services?

### **Key Takeaways:**

- Gives young people the skills to plan pregnancy and parenthood for when they are ready.
- Complements our commitment to address the social determinants of health.
- Mends and builds trust with communities.

# SYPP Center Capacity-Building Program



Supporting communities to create safe and supportive environments for youth and their families

# SYPP Center

- Capacity-building for youth-serving providers
  - Trauma-informed practice
  - LGBTQ cultural competency
  - Youth adult partnerships
- Focus on both provider best practices and institutional change



## Contact Us

Mia Humphreys, MSW  
mhumphreys@chla.usc.edu  
(323) 361-3117

SYPP Center  
[www.chla.org/sypp](http://www.chla.org/sypp)  
[sypp@chla.usc.edu](mailto:sypp@chla.usc.edu)





## Options for asking a question:

- Q&A box at the top of your screen
- \*1 on your phone

# FEEDBACK



# Connect With Us!

 Use OAH's Award Winning Website

[www.hhs.gov/ash/oah/](http://www.hhs.gov/ash/oah/)



Follow Us on Twitter

[@TeenHealthGov](https://twitter.com/TeenHealthGov)



Sign up for E-Updates



Watch us on YouTube

[www.youtube.com/teenhealthgov](http://www.youtube.com/teenhealthgov)

