

Trauma and Resilience Informed Care Decision Tree

Process for using with youth

1) Our goal is to educate all youth and families about **Resilience** and **Adversity**

- Using Stress and Early Brain Growth (WA), National Council's Trauma Infographic, and Getting Help in a Crisis Document
- **What is resilience?** Ability to bounce back, skills that help us keep healthy mentally and physically when hard things happen
- **What is thriving?** People who survive trauma are resilient. Individuals want to not only bounce back, but bounce forward.
- **What is trauma?** An event that happens that makes us feel emotionally or physically like our life is threatened and can result later in impacting our health (physically, emotionally, spiritually)
- **Teaching the “handy model”:** Upstairs/Downstairs brain, “Flipping our Lid”, and importance of “connecting”, then “re-directing”

2) Educate all youth that because of how important **resilience** is. We educate everyone about resilience and help them figure out what resilience skills they already have and what skills they want to build.

Example: “Bounce Back” work in Minnesota

<http://www.bouncebackproject.org/resilience/>

<http://www.bouncebackproject.org/five-pillars/>

“Resilience is made up of five pillars:
self awareness, mindfulness, self care, positive
relationships & purpose.”

Frame:

“By strengthening these pillars, we in turn, become more resilient. Instead of experiencing an overwhelming downwards spiral when we encounter stress in our lives, these five pillars work together to lift us up out of the chaos we are feeling.

Obtaining and maintaining these skills takes practice. That is where Bounce Back comes in...

Our goal is to give everyone in the community – young & old – a set of tools that are quick, easy and simple to use that are proven to help make you feel better faster. We’ve all heard the saying “when life give you lemons, make lemonade.” We also know that it’s not quite that simple. Bounce Back hopes to give everyone the lemon squeezer and the pitcher so that making lemonade seems possible.”

3) Resilience interview skill and process (using the 42 resilience skills from Community Resilience Initiative)

- Resilience Interview Page 1,3,& 4 can be used with all youth
- Full Resilience Interview can be utilized to start case planning for children who may have some at-risk behaviors (Tier 2)
- Reviewing resilience skills at beginning of each point of contact and the skills we are working to build becomes practice

Follow the Protocols that your department and/or program have set about which of the 4 pages of the ACEs and Resilience Interview Case Plan you will use and if you will be using the Supplemental Table

NOTE: You may identify a screening tool for trauma that is evidenced with the youth with whom you work and for the role in which you work with them. This tool can help build a strength based case plan addressing some of those needs.

42 Ways to Build Resilience

(Taken from the Resilience Trumps ACEs Poster and Card Games
Developed in Walla Walla, www.ResiliencetrumpsACEs.org)

Resiliency Skills

- Showing empathy
- Critical thinking skills
- Helping appreciate cultural & ethnic heritage
- Sense of belonging
- Learning to accept help
- Hope
- Trust
- Sense of Belonging
- Learning Responsibility
- Teach Self Discipline
- Establish Consequences
- Model Problem Solving
- Sharing Something Important
- Accept Ownership for Behavior
- Work as a team
- Learn to show appreciation
- Master a Skill
- Assign a Responsibility
- Sense Triggers that create negative behavior
- Develop Communication Skills
- Helping a Friend
- Allowing Experience of Success or Failure
- Respect ability to make decisions
- Model appropriate behavior
- Learning to ask for help
- Acknowledge when you are wrong
- Learn to self advocate
- Give back to community
- Giving a choice
- Ability to Calm Self
- Verbally say “I love you”
- Express Feelings
- Experience Success
- Develop Friendships
- Develop Self Esteem
- Attach to Caring Adult
- Learn to Solve Problems

Specialized Resilience Skills for Parents

- Letting Child Know you are Available for Help
- Family Meetings
- Help a Child Learn to Express Feelings
- Clear Rules and Expectations
- Help child develop problem solving skills

Circle Skills that You Have Now
Tell A Story of How You Have Used This Skill

Behavior Wheel Work
“Responding to the Needs, not Reacting to the Behavior”

At- Risk Health Behaviors

Health Coping Behaviors with New Strategy

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Circle Skills You Want to Build

RESILIENCE SKILL	Resources Needed to Build/Practice	Time Period You Want to Start Building This Skill

RESOURCES

Community Resilience Initiative

Can purchase Cards or Posters from their online store

<https://criresilient.org/shop/>

STRESS & EARLY BRAIN GROWTH

Understanding Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experiences can include:

1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

How do ACEs affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.

Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

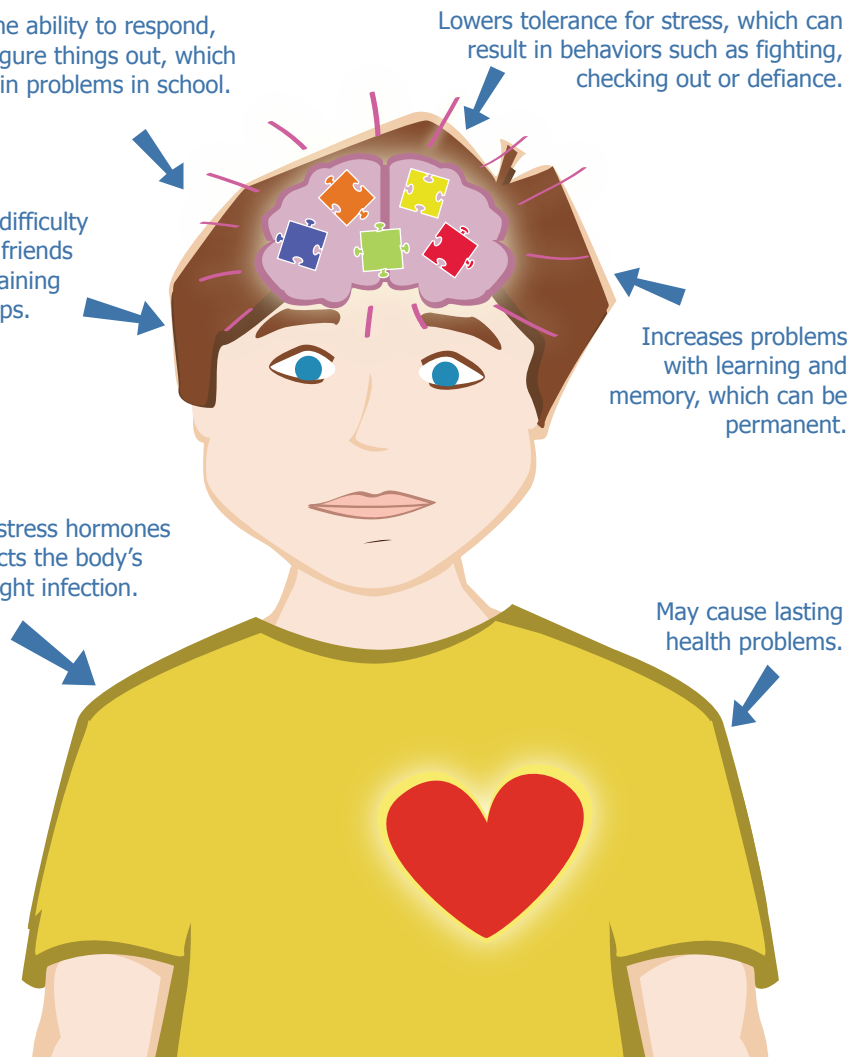
Lowers tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases problems with learning and memory, which can be permanent.

Increases stress hormones which affects the body's ability to fight infection.

May cause lasting health problems.



A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words:
"I can't hear you! I can't respond to you! I am just trying to be safe!"

The good news is resilience can bring back health and hope!

What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

Resilience trumps ACEs!

Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

What does resilience look like?

1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

4. Meeting basic needs

Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.

5. Learning about parenting and how children grow

Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

6. Building social and emotional skills

Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.



Resources:

ACES 101

<http://acestoohigh.com/aces-101/>

Triple-P Parenting

www.triplep-parenting.net/glo-en/home/

Resilience Trumps ACEs

www.resiliencetrumpsACEs.org

CDC-Kaiser Adverse Childhood Experiences Study

www.cdc.gov/violenceprevention/acesstudy/

Zero to Three Guides for Parents

<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

How to Manage Trauma

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope. There is a direct correlation between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer, and high blood pressure.

TRAUMA CAN STEM FROM

Childhood abuse or neglect

Physical, emotional, or sexual abuse

War and other forms of violence

Accidents and natural disasters

Grief and loss

Witnessing acts of violence

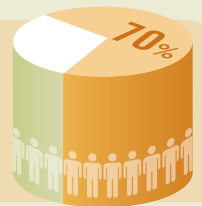
Medical interventions

Cultural, intergenerational and historical trauma

TRAUMA

HOW COMMON IS TRAUMA?

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's **223.4 million people.**



In public behavioral health, **over 90%** of clients have experienced trauma.

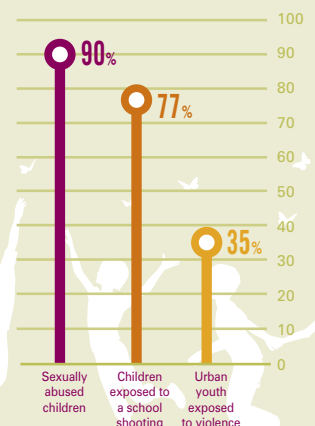
Trauma is a risk factor in nearly all behavioral health and substance use disorders.

In the United States, a woman is **beaten every 15 seconds**, a forcible rape occurs every 6 minutes.



More than **33% of youths** exposed to community violence will experience Post Traumatic Stress Disorder, a very severe reaction to traumatic events.

Nearly all children who witness a parental homicide or sexual assault will develop Post Traumatic Stress Disorder. Similarly, 90% of sexually abused children, 77% of children exposed to a school shooting, and 35% of urban youth exposed to community violence develop Post Traumatic Stress Disorder.



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

*People can and do
recover from trauma*



SYMPTOMS OF TRAUMA CHECKLIST

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares and flashbacks — re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor guilt, or shame
- Diminished interest in everyday activities

HOW TO TALK TO YOUR DOCTOR

- Make your doctor aware that you have experienced trauma, past or recent
- Help them understand what is helpful to you during office visits, i.e., asking permission to do a procedure, staying as clothed as possible, explaining procedures thoroughly, or having a supporter stay in the room with you
- Ask for referrals to therapy and behavioral health support



HELPFUL COPING STRATEGIES

- Acknowledge that you have been through traumatic events
- Connect with others, especially those who may have shared the stressful event or experienced other trauma
- Exercise — try jogging, aerobics, bicycling, or walking
- Relax — try yoga, stretching, massage, meditation, deep muscle relaxation, etc.
- Take up music, art, or other diversions
- Maintain balanced diet and sleep cycle
- Avoid over-using stimulants like caffeine, sugar, or nicotine
- Commit to something personally meaningful and important every day
- Write about your experience for yourself or to share with others

ASK YOUR HEALTHCARE PROFESSIONAL ABOUT TREATMENTS

TRADITIONAL TREATMENTS

Cognitive Behavioral Therapy
Eye Movement Desensitization and Reprocessing (EMDR) Therapy
Talk Therapy
Exposure Therapy
Group Therapy

ALTERNATIVE TREATMENTS

Energy Processing
Hypnotherapy
Neuro-Linguistic Programming
Massage Therapy
Pet or Equine Therapy
Trauma and Recovery Peer Support Groups
Wellness Recovery Action Planning (WRAP)



NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE



For more information, interviews, and research on trauma check out the National Council's magazine edition on the topic

www.TheNationalCouncil.org

Getting Help in a Crisis

From [US.Reachout.com](https://www.usreachout.com)

Do you need help now?

If you are in immediate danger, call 911.

If you feel you are in a crisis and need to speak to someone now and you live in the United States, call:

- **Youth helpline Your Life Your Voice at 1-800-448-3000, run by Boys Town National Hotline (for everyone).**
- **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255). [Lifeline is a free](#), confidential, 24 hour hotline for anyone who is going through emotional distress or is in suicidal crisis. Feel a little nervous about calling a helpline? [Find out more about what you can expect.](#)

Specific issues and other helplines

If you're in crisis, whatever the situation, you're not alone. Rest assured, help is out there; by reaching this page you're halfway there. If you need support at anytime, you can call any of the free confidential services on the chart below 24/7.

Child Abuse

If you are a victim of child abuse or know someone who is being abused, please call **the Child Help Line** at 1-800-4-A-CHILD (422-4453).

Rape, Abuse, Incest National Network (RAINN)

[RAINN.org](https://www.rainn.org) is a free, confidential and secure crisis hotline 24/7 for victims of sexual assault or violence as well as their friends and families. Call 1- 800-656- HOPE (4673)

National Dating Abuse Helpline

[Loveisrespect.org](https://loveisrespect.org) is the ultimate resource to engage, educate and empower youth and young adults to prevent and end abusive relationships. Call 1-866- 331-9474

National Runaway Safeline

[National Runaway Safeline](https://www.runaway.org) is an anonymous and free 24 hour crisis line for anyone who might want to run-away from home or find themselves homeless. This hotline can also help if you want to come home if you are on the run or have a friend who is looking for help and is thinking about running away or is already on the run. Call 1-800-RUNAWAY (786-2929).

The Trevor Project

[The Trevor Project](https://www.thetrevorproject.org) focuses on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth, providing an accredited, nationwide, around-the-clock crisis and suicide prevention helpline.

Call at 1-866-4-U-TREVOR (488-7386).

Teen Line

A [Teen-to-Teen hotline](#) and community outreach program with over 10,000 teens contacting TEEN LINE each year by calling, texting or emailing. The line is open every night from 6-10pm PST to help adolescents address their problems in a confidential, anonymous and comfortable manner. Call at 1-800-852-8336

Substance Abuse and Mental Health Services Administration (SAMSHA)

Helpline provides 24-hour free and confidential [treatment referral and information](#) about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Call 1-800-662-HELP (4357)

Poison

[Poison Control](#) at 1-800-222-1222. Poison control is a free, 24 hour hotline for anyone in need of medical information and resources for poisoning, including alcohol and household cleaners.

ReachOut

ReachOut.com does not provide counseling but the [Get Help section](#) can give you more information about how to help yourself generally or in a crisis; including how to find people to support you; what types of treatments options you might have; how you can help a friend on a lot of issues they might be dealing with. You might also want to read these fact sheets if you are worried about yourself or a friend.

- [Crisis resources: Shelter, Food and Support Services](#)
- [Depression: causes, types and symptoms](#)
- [Experiencing Grief](#)
- [Suicidal thoughts: wanting to end your life](#)
- [When someone takes their own life](#)
- [When your friend is talking about suicide](#)
- [If your friend has taken pills or has done something to hurt him or herself](#)
- [Worried about a friend who is self-harming](#)
- [Coping with a stressful event](#)
- [Deliberate Self-harm](#)
- [Experiencing violence](#)
- [Intimate partner violence](#)
- [Helping a friend in a sexually abusive relationship](#)

Abusive relationships

From US.Reachout.com