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THE NEED FOR FAMILY INFORMED TRAUMA SERVICES TO ADDRESS CHILDHOOD TRAUMA

TRACY RAWLS

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CEO/Founder

Mrs. Rawls is a seasoned administrator, educator, speaker, trainer, and coach with over 25 years of experience in chemical dependency treatment and education. She holds her 2nd Master's degree in Social Work Administration from the University of Cincinnati where she is an active member of the University of Cincinnati Social Work Alumni, the Phi Alpha Honor Society/Pi Sigma, NAMI, NASW, and NABCI. She has worked with various programs, including Drug Court, suicide hotlines, residential treatment programs, medication-assisted treatment clinics, and numerous volunteer projects.

After years of direct practice, Mrs. Rawls finds her expertise is most useful at the executive level, where she brings others' dreams to life. She has distinguished herself by improving the frontiers of Integrated Health Services. She has steered her organization through various reforms ranging from comprehensive and intensive training of staff on therapeutic approaches, which has made them ready to combat the many facets associated with addiction and has dubbed them her "Universal Soldiers." This program strategy is one of a kind, integrating medication-assisted treatment with primary care and a full spectrum of behavioral health services, the focus of which is whole-person recovery and wellness.

Mrs. Rawls is a walking clinical and business resource, and a "jane-of-all-trades"; she is also a respected authority on state & federal policies and procedures. She has worked with various programs, including Drug Court, suicide hotlines, residential treatment programs, medication-assisted treatment clinics, and numerous volunteer projects across the tri-state area.

Spectacularly, Mrs. Rawls has successfully advanced her family's legacy by improving its catering services and feeding the therapeutic community. She enjoys reading, dancing, spending time with family, and touring the world.



AGENDA

- INTRODUCTION
- UNDERSTANDING TRAUMA
- COMMON TYPES OF CHILDHOOD TRAUMA
- IMPACT OF CHILDHOOD TRAUMA
- FAMILY INFORMED TRAUMA CARE SERVICE
- THE FOUR R_s OF FAMILY INFORMED TRAUMA CARE SERVICE
- IMPLEMENTING FAMILY INFORMED TRAUMA CARE SERVICE
- STEPS TO INTEGRATE FAMILY INFORMED TRAUMA SERVICES TO MENTAL HEALTH CARE SERVICES TO ADDRESS CHILDHOOD TRAUMA
- CONCLUSION
- QUESTIONS
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INTRODUCTION

Many children in the have experienced complex trauma. Complex trauma occurs when children are exposed to multiple traumatic events over time that are severe, pervasive, and interpersonal in nature, such as repeated abuse and neglect, that causes long-term harmful consequences. The need for family informed trauma services in the mental health delivery system is expedient as trauma has the capability of interfering with a child's ability to form secure attachments to caregivers and many other aspects of healthy physical and mental development.



What is Trauma?

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes trauma as an event or circumstances experienced by an individual, which could be physically or emotionally harmful or life threatening, which is as a result of adverse effect on the individual's functioning and wellbeing.

The adverse childhood Experiences (ACE) study, conducted by the CDC reveals that the more an individual is exposed to a variety of stressful and potentially traumatic experiences, the greater the risk for chronic health condition and health-risk behaviors later in life.

Common Types of Childhood Trauma

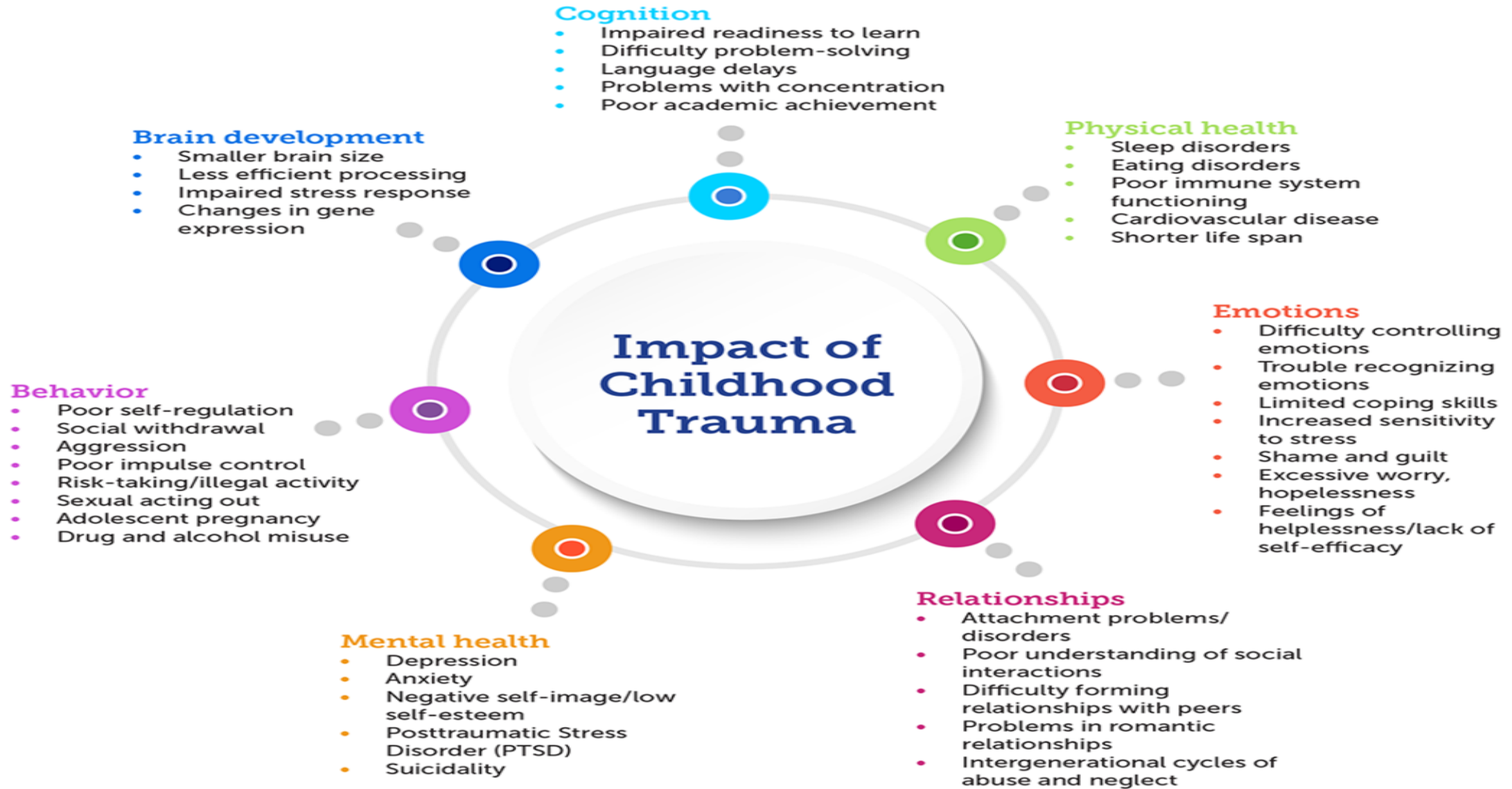
- Abuse and neglect
- Family violence
- Community violence
- School violence
- Life-threatening accidents and injuries
- Frightening or painful medical procedures
- Serious and untreated parental mental illness
- Loss of or separation from a parent or other loved one
- Natural or manmade disasters
- War or terrorist attacks
- Forced displacement or refugee status
- Discrimination
- Extreme poverty

IMPACT OF CHILDHOOD TRAUMA

Trauma can affect childhood development in the following ways:

- **COGNITION**
- **PHYSICAL HEALTH**
- **EMOTIONS**
- **RELATIONSHIP**
- **MENTAL HEALTH**
- **BEHAVIOUR**
- **BRAIN DEVELOPMENT**

Impact of Childhood Trauma



FAMILY INFORMED TRAUMA CARE SERVICES

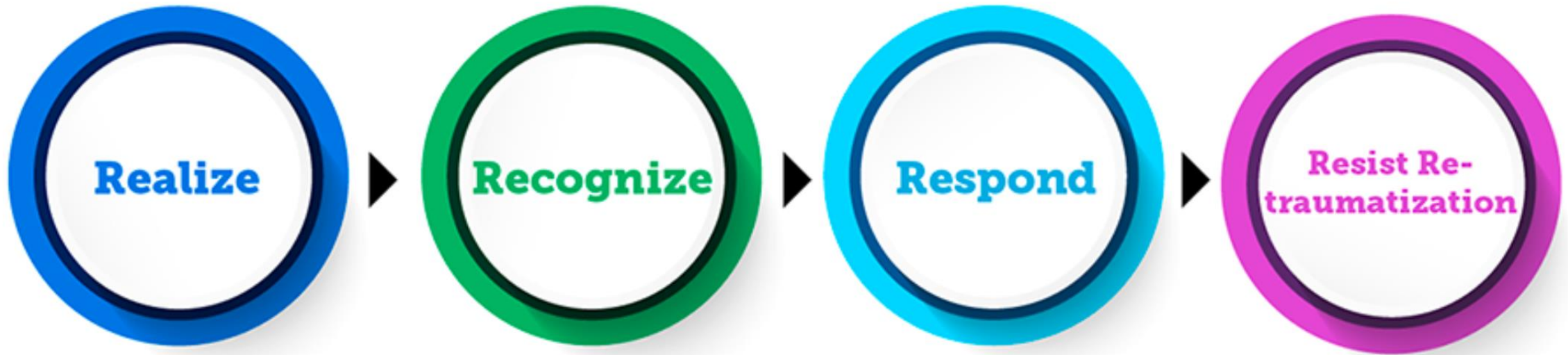
A family informed trauma care service is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers. Programs and agencies within such a system infuse and sustain trauma awareness, knowledge, and skills into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to facilitate and support the recovery and resiliency of the child and family.

FAMILY INFORMED TRAUMA CARE SERVICES CONTD...

A service system with a family informed trauma perspective is one in which programs, agencies, and service providers:

- routinely screen for trauma exposure and related symptoms; use culturally appropriate evidence-based assessment and treatment for traumatic stress and associated mental health symptoms;
- make resources available to children, families, and providers on trauma exposure, its impact, and treatment;
- engage in efforts to strengthen the resilience and protective factors of children and families impacted by and vulnerable to trauma; address parent and caregiver trauma and its impact on the family system;
- emphasize continuity of care and collaboration across child-service systems; and
- maintain an environment of care for staff that addresses, minimizes, and treats secondary traumatic stress, and that increases staff resilience.

The Four Rs of Trauma-Informed Care



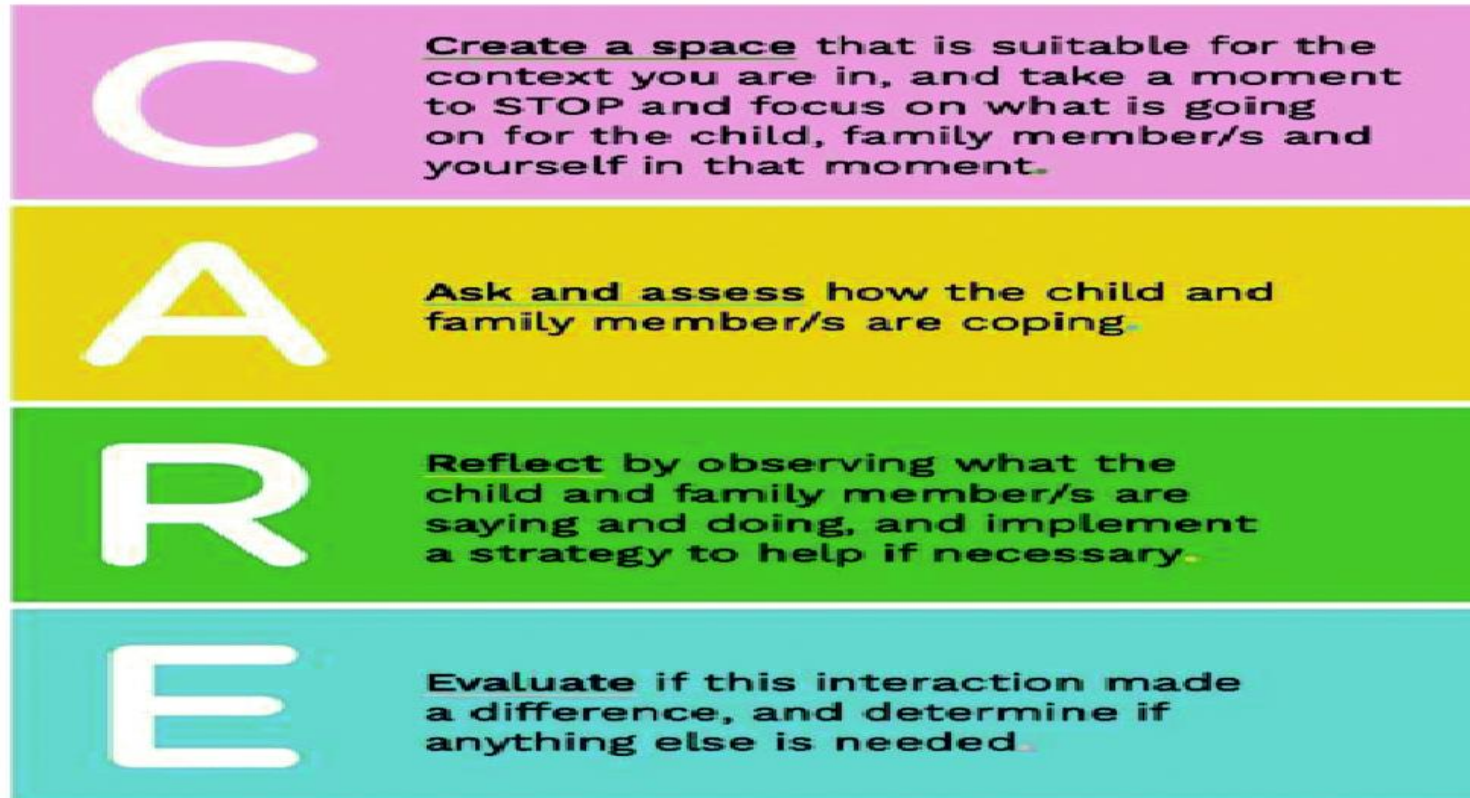
Realize the widespread impact of trauma and understand potential paths for recovery

Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system

Respond by fully integrating knowledge about trauma into policies, procedures, and practices

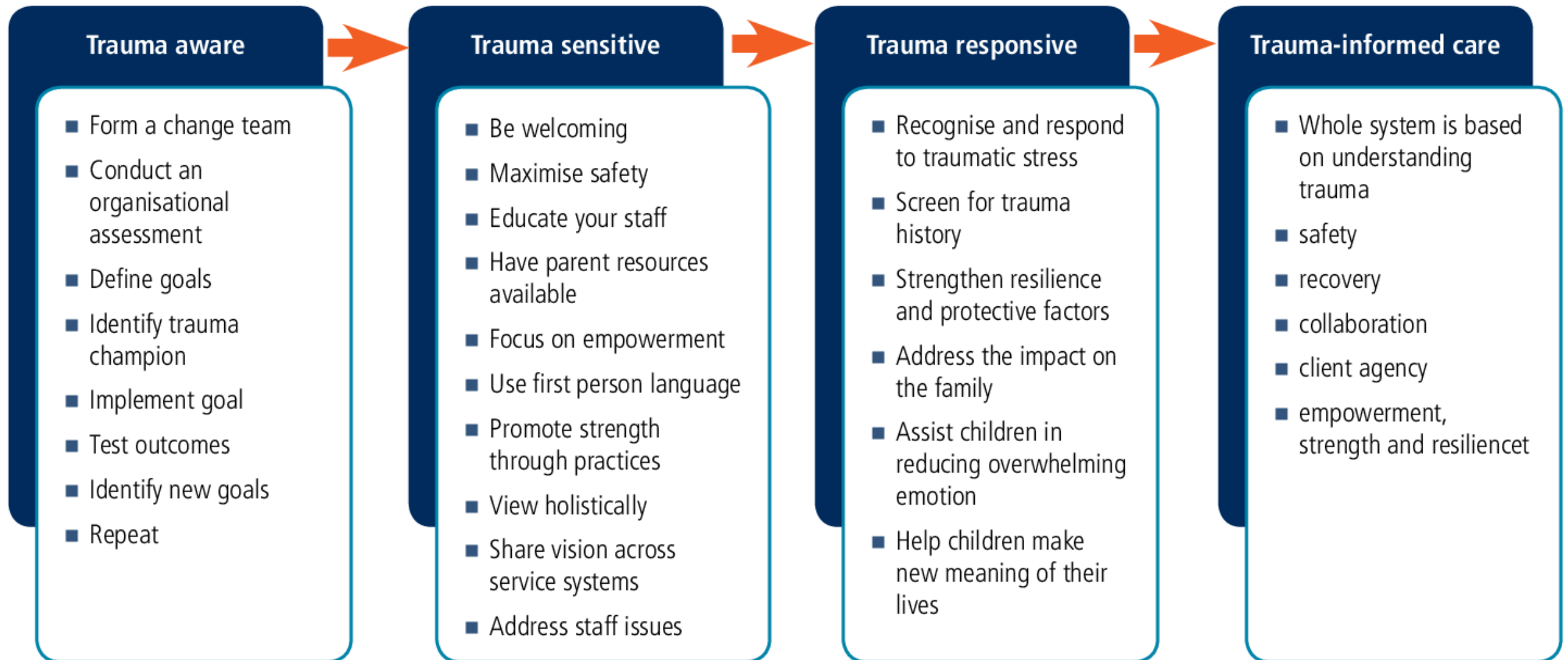
Resist re-traumatization of children, as well as the adults who care for them

Implementing FAMILY INFORMED TRAUMA CARE SERVICES



From: Simons M, Tyack Z, Montague G, Kenardy J, Ziviani J, De Young A. (2019). *Responsive Care Intervention – Online: a web based trauma-informed care training for health professionals*. Brisbane, Australia; University of Queensland & Children’s Health Queensland.

STEPS TO INTEGRATE FAMILY INFORMED TRAUMA SERVICES TO MENTAL HEALTH CARE SERVICES TO ADDRESS CHILDHOOD TRAUMA





CONCLUSION

Integrating Family Informed Trauma Service (FITS) to address childhood trauma, will be one of the most exciting things to happen in that, it will provide psychosocial treatment (behavioral health) services for children and adults as well. This will shift the perspective and treatment model from one which asks “What is the matter with you?” to “What happened to you...and how does that impact your life and functioning today?” This strategy will facilitate the coping and healing process in childhood trauma.

Thank You

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