

In its simplest form, trauma-informed care is a way of thinking about and responding to families' struggles.
-Kennedy, 2015



What is Trauma Informed Home Visiting?

By understanding and being sensitive to families' past and current experiences with trauma, home visitors can:

- provide an emotionally supportive relationship to help families begin the hard work of addressing toxic trauma histories
- reduce stress and prevent re-traumatization
- connect with therapeutic supports
- help replace destructive ways of coping with healthy strategies so that past traumas don't still run their lives.

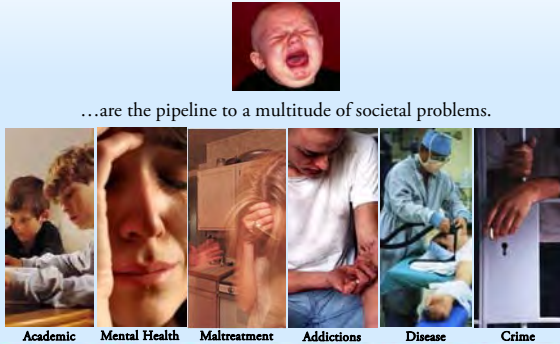


Trauma Informed Home Visiting



Building a trusting relationship. + Addressing trauma history.
+ Improving Coping Strategies = Changing the Cycle of Adversity

Early Adverse Experiences




...are the pipeline to a multitude of societal problems.

Academic Mental Health Maltreatment Addictions Disease Crime

The Long Reach of Early Adversity





Brain Plasticity Makes Younger Children Highly Vulnerable to Trauma



Dr. Bruce Perry in First Impressions Video :50 seconds

The Effects of Exposure to Domestic Violence On Babies & Children





Video clip: No Evidence of Physical Harm:
First Impressions video clip within Miami DV
clip featuring Linda Chamberlain
1:19 minutes

https://www.youtube.com/watch?v=DXEhB4_ZhEs&feature=youtu.be



Study of Adverse Childhood Experiences (ACEs)



Household dysfunction

- Substance abuse
- Parental separation/divorce
- Mental illness
- Battered mother
- Incarcerated family member


Abuse

- Psychological
- Physical
- Sexual

Neglect

- Emotional
- Physical

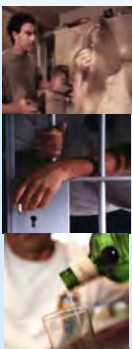
Source: V. Felitti, 2005










Widespread Prevalence of ACEs

Category	Percentage
Household dysfunction	
Substance abuse	27%
Parental separation/divorce	23%
Mental illness	17%
Battered mother	13%
Incarcerated family member	6%
Abuse	
Psychological	11%
Physical	28%
Sexual	21%
Neglect	
Emotional	15%
Physical	10%

Source: V. Felitti, 2005



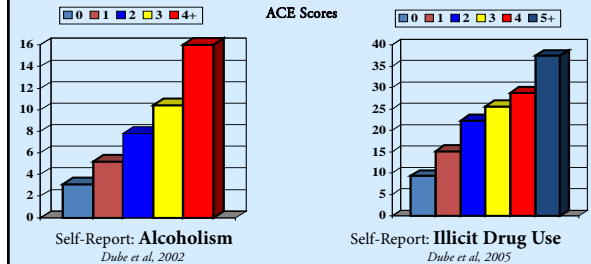
ACES linked to many problems.....

 Substance Abuse	 Domestic Violence	 Delinquency
 Child Abuse	 Mental Health Issues	 Health Problems

ACES linked to many problems.....



Early Childhood Adversity Predicts SUBSTANCE ABUSE

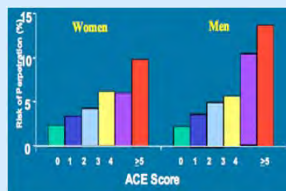


Early Trauma Increases Risk of DOMESTIC VIOLENCE

ACE Score & the Risk of VICTIMIZATION



ACE Score & the Risk of PERPETRATION



In a study of 64,329 Florida DJJ youth, 97% reported at least 1 ACE.

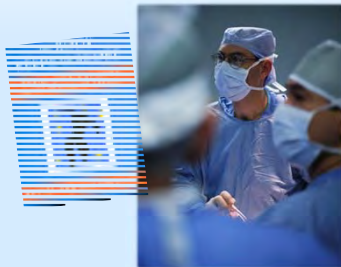


50% had 4+ ACES

Source: Baglivio, M., Epps, N., Swartz, K., Huo, M. S., Sheer, A. & Hardt, N. (2014). The prevalence of adverse childhood experiences (ACE) in the lives of juvenile offenders. *Journal of Juvenile Justice*, (3)2.

Early Adversity Is Linked to the 10 Leading Causes of Death & Disability

1. Heart disease
2. Cancer
3. Chronic lower respiratory diseases
4. Stroke
5. Unintentional injuries
6. Alzheimer's disease
7. Diabetes
8. Kidney disease
9. Influenza and pneumonia
10. Suicide

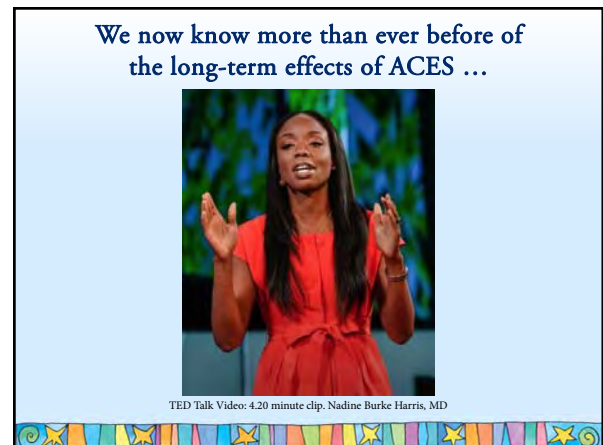
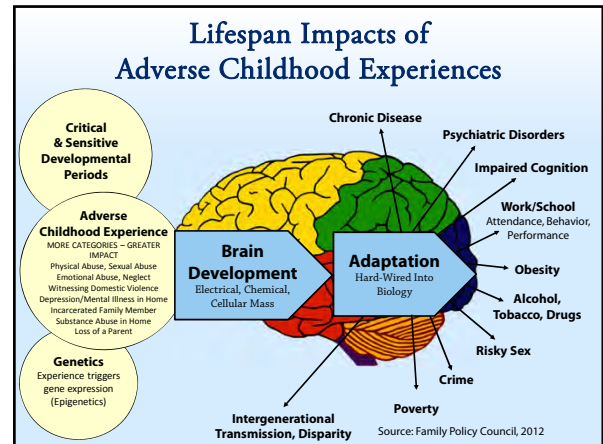
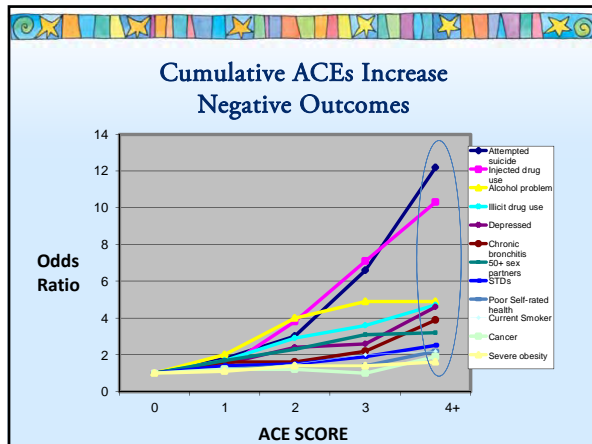


Source: Anda, R. (2008). The health and social impact of growing up with alcohol abuse and related Adverse Childhood Experiences: The human and economic costs of the status quo.

ACES Cluster

For *any* one ACE present, there was 87% chance of a 2nd, and 50% chance of 3 others.





Presume Trauma

Understand what you are walking into every day:

- High levels of poverty
- Families living in under-resourced communities
- Violence in the home & outside the door
- Substance abuse issues
- Trafficking
- Child neglect & abuse

Home Visiting Is An Important Protective Factor

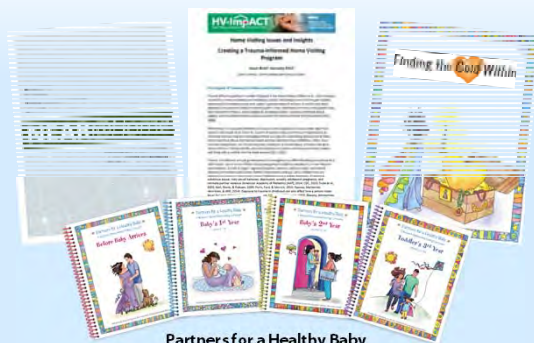
- Allows emotional safety for families to share things they may have never shared before
- Provides support over time with an array of services
- Links to community resources



Home visiting can play an important role in alleviating the intergenerational transmission of trauma by helping parents address their trauma and build healthy attachments with their children.



Trauma Informed HV Resources



Partners for a Healthy Baby
A Research Based Home Visiting Curriculum

Relationship Based Framework to Introduce ACEs

Provide an emotionally supportive relationship to help families begin the hard work of addressing toxic trauma histories



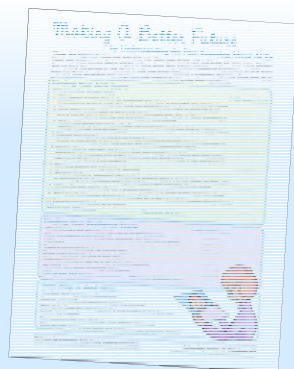
Don't bring up ACEs until you have a good relationship with the family.



Things that happened when you were little can affect your health and well being throughout your lifetime.

That's why so many parents find it helpful to learn about their ACEs.

Knowing about your ACEs can help you protect your children from these experiences.



-FSU Partners for a Healthy Baby Home Visiting Curriculum

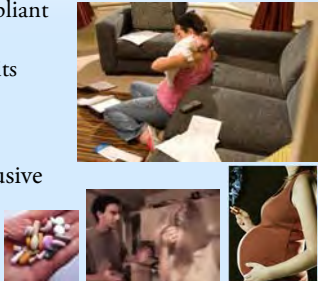
Build A Relationship

Create emotional safety before bringing up ACEs




Wonder if trauma could be playing a role when...

- Moms are noncompliant with prenatal or postpartum OB visits
- Teens are pregnant
- Anger
- Staying with an abusive partner
- Relapse



Understand Families in the Context of ACES

1. Meet the family where they are
2. Stay engaged even when they are difficult
3. Understand that risk taking, substance use, depression and unsafe relationships are often coping strategies for their ACES
4. Parents coping with trauma histories are often so focused on survival and their own needs that they don't adequately meet their baby's needs for protection and nurturing.



The Home Visiting Relationship Can Be Therapeutic


The opportunity to be heard, understood and accepted by the home visitor can be a powerful experience for the ACE survivor in developing healthier coping skills.




-NEAR@Home:
Addressing ACES in Home Visiting

When To Do Trauma Screening


- Wait until you are working with the family at least 6 months
- Ask them to do the ACE questionnaire but don't ask their answers unless they want to
- The questionnaire is not something to discuss by going through each item
- Suggest they tuck away their questionnaire to keep for later
- Let the family decide when they are ready to "tell their story"



Avoid Trauma Screening Around Childbirth



- Stress during pregnancy elevates mom's cortisol level
- Transmitted to the fetus through the placenta.
- Elevated cortisol levels in the fetus shape stress axis to make the child more hypersensitive to subsequent stressful events.



CAUTION...
Do not bring up trauma within 4 weeks of baby's due date while they are attending to the birth experience

What gets in the way?	What helps?
<ul style="list-style-type: none"> • Screening before relationship established • Checking off the boxes 	<ul style="list-style-type: none"> • Engage with the family • Be attuned to listen • Ask about families' priorities • Be patient and wait for them to feel safe with you
Interactions that are: <ul style="list-style-type: none"> • humiliating • disrespectful • critical • judgmental 	Interactions that are: <ul style="list-style-type: none"> • kind • respectful • reassuring • encouraging

Jere Paul Motto: How you are is as important as what you

Respecting Un-readiness to Discuss



- *Is this a good time for you to do this?*
- If the client declines to complete the questionnaire: *"So today is not so good. If it's OK with you, I'll ask again at our next visit."*
- If client says it's not OK to ask again, thank her for being clear that she is not interested and tell her that if she does want to do questionnaire, she can ask.
- Respecting her decision to decline the questionnaire is trauma-informed and client-centered. Informing her you will offer it again later gives her time to process this information.

NEAR@Home Toolkit: Addressing ACEs in Home Visiting

How to Ask About Trauma

"Have you, your child or family experienced anything stressful or scary that you feel is important for us to know?"



Reference: Illinois Bright Futures Trauma Informed Early Intervention Project.
A collaboration of the Erikson Institute and Early Intervention Child and Family Connections offices #8, and #12
EasterSeals Chicago and #12 LaRabida Children's Hospital. The question was adapted and piloted in CFC #8.
For more information, contact Linda Gilkerson (lgilkerson@erikson.edu)

"Slowly, I have come to see that Asking and Listening and Accepting are a profound form of Doing."

Vincent Felitti, MD, Co-Author of the ACE Study



Healing Inner Wounds

"We do not treat our patients to cure them of something done to them in the past; rather we are trying to cure them of what they still do to themselves and to others in order to cope with what was done to them in the past."

- Phillip Bromberg



Encourage Reflection. Affirm Courage



- How have these experiences affected you?
- How are your childhood experiences impacting you now?
- With all the things that have happened in your childhood, how have you found a way forward?

Be intentional about affirming the courage it took to look at ACEs and acknowledge resilience and build hope.

Resiliency Factors



- I knew that there was someone to take care of me & protect me.
- There was someone in my family who helped me feel that I was important or special.
- I felt loved.
- People in my family looked out for each other.

Acknowledge Inner Gifts

What inner gifts did have helped you cope through all this?

- How would you like your child's life to be different than yours?
- What strengths were in your family that you want to pass on to your children?



Solution to Addictions:

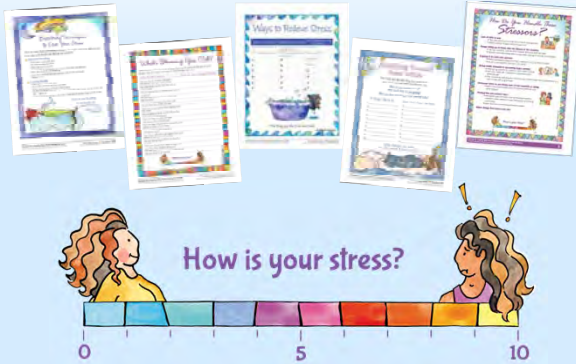
Quit Chasing the Drugs: Focus on ACEs

- Compulsive comfort-seeking is a normal response to the adversity experienced in childhood.
- The solution to changing the illegal or unhealthy compulsive comfort-seeking behavior to addiction is to:
 - Address ACEs individually and in group therapy
 - Treat people with respect instead of shame
 - Provide medication assistance used to treat addictions
 - Help them find alternative comfort-seeking behavior that isn't lethal or illegal.



Dr. Daniel Sumrok, Director, University of Tennessee Center for Addiction Sciences in the Health Science Center's College of Medicine

Stress Can Be Trauma Triggers



Seeds of Hope

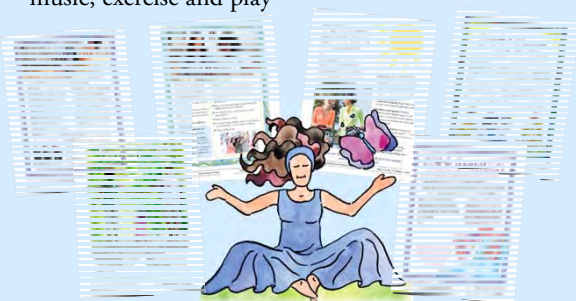
“... The good news is we now know things you can do to buffer some of those early adverse experiences, so you can be the kind of parent you really want to be, be healthier, and do the things in life you hope to do.”

-NEAR@Home Toolkit: Addressing ACEs in Home Visiting



Help Emotional Regulation

Mindfulness, reflection, biofeedback, massage, music, exercise and play



Know When You're Over Your Head



“I really appreciate your courage in thinking about and sharing these difficult experiences, but I do not have the right expertise to help you walk through these details. I can help you find the right person who can help you.”

-NEAR@ Home Toolkit: Addressing ACEs in Home Visiting

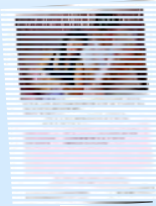
Access to Professional Supports

- Reflective supervision
- Reflective case conferencing
- Access to mental health specialist



Stressed Out Parents Need More than Tips

The main obstacle for parents with trauma histories is not that they haven't memorized the list of approved parenting behaviors.



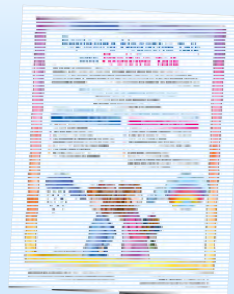
It's that they are **sleep deprived** and **possibly depressed** and don't feel much like serving and returning with the crying baby in front of them who has a dirty diaper.



These stressed out parents need more than just information. The most effective home visiting interventions offer not just parenting tips but emotional support.

Therapeutic Options

- Child Parent Psychotherapy
- Trauma Informed Cognitive Behavioral Therapy
- Circle of Security
- Other evidenced based interventions



Encourage Self Care

"Sometimes after talking about ACEs people find they don't sleep well that night, or maybe they feel very tired. This is a good time to be gentle & take good care of yourself. Maybe go for a walk, take the kids to the park, talk to a friend and eat healthy food."

Who would you call if you were feeling pretty stressed?

I'll be thinking about you and check in with you on our next visit.

Or call me sooner if you want."



NEAR@Home Toolkit: Addressing ACEs in Home Visiting

Decrease Stress, Feel Better

Eat more of this, go for a walk, take a nap, or call a friend to decrease stress and you'll feel better.



Small Steps Are Leaps Forward



Strengthening Families: *One size does not fit all*

Every strategy is the best solution for some problem, and none is best for all. We need all the strategies.

Crittenden, Raising Parents, 2015, p. 19.



Success Stories



Success Stories



...And those still in process

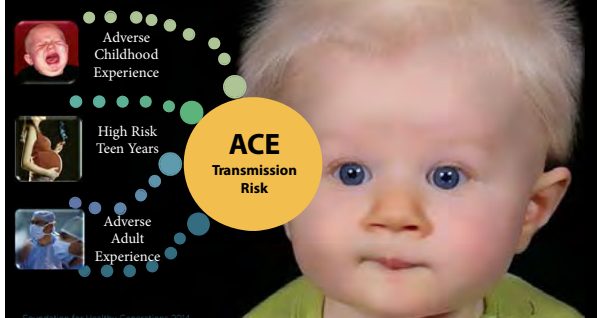


"It's the most important opportunity for the prevention of health and social problems and disease and disability that has ever been seen."

Dr. Vincent Felitti, Co-Investigator ACE Study



This is the way we interrupt the Multigenerational Cycle of Adversity



Thank you!



**Dr. Mimi A. Graham,
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Trauma Informed HV Resources




NEAR @ Home: Toolkit: A Guided Process to Talk about Trauma & Resilience in HV <https://thrivewa.org/nearhome-toolkit-guided-process-talk-trauma-resilience-home-visiting/>



Trauma Informed Practices in Home Visiting Issue Brief
<https://familysupportalliance.org/2017/03/13/4429/>



Finding the Gold Within: A Self Esteem Successbook for Women
<http://cpeipstore.fsu.edu/self-esteemguides.aspx>



Partners for a Healthy Baby Home Visiting Curricular Series: New edition
<https://cpeip.fsu.edu/PHB/>