



***Building Trauma Informed Communities:
Engaging What is Strong, Not What is Wrong***

Presented by:

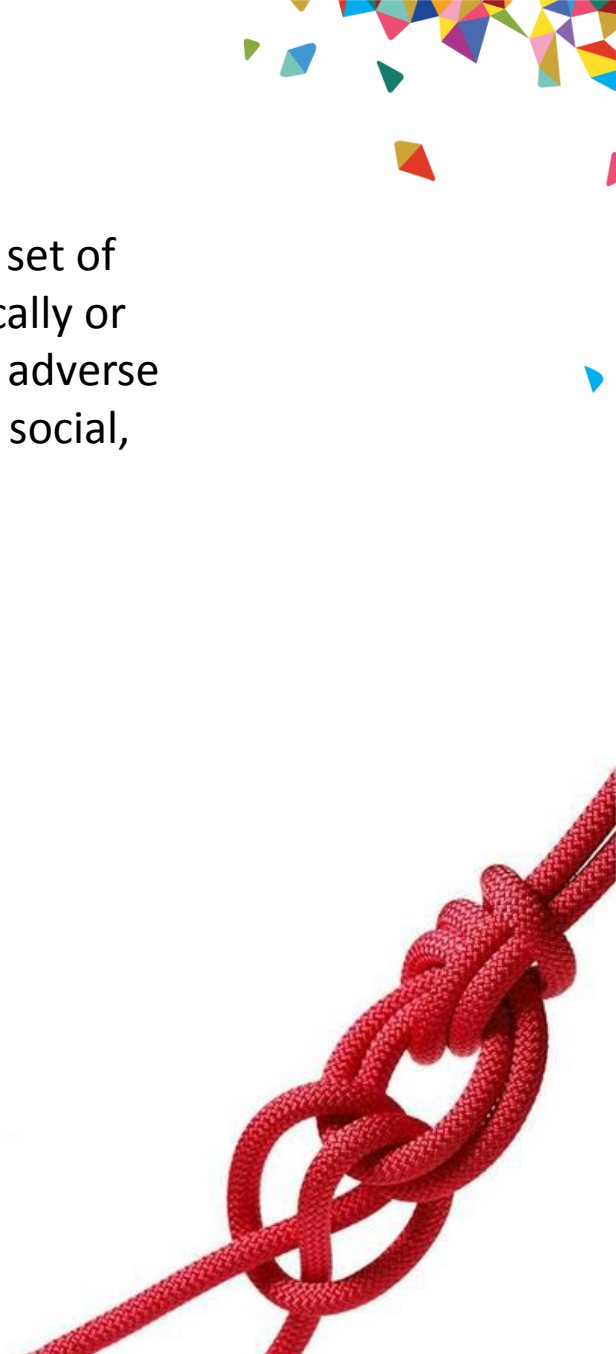
Dr. Allison Sampson-Jackson, LCSW, LICSW, CSOTP



Defining Trauma

Individual trauma results from an event, series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional or spiritual well-being.

-SAMHSA definition 2014



What is Trauma Informed Care?

Definition of trauma - the three E's:

- Event(s)
- Experience of the event(s)
- Effect

Definition of a trauma-informed approach - The four R's:

- Realize
- Recognize
- Respond
- Resist re-traumatization

- SAMHSA definition 2014

Exposure to Violence in Childhood

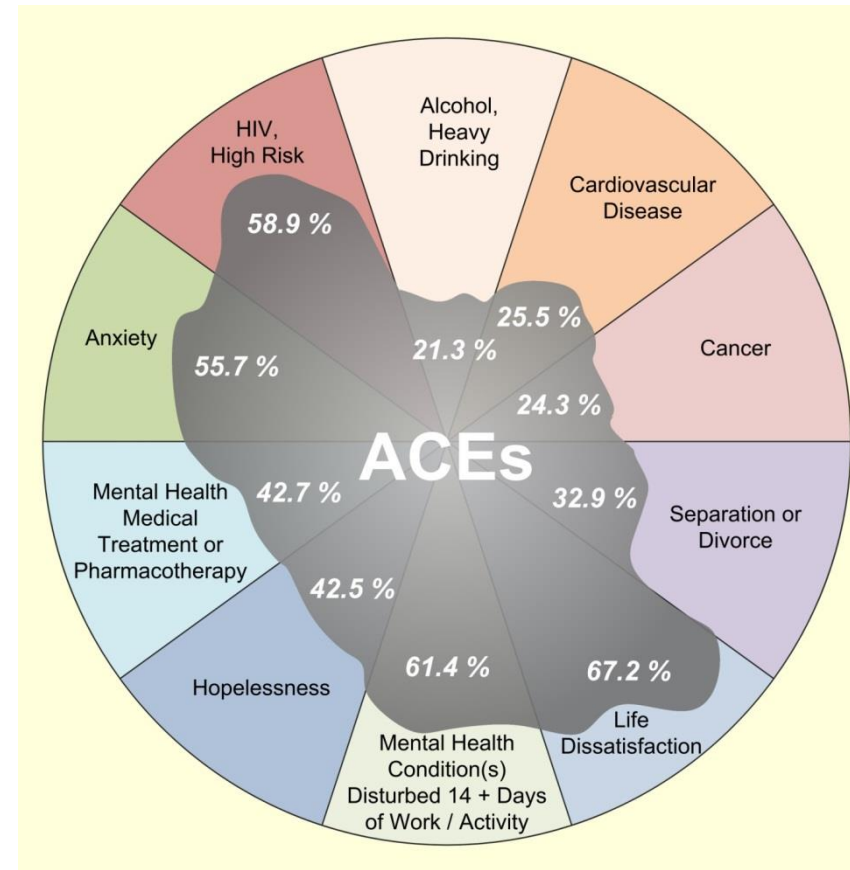
46 million of 76 million children are exposed to violence, crime and abuse each year.

Finkelhor, D., et al. (2010). Trends in childhood violence and abuse exposure: evidence from 2 national surveys. *Archives of Pediatric and Adolescent Medicine*, 164(3), 238–242.

Population Attributable Risk

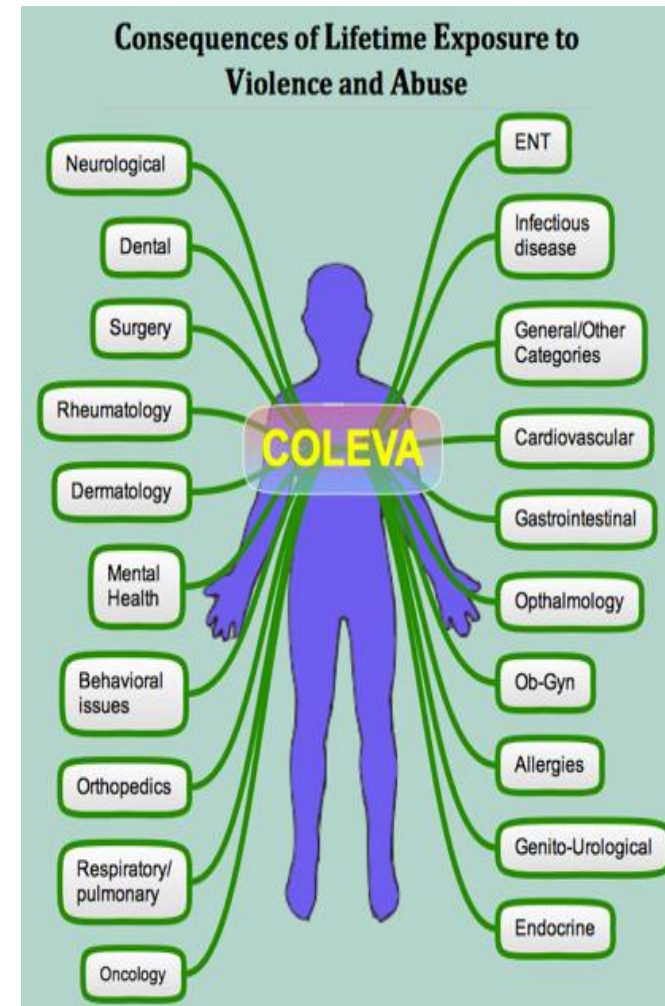
A large portion of many health, safety and prosperity conditions is attributable to Adverse Childhood Experience.

ACE reduction reliably predicts a decrease in all of these conditions simultaneously.



Consequences of Lifetime Exposure to Violence and Abuse

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy



Shift from an ACE Score of 0 to 4 Population Health



- 242% more likely to smoke
- 222% more likely to become obese
- 357% more likely to experience depression
- 443% more likely to use illicit drugs
- 1133% more likely to use injected drugs
- 298% more likely to contract an STD
- 1525% more likely to attempt suicide
- 555% more likely to develop alcoholism

1 year of violence = \$124 billion dollars in recovery costs

The breakdown per child is: \$210,012

- \$32,648 in childhood health care costs
- \$10,530 in adult medical costs
- \$144,360 in productivity losses
- \$7,728 in child welfare costs
- \$6,747 in criminal justice costs
- \$7,999 in special education costs

Published in *Child Abuse and Neglect, The International Journal*, the study looked at confirmed child maltreatment cases—1,740 fatal and 579,000 non-fatal—for a 12-month period. Findings show each death due to child maltreatment had a lifetime cost of about \$1.3 million, almost all of it in money that the child would have earned over a lifetime if he or she had lived. The lifetime cost for each victim of child maltreatment who lived was \$210,012, which is comparable to other costly health conditions such as stroke with a lifetime cost per person estimated at \$159,846 or type 2 diabetes, which is estimated between \$181,000 and \$253,000.

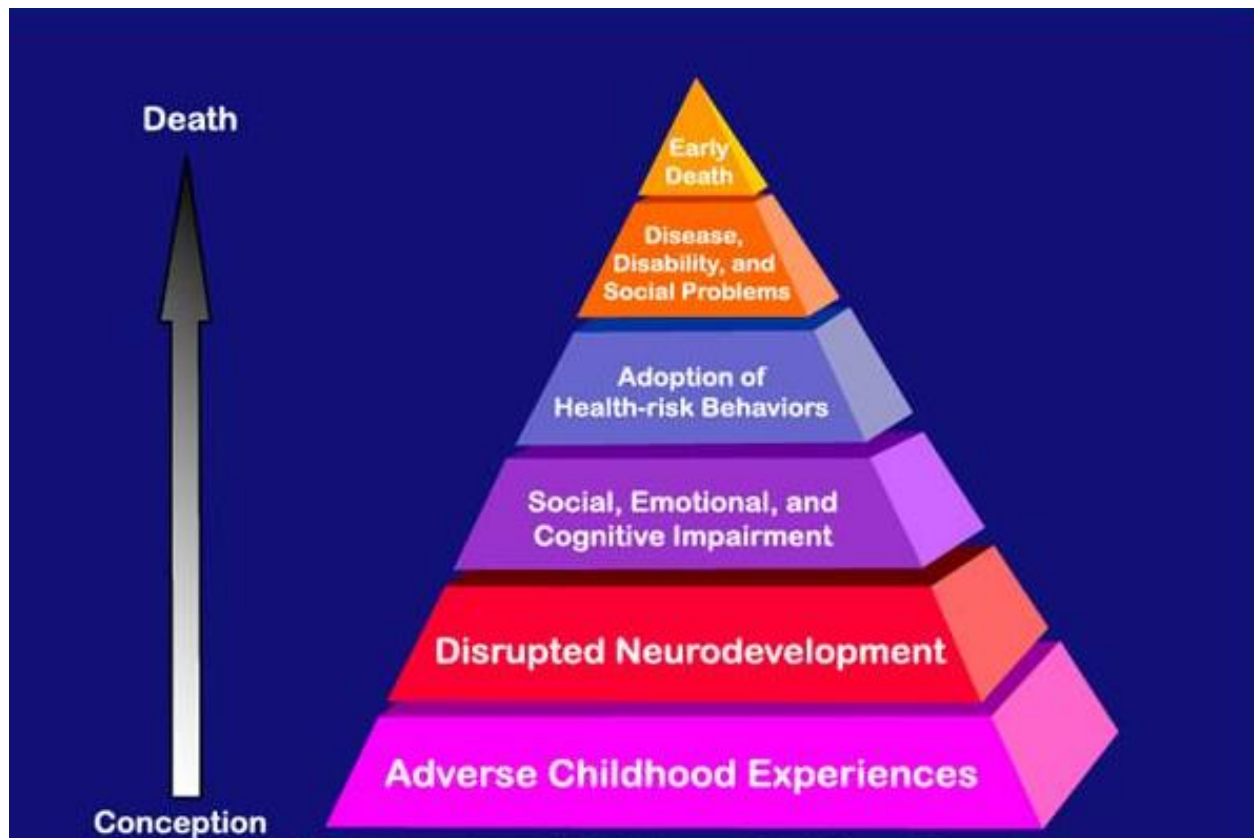
ACE SUMMIT in California



Listening to Our Youth Video will be played

<http://www.bing.com/videos/search?q=Listening%20to%20our%20youth&view=detail&mid=907BACD1276280C6567D907BACD1276280C6567D&FORM=VIRE&adlt=strict>

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Creating the Virtuous Cycle

Promote Virtuous Cycle of Health

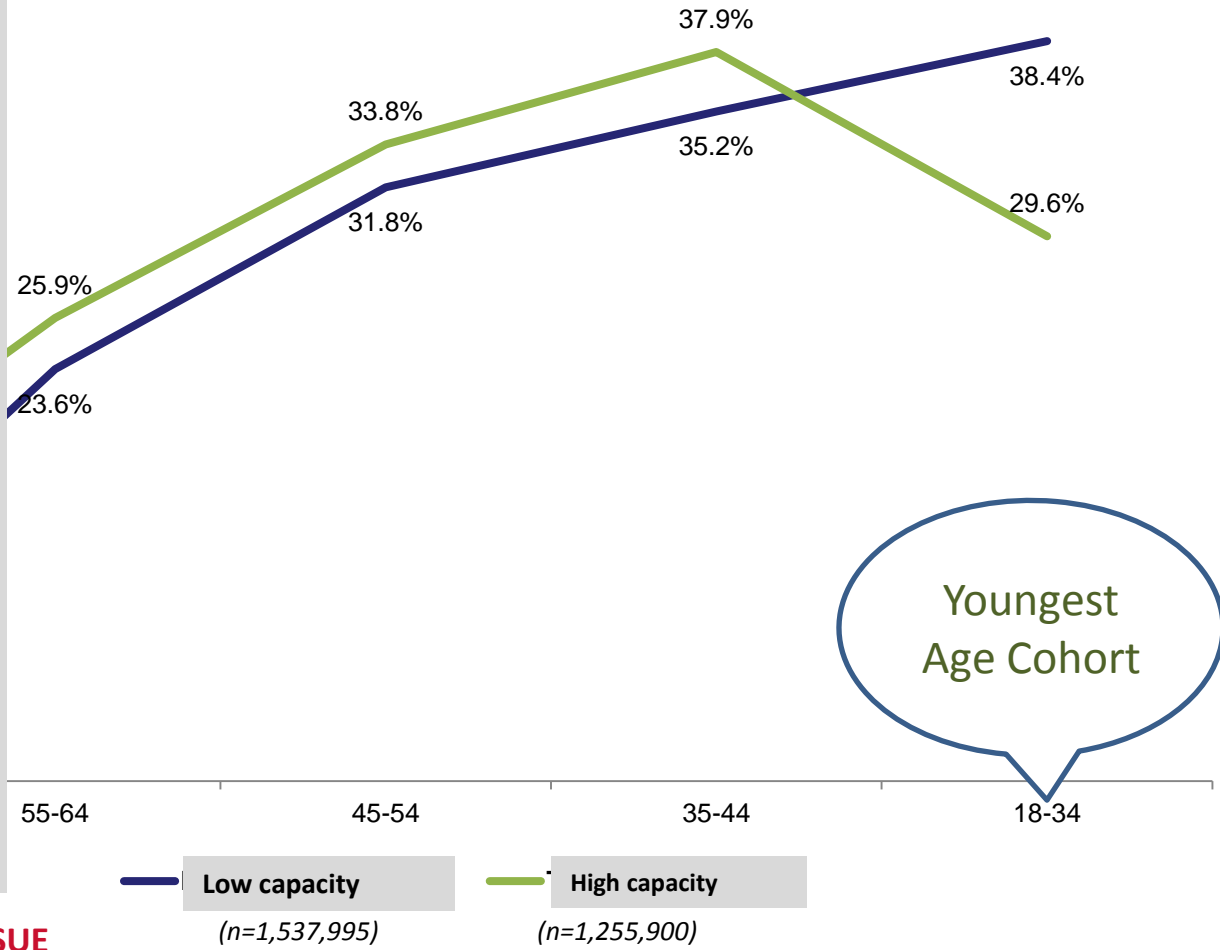
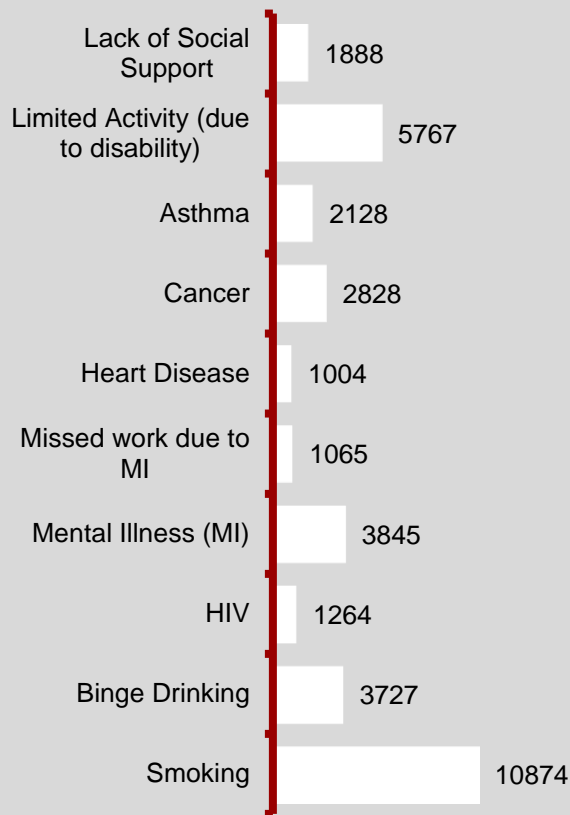


Resilience: The Walla Walla Story



High Capacity Communities Reduce Percent of Young Adults with ≥ 3 ACEs

POSITIVE ACE TREND MEANS REDUCED CASES:



ACE REDUCTION IS A WINNABLE ISSUE

Funded Community Networks showed significant improvement in Severity Index

- Out of home placement
- Loss of parental rights
- Child hospitalization rates for accident and injury
- High School Drop Out
- Juvenile Suicide Attempts
- Juvenile arrests for alcohol, drugs, and violent crime
- Juvenile offenders
- Teen births
- Low birth weights
- No third trimester maternity care
- Infant mortality
- Fourth grade performance on standardized testing



NEAR SCIENCE

Neuroscience

Epigenetics

Adverse Childhood Experiences

Resilience

<http://www.healthygen.org/resources/nearhome-toolkit>

<http://www.healthygen.org/resources/laura-porter-keynote-address-near-science-wa-state-resilience-findings>

NEAR: What Help actually Helps ?

Support: Feeling socially and emotionally supported and hopeful

- Social Emotional Competence Building
- Hope and a Sense of Future

Help: Having two or more people who give concrete help when needed

- Concrete Supports (not Facebook Friends)

Community Reciprocity: Watching out for children, intervening when they are in trouble, and doing favors for one another

- Primary network of protection in your community
- Includes people you see each day and who also see you

Social Bridging: Reaching Outside one's immediate circle of friends to recruit help for someone inside that circle

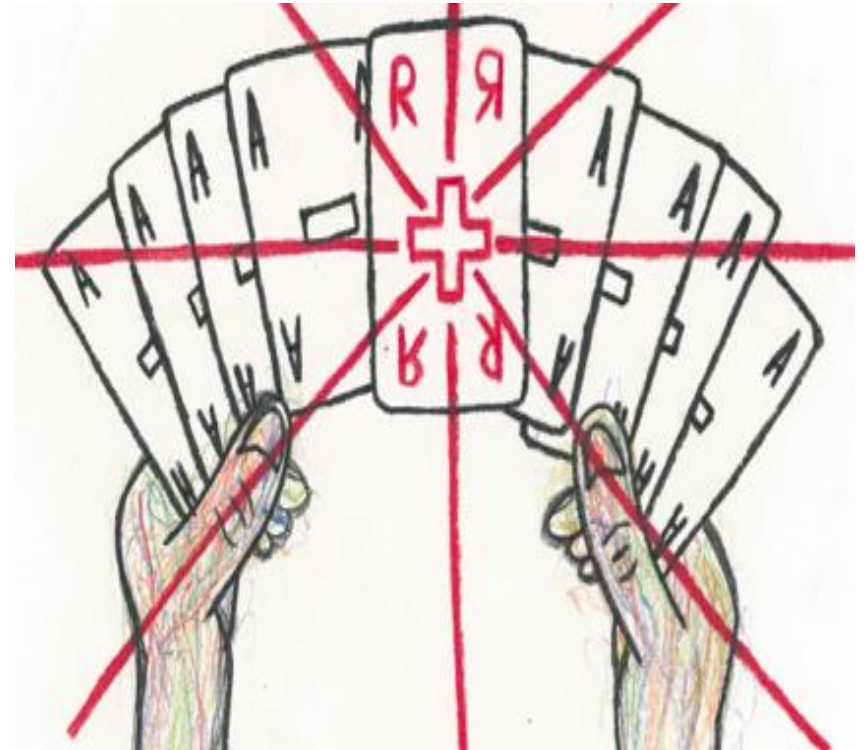
- Asking for help
- Trusting Systems and People outside your circle to respond and be safe

<http://www.healthygen.org/resources/laura-porter-keynote-address-near-science-wa-state-resilience-findings>

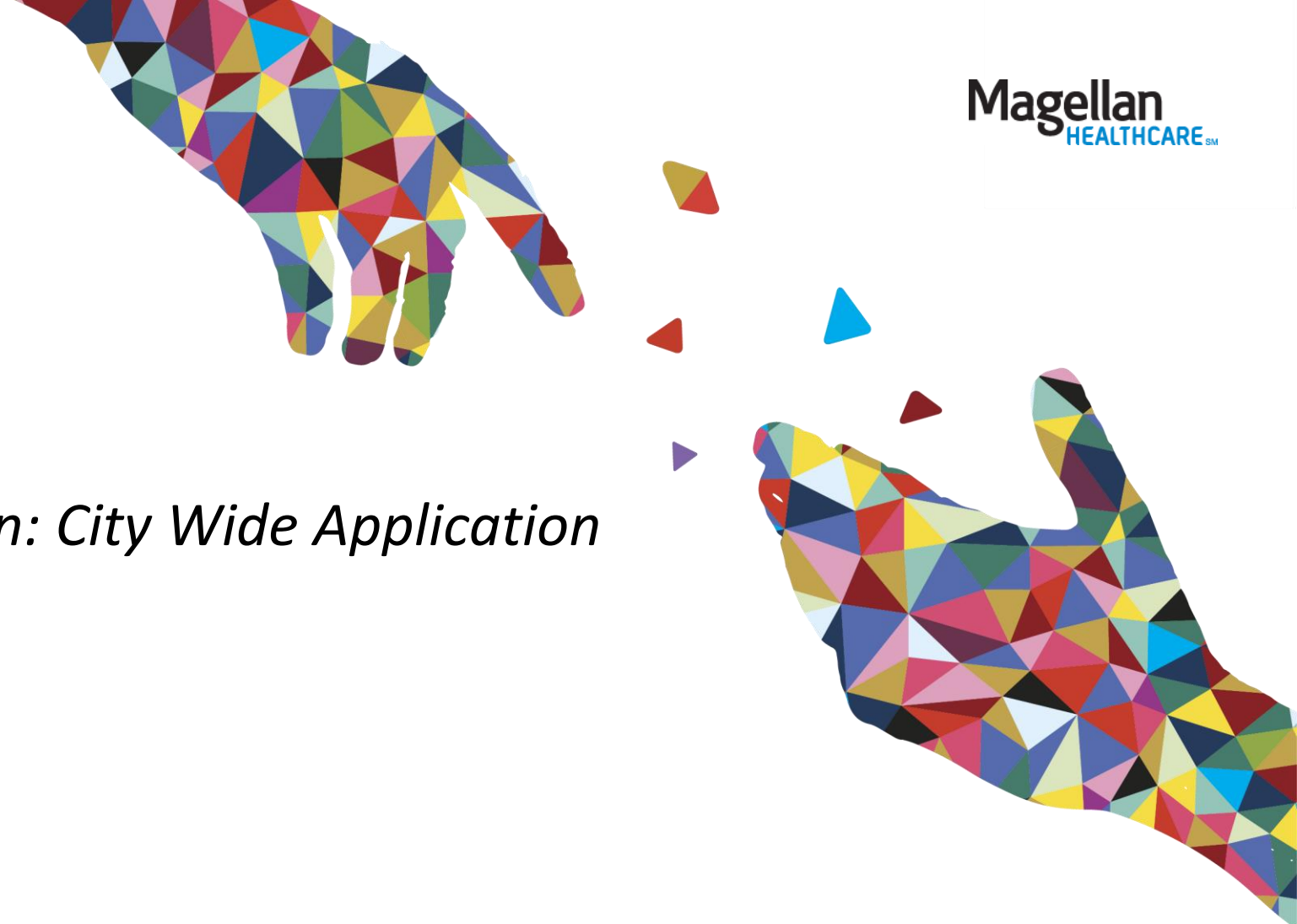
Be a **F.O.R.S.E.** in your community

Image by Lincoln High student Brendon Gilman

FOCUS
On
Resilience &
Social-Emotional
(Competence)



Prevention: City Wide Application



Turn the Page Campaign

Turn the Page Campaign Video will be played

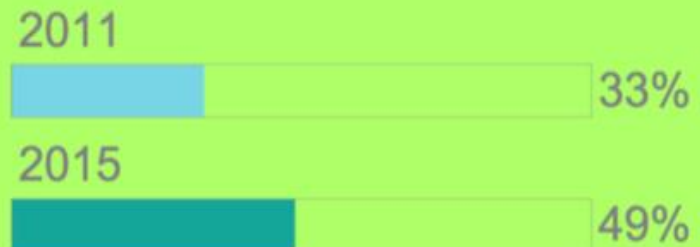
<https://www.youtube.com/watch?v=5gJEDKPX61c>

Turn the Page Campaign



2015 Snapshot

Percentage of 3rd graders reading at or above grade-level in Kansas City.



Students missing 18 days of school or more in KC has dropped since 2013.

14%

2013

10%

2015

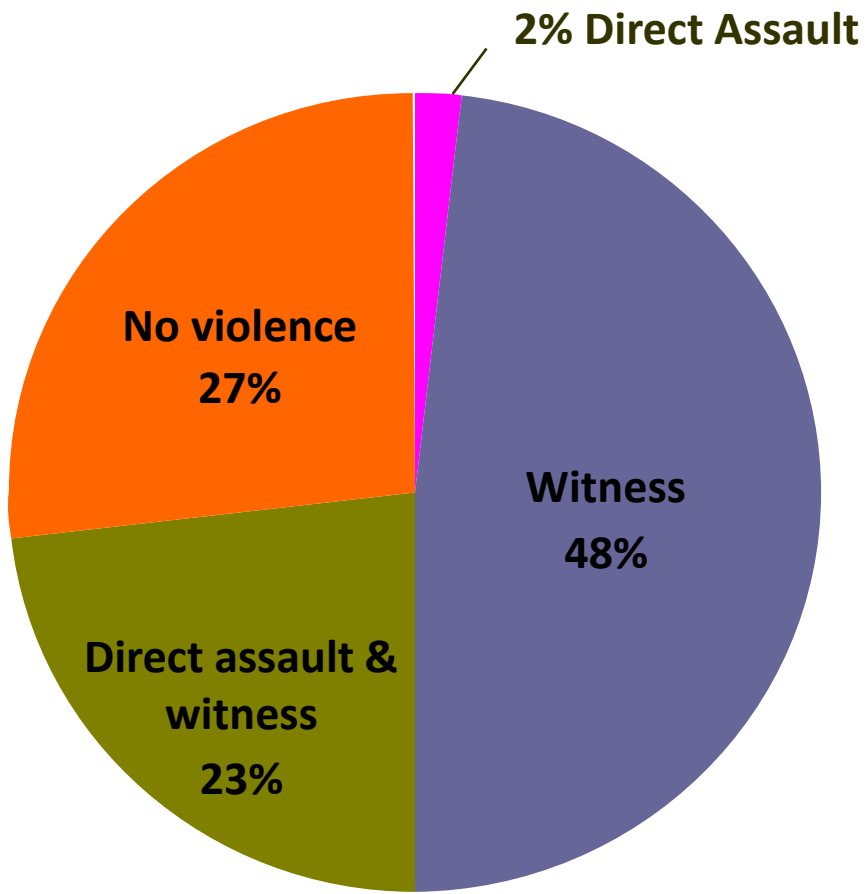
The number of elementary school students enrolled in a summer reading program has quadrupled since 2013.



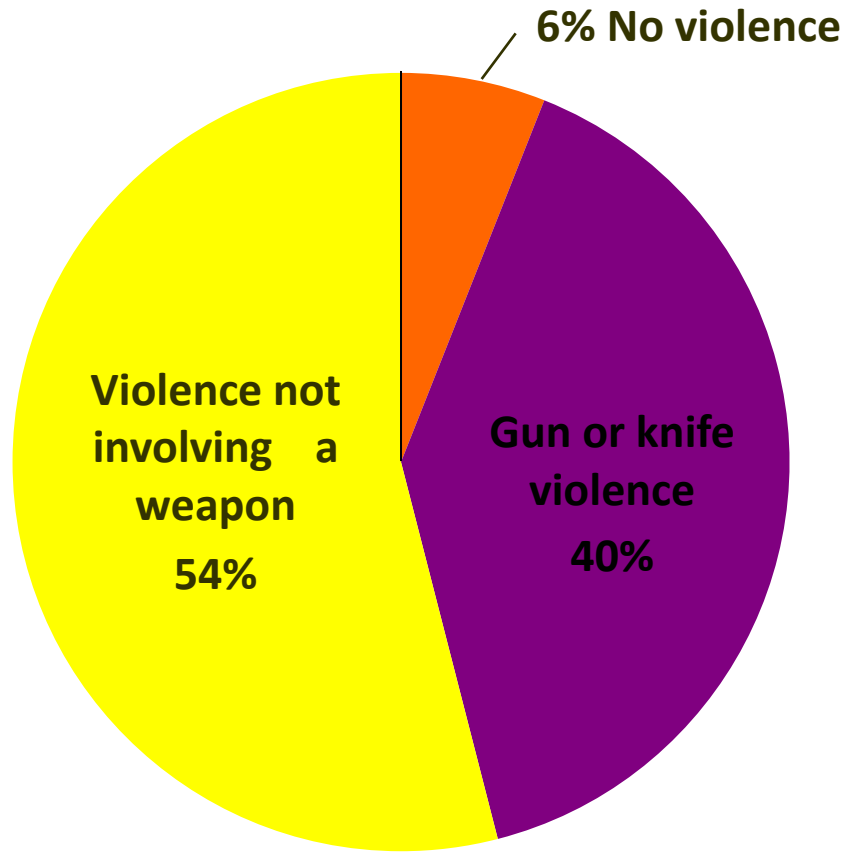
School Intervention Level Application



A Startling Number of Students Are Exposed to Violence

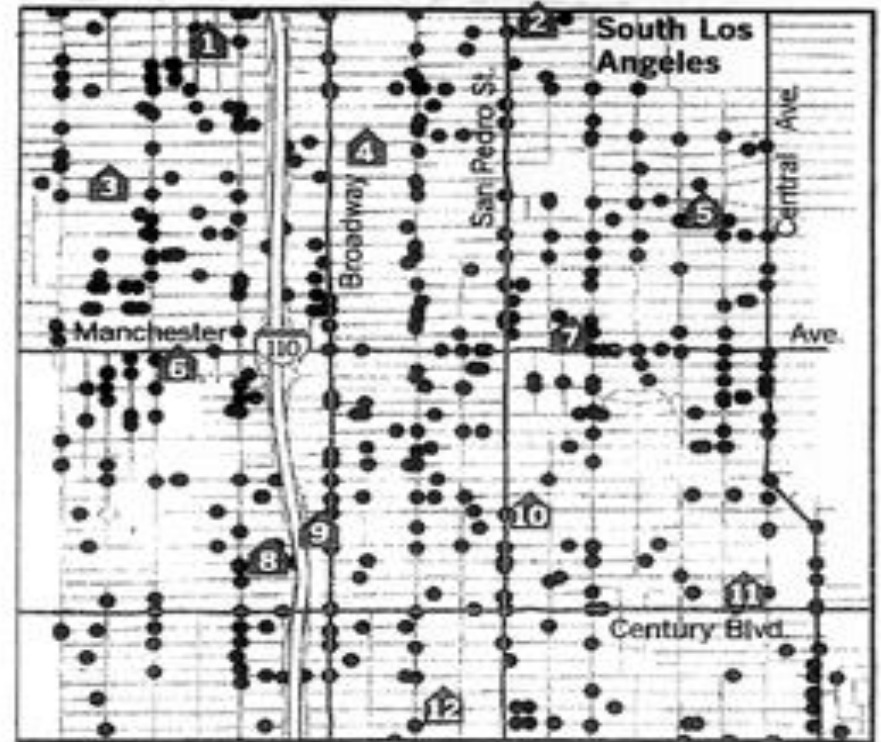
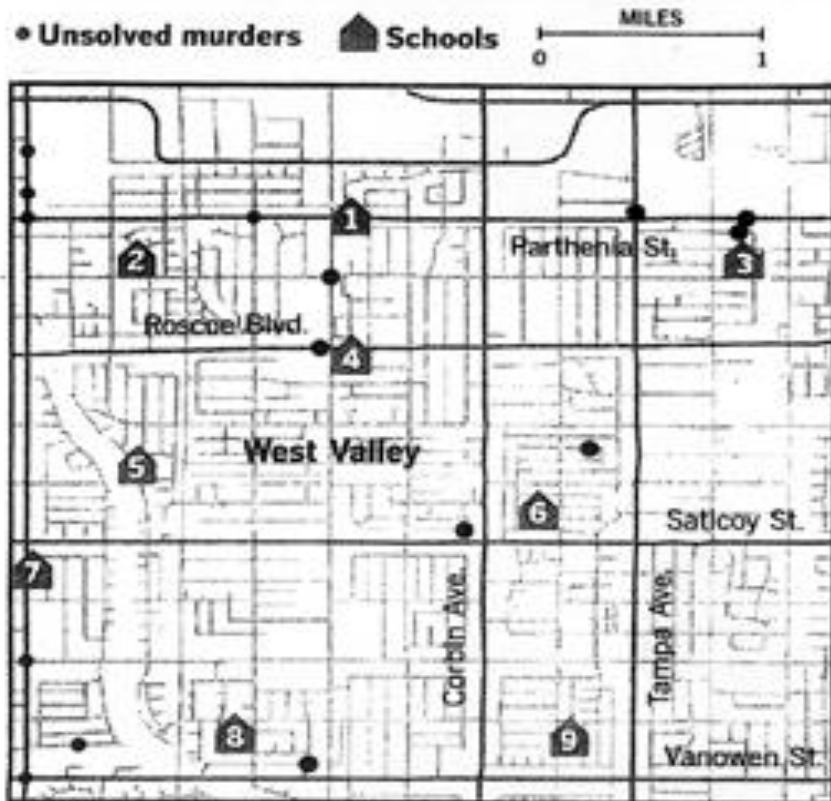


National Survey of Adolescents 1995



The LA Unified School District
6th-Grade Students, 2004

Need Title



* Blocks of 0.25 square miles or greater are not shown.
Sources: Los Angeles Police Department, U.S. Census Bureau, Los

RAND/USC/UCLA Research

- 88 to 92% Violence Exposure
- 27% PTSD
- 16 % Childhood Depression
- 76 % of Parents wanted family referrals
- Zip Codes – High Crime, Poverty, Gang Conflicts, Drug Sales/Use/Abuse



Impact of Trauma on Children in School

Decreased IQ and reading ability
(Delaney-Black et al., 2003)

More suspensions and expulsions
(LAUSD survey, 2006)



Lower grade point average
(Hurt et al., 2001)

Decreased rates of high school graduation
(Grogger, 1997)

More days absent from school
(Hurt et al., 2001)

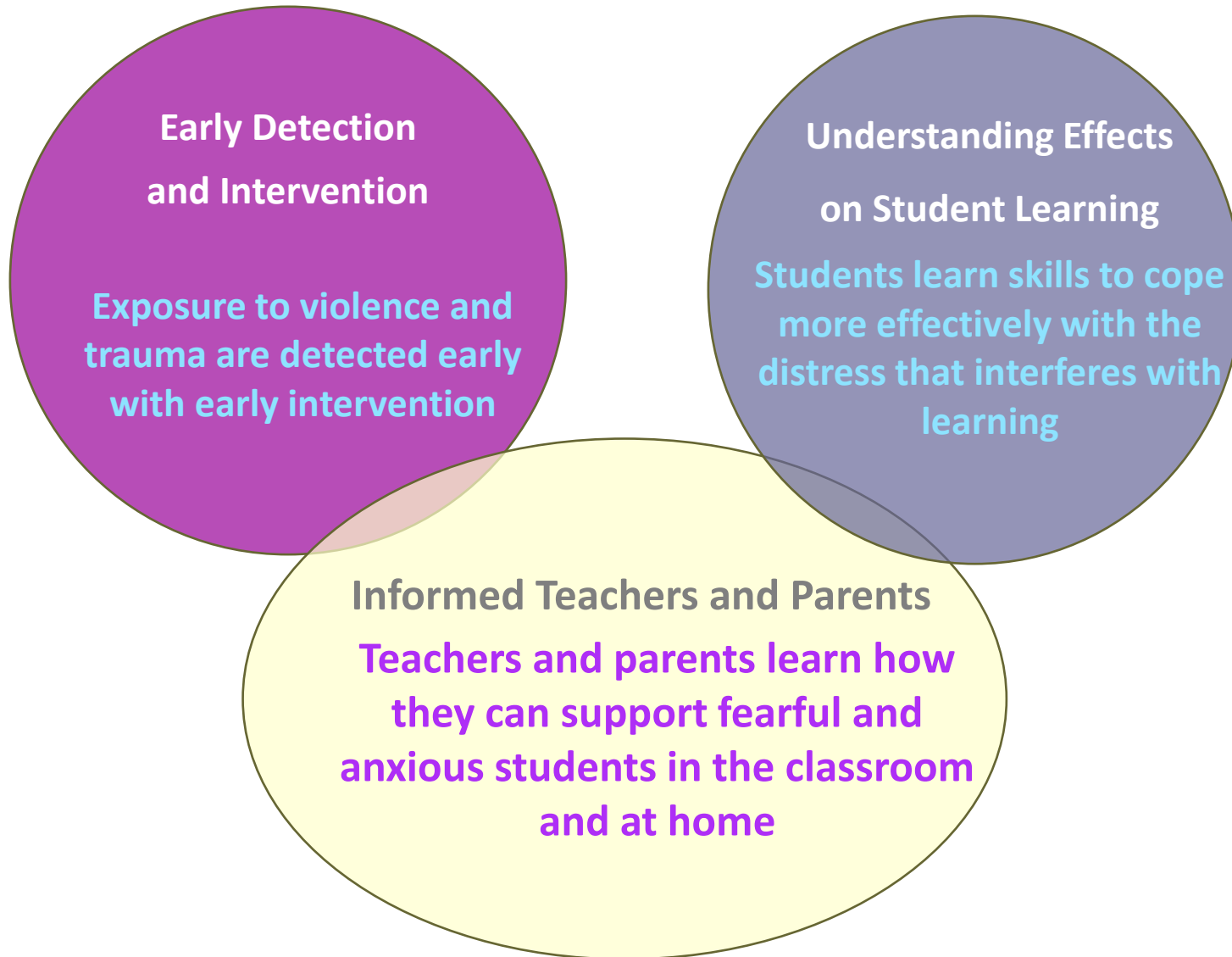
Lawsuit v. Compton Unified

Class Action Suit

- Plaintiffs are students in High School
- Filed in Federal Court in May 2015
- Civil Rights Action
- Complaint: No 504 Accommodations for Students with Complex Trauma

Learn more at www.TraumaLearning.org

Core Concepts in Trauma Informed Schools



What will be our Virginian Youth Story ?





Resilience cannot thrive at any one level alone -

Individual, family, community, and structural are needed

Resources

<http://guchdtacenter.georgetown.edu/TraumaInformedCare/index.html>

https://www.youtube.com/watch?v=3axcjT_zo58

<https://www.youtube.com/watch?v=-HG8H4n2j9I>

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

<http://turnthepagekc.org>

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Thanks

