



WELCOME

LSS/SWC Safe Harbor Training 8/17/16



Lutheran Social Service of Minnesota
for changing lives



Minnesota Department of **Human Services**

*“Calming the Storms:
Reaching Out to Wounded Youth
with a Trauma-Informed Approach”*

LSS/StreetWorks

August 18, 2016

Trainer:

Paula Schaefer

Safe Harbor Training Coordinator
Minnesota Department of Health

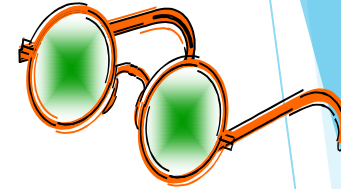
MDH Minnesota
Department of Health



Learning Objectives

- Participants will understand basic adolescent brain development physiology and the impact of trauma on brain development.
- Participants will be able to recognize the signs of trauma and be able to make a good decision about referral services needed.
- Participants will identify policies and practices that could be improved within their own organizations programs to become more trauma-informed and will gain practical tools to do so.

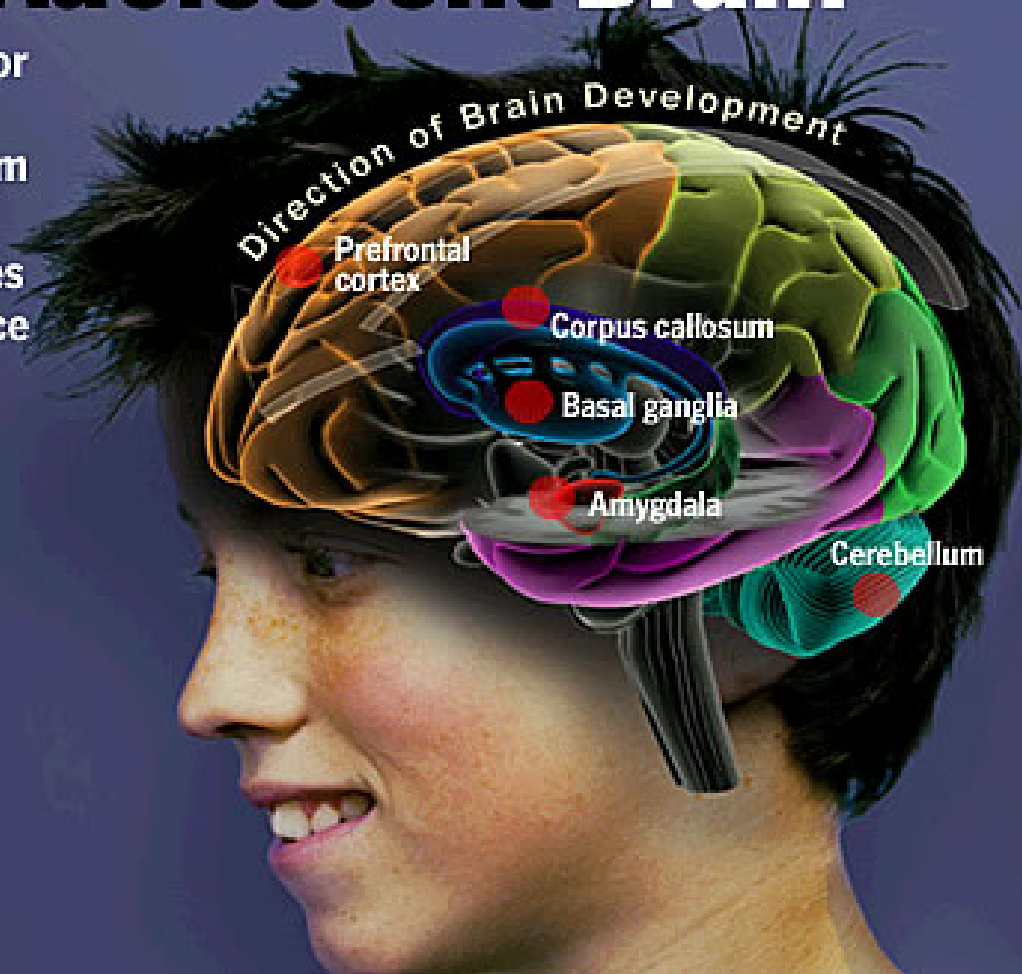
Goals



- ▶ See, hear, process this information through a trauma-informed lens and through the eyes of the youth you serve
- ▶ Validate and reinforce all the good things you know and do
- ▶ Provide you with information that will enhance/improve your services

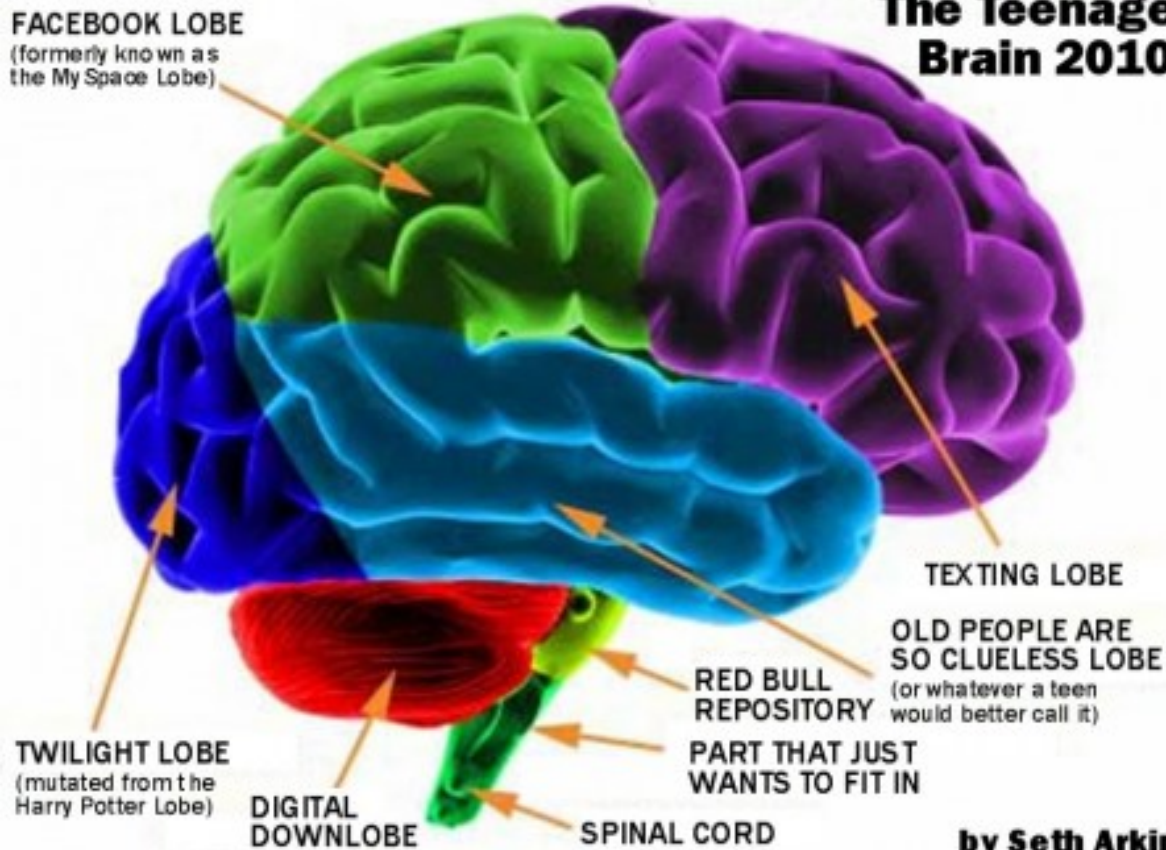
Inside the Adolescent Brain

The brain undergoes two major developmental spurts, one in the womb and the second from childhood through the teen years, when the organ matures by fits and starts in a sequence that moves from the back of the brain to the front



The Teenage Brain 2010

FACEBOOK LOBE
(formerly known as
the My Space Lobe)



TEXTING LOBE

**OLD PEOPLE ARE
SO CLUELESS LOBE**
(or whatever a teen
would better call it)

**RED BULL
REPOSITORY**

**PART THAT JUST
WANTS TO FIT IN**

**DIGITAL
DOWNLOBE**

SPINAL CORD

by Seth Arkin

Trauma Terms

- ▶ **Trauma:** Experiences that cause intense physical and psychological stress reactions. It can be a single event, multiple events, or a set of circumstances that is physically and emotionally harmful or threatening. Can have lasting adverse effects on physical, social, emotional, and/or spiritual well-being. (SAMSHA 2014)
- ▶ **Childhood Traumatic Stress:** Children who suffer from child traumatic stress are those children who have been exposed to one or more traumas over the course of their lives and develop reactions that persist and affect their daily lives after the traumatic events have ended. (NCTSN 2016)

Types of Trauma Exposure

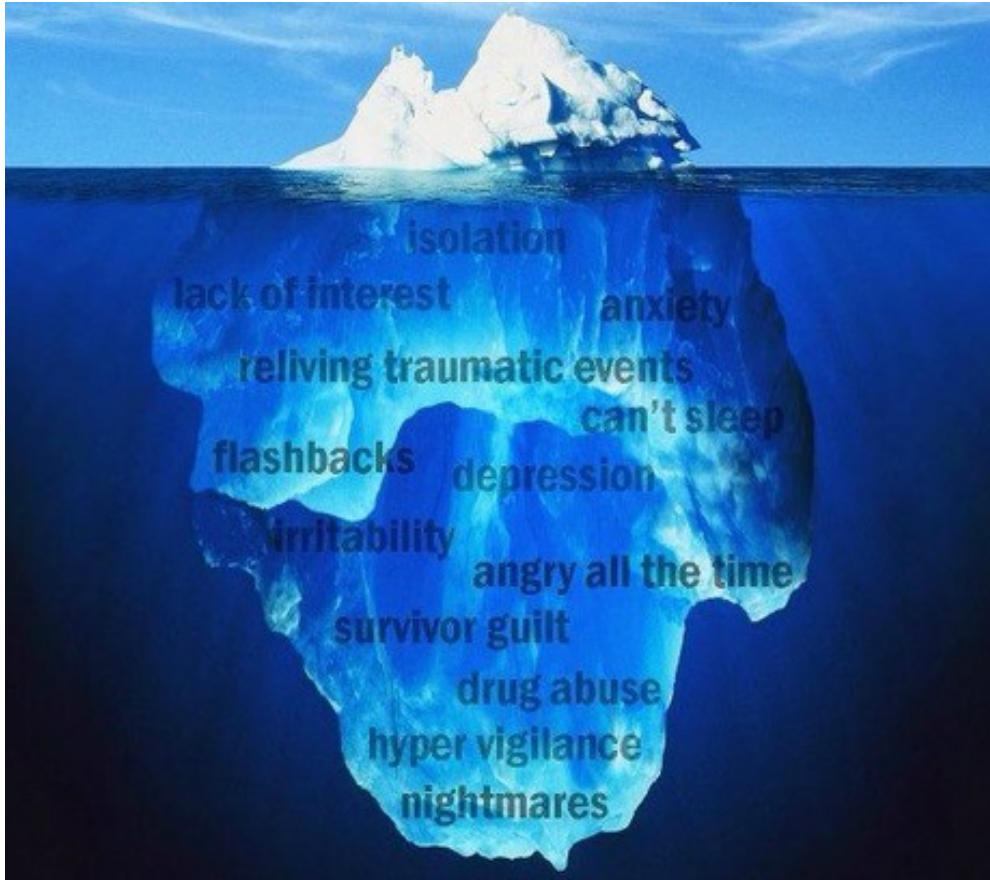
- ▶ Witnessing/experiencing physical violence, community violence
- ▶ Historical Trauma
- ▶ Racism/Hate crimes
- ▶ Childhood sexual, physical, emotional abuse, neglect
- ▶ Being LGBTQ in a dangerous homophobic world
- ▶ Homelessness, poverty
- ▶ Multiple Out-of-Home Placements
- ▶ Immigration/Deportation - self or loved ones
- ▶ War, civil unrest, being a refugee
- ▶ Gang Life
- ▶ Having the state terminate your parent's rights; failed adoption, being a "ward of the state"
- ▶ Sexual Exploitation/Sex Trafficking
- ▶ Major accidents/injuries, chronic illness, disease - self or others
- ▶ Natural and man made disasters
- ▶ Death of loved ones

“Through Our Eyes: Children, Violence, and Trauma”

Introduction Video

<http://ovc.gov/pubs/ThroughOurEyes/index.html>

Video Series on Trauma from Office for Victims of
Crime Office of Justice



Culture

... the beliefs, customs, values, ways of thinking, behaving, shared goals, etc., of a particular, group, society, organization, place, or time.

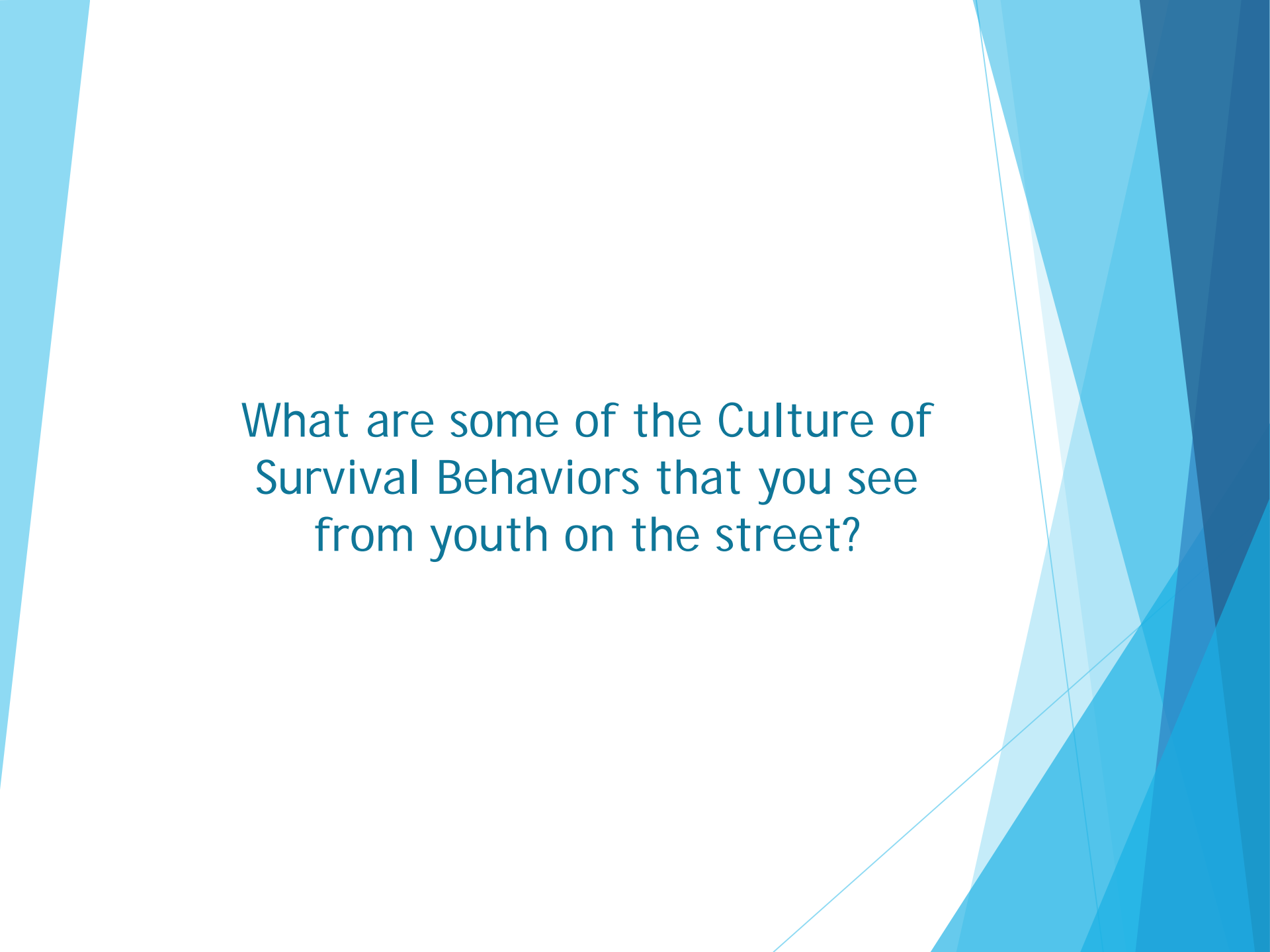
Culture of Survival

Adaptation

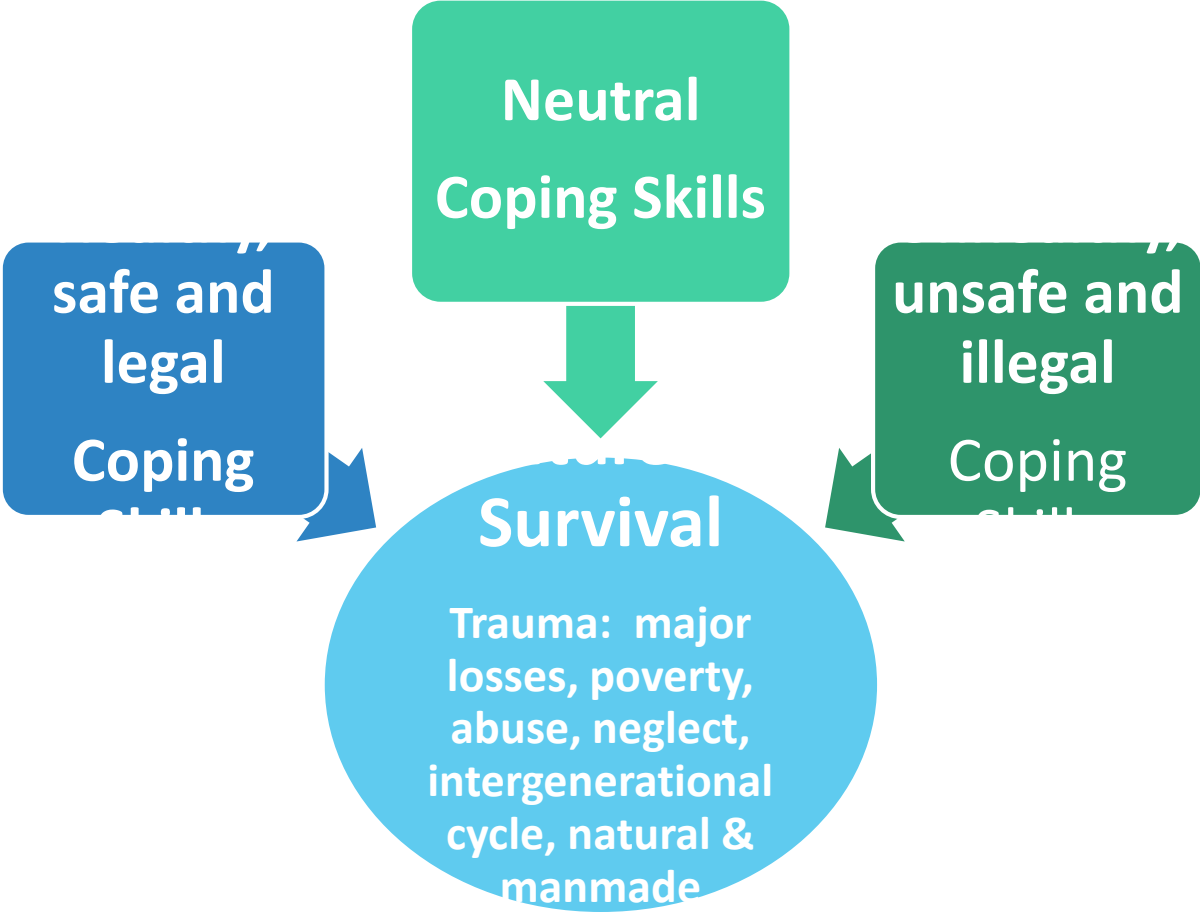
BIOLOGY Change to suit the environment.
The development of physical and
behavioral characteristics that allow
organisms to survive.

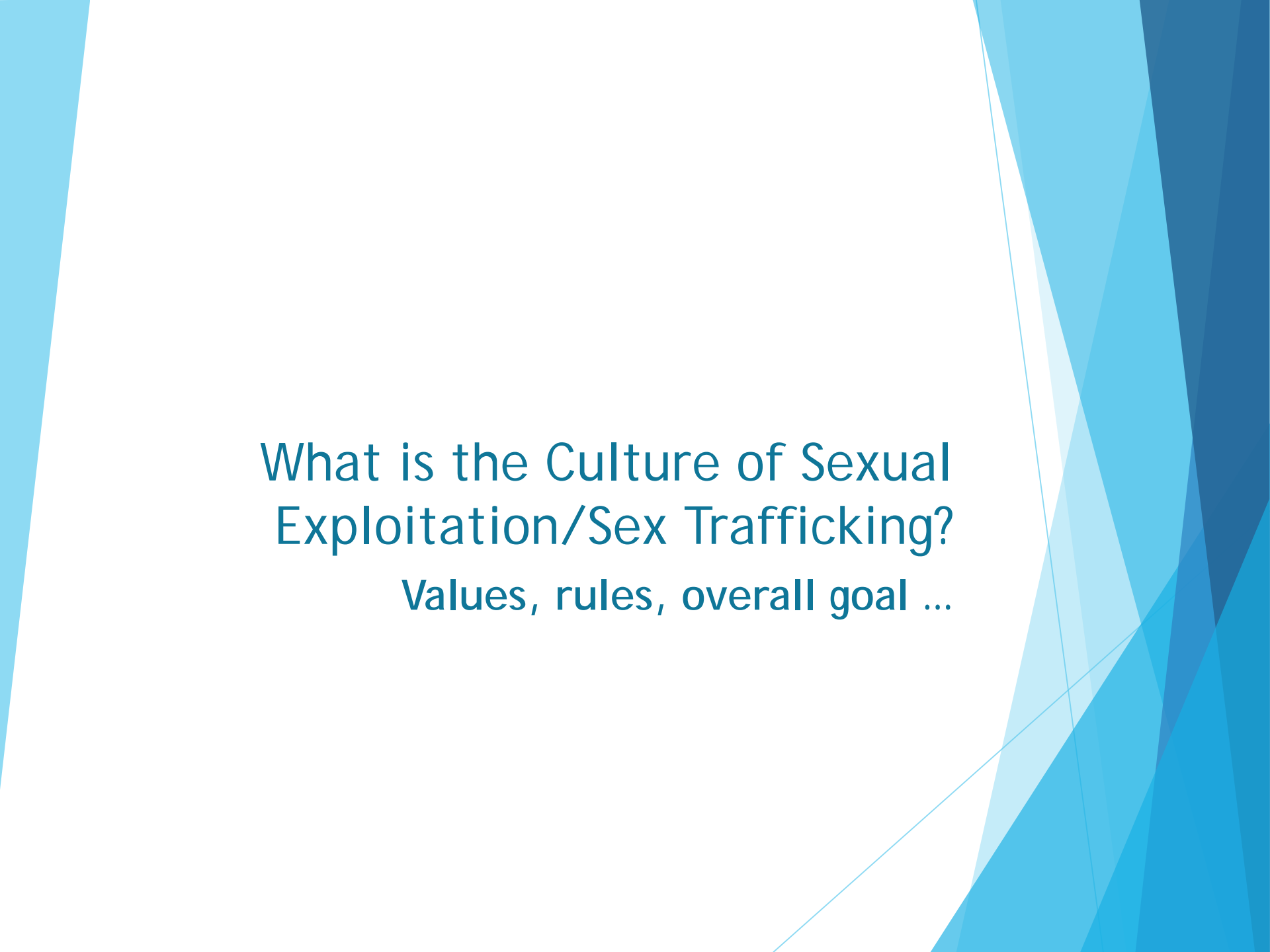
or

*Doing what ever one has to
do to survive!*

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in a clean, dark blue font.

What are some of the Culture of
Survival Behaviors that you see
from youth on the street?



The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered in the white space.

What is the Culture of Sexual Exploitation/Sex Trafficking?

Values, rules, overall goal ...

Trauma-Bonding

- ▶ Traumatic-bonding is an intense attachment to an exploiter/trafficker who makes a person feel emotionally and physically dependent upon him - the exploiter dishes out abuse and rewards so the victim believes that he is all-powerful.
- ▶ The exploiter is *all* about power and control. He systematically erodes a person's ability to think and act independently, using a range of manipulative tactics which include:
 - ▶ Physical abuse/violence and intimidation, constant threats
 - ▶ Making someone constantly doubt their own judgement/perception
 - ▶ Isolating a person from friends and family that may be able to help
 - ▶ Manipulative lies designed to undermine self-esteem and run someone down
 - ▶ Making sure that a victim's time, energy and other resources are focused solely on their exploiter's/trafficker's needs
 - ▶ keeping a victim continually short of money and dependent on the exploiter
- ▶ In time, like a baby, the victim feels dependent upon the exploiter for all of their emotional and physical needs. The person forms a powerful emotional attachment to the exploiter, which he doggedly reinforces through a pattern of abuse/violence and love/reward.

(Avalanche of the Soul 2014)

So what does this mean to you
as an outreach worker or other
provider?

Traumatized youth are NOT Crazy ...

More on the neurobiological impact of trauma



A perceived threat or stress automatically engages an emergency hot line in the brain (the emergency center - the amygdala).



Once activated the amygdala sends an “all points bulletin” that alerts the other brain structures.



The **RAPID RESPONSE ALARM** sends **SURVIVAL ENERGY** to every system in the body - including sending out over 1,400 physical and chemical reactions and over 30 different hormones and transmitters.

Fight or Flight:

A specific biochemical reaction that humans experience during intense stress or fear. An enormous amount of energy is released by our neuroendocrine system. This enables us to fight or flee.

Freeze or Surrender:

When fight or flight is not an option, our autonomic nervous system goes into “freeze” response and we become immobilized. The energy mobilized by the perceived threat gets “locked” into the nervous system when we go into freeze. A non-conscious reaction when one is faced with an overwhelming threat.

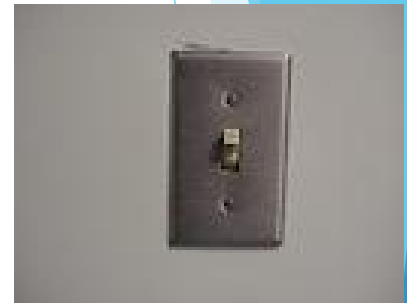


TRIGGERS

Can be a person, place, or thing - something that suddenly causes a survivor to re-experience a past trauma and the intense feelings they had during the traumatic event.

Can result in physical or emotional pain or discomfort.

Can happen instantly and unconsciously and is very disturbing to the person who is triggered.



What can “trigger” trauma response behaviors and/or PTSD symptoms?

- Loud noises - yelling or cars backfiring
- Talking about the abuse
- *Feeling physically vulnerable*
- Certain music, movies, video games
- *Feeling emotionally pressured*
- Smells, textures, tastes, sounds, voices
- Certain anniversaries: rape, accident, death
- Bathing, visiting a doctor, dentist
- Seeing people who remind them of abuser/s
- *Feeling powerless*

Source: [Working with Traumatized Children: A Handbook for Healing](#) by Kathryn Brohl

Staff get triggered too...

Autonomic Nervous System:

Sympathetic:

Mobilizes the body for action - fight or flight

- Increases heart rate and blood pressure
- Dilates bronchi and respiratory rates
- Inhibits digestion
- Stimulates conversion of glycogen to bile by the liver
- Secretion of norepinephrine and epinephrine by adrenal glands

Parasympathetic:

Maintains equilibrium and relaxation

- Decreases heart rate
- Constricts bronchi and respiratory rates
- Stimulates digestion
- Stimulates release of bile by the liver
- Lowers blood pressure

Trauma and the Impact on Memory

Physical, emotional and sexual abuse trauma can drastically impact a person's memory.

Given that processing and memory can be effected, what are the implications for your work?

First Aid for Hyper Arousal/Survival Response ...

Breathe

Physiology of Breathing:

Breathing is controlled by both the:

1. **Autonomic** nervous system
(Unconscious and automatic working on our behalf)
2. **Voluntary** nervous system
(Conscious - we can actively intervene at this level)

Diaphragmatic/Soft Belly Breathing:



- Activates the relaxation response - the pause in ourselves, applies “the brakes” to our hyper arousal
- Releases hormones associated with well being such as DHEA
- Our right hemisphere is influenced - opening up our receptivity - our thinking opens up and becomes more **FLEXIBLE** and **FOCUSED**

Just Breathe

<https://www.youtube.com/watch?v=RVA2N6tX2cg&feature=youtu.be>

Trauma-Informed Care

A strength-based service delivery approach grounded in an *understanding of* and *responsiveness to* the impact of trauma

- Emphasizes physical, psychological and emotional safety
- Creates opportunities for survivors to **rebuild a sense of control and empowerment**
- Believes and upholds the importance of consumer participation in the development, delivery and evaluation of services.
- Organizations are vigilant in anticipating and avoiding institutional processes and practices that are likely to retraumatize people who have histories of trauma
-

Applying Universal Precautions

As part of trauma informed care, each adult working with any child or adolescent should presume that the child has been trauma exposed.

The use of universal precautions involves providing unconditional respect to the child and being careful not to challenge him/her in ways that produce shame and humiliation.

Such an approach has no down side...

Gordon R. Hodas, MD, 2006



The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background that is partially framed by these blue shapes.

Make them feel good about
themselves

... remember that exploiters and pimps
worked very hard to tear them down.

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in the white space between these shapes.

What other approaches work
for youth?

Positive Youth Development:

“... an intentional, pro-social approach that engages youth within their communities, schools, peer groups, organizations, and families”.

- ▶ Recognizes, utilizes, and enhances youths' existing strengths
- ▶ Promotes positive outcomes for young people by fostering healthy and positive relationships
- ▶ Provides the support needed to build on youth leadership strengths

www.findyouthinfo.gov/youth-topics/positive-youth-development

Connecting with Youth ...

- ▶ Ask youth to tell you who they are and who they want to be
- ▶ Ask youth about their strengths, skills, resources
- ▶ Ask youth about their dreams and aspirations
- ▶ Ask youth about the common mistakes/assumptions others make about them
- ▶ Ask youth what works for them (and what doesn't work ...)

Harm Reduction

- ▶ Empowering youth by offering a support system that allows youth enough control to make their own positive decisions and then space to safely see the outcomes of these decisions.
- ▶ *Harm reduction for youth means meeting a youth where they are in life and letting them make decisions about what they need and about the services they receive.*

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background that is partially framed by these blue shapes.

Being Trauma-Informed:

Connecting with youth
in Safe Ways

What does SAFETY mean for youth who have been sexually exploited and out on the streets?

- Physical
- Emotional
- Cultural

Disclosures of Sexual Abuse/Violence, Exploitation

- ▶ youth should know you are mandatory reporters *before* they disclose
- ▶ Don't "force" disclosures in any way.
- ▶ Understand how vulnerable youth are once they've disclosed, they need comfort, reassurance and support
- ▶ Be careful about disclosures in groups - not all youth are at the same place; confidentiality is an issue, youth can be re-traumatized
- ▶ Ask about safety concerns -Take their concerns seriously

Safety through Relationships

- ▶ Respect that trauma causes youth to behave in all sorts of ways that may not make sense... Be patient
- ▶ Respect that the healing process and the road to recovery can be exhausting, overwhelming and does not go in a straight line.
- ▶ Model healthy relationships and boundaries
- ▶ *Don't take their behavior personally*

Help youth Acquire and Practice Emotional Regulation Skills

The ability to use and respond to emotions in a healthy manner.

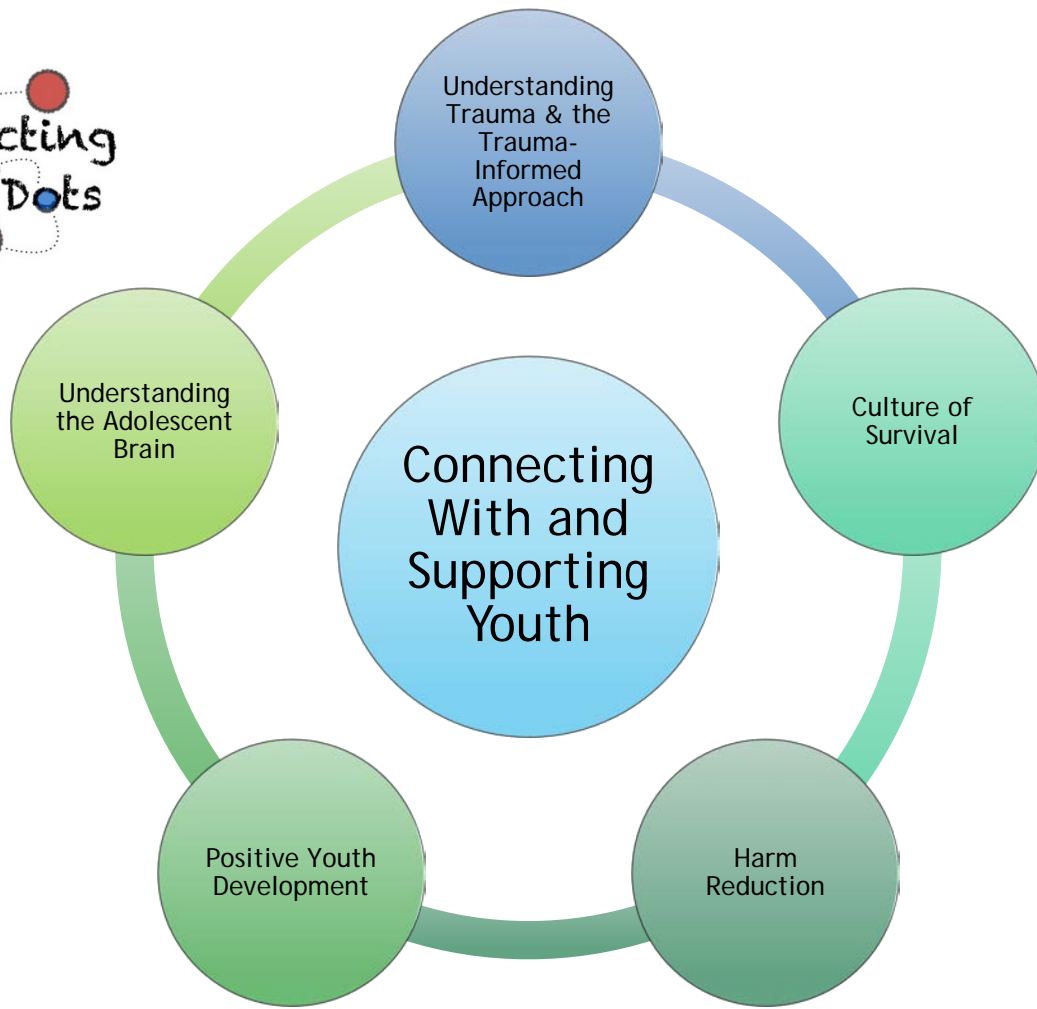
Healthy emotion regulation skills include:

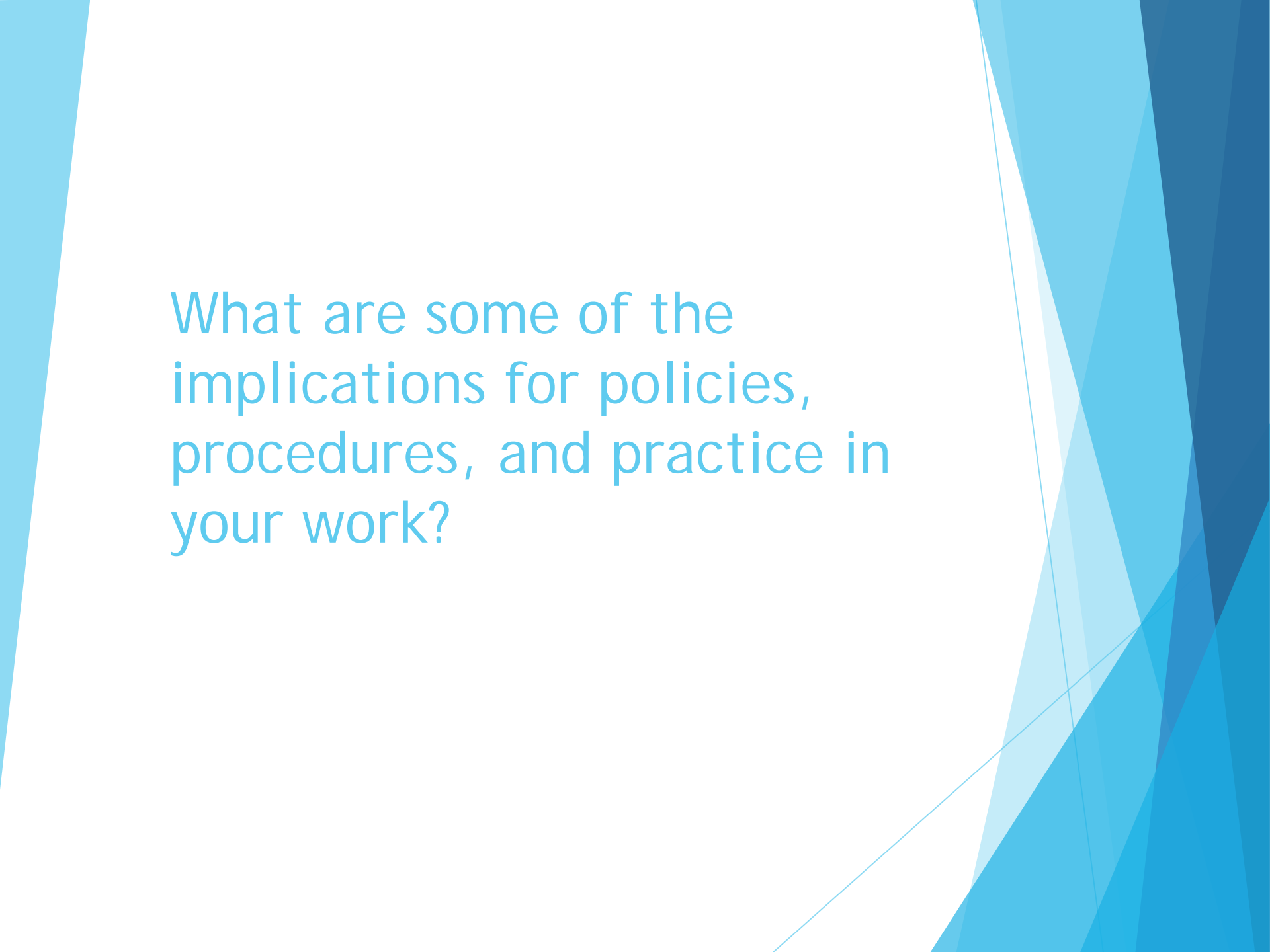
- Being willing to experience and accept all emotions.
- The awareness of emotions and the ability to distinguish between different emotions.
- Having a number of different healthy strategies available to manage uncomfortable emotions

What is the best way to teach emotional regulation?

Bring youth back to the present ...

The more we can help youth stay in the present the more they can keep the past from overwhelming them.



The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is positioned in the upper-left quadrant of the white space.

What are some of the implications for policies, procedures, and practice in your work?

Individual Responsibility

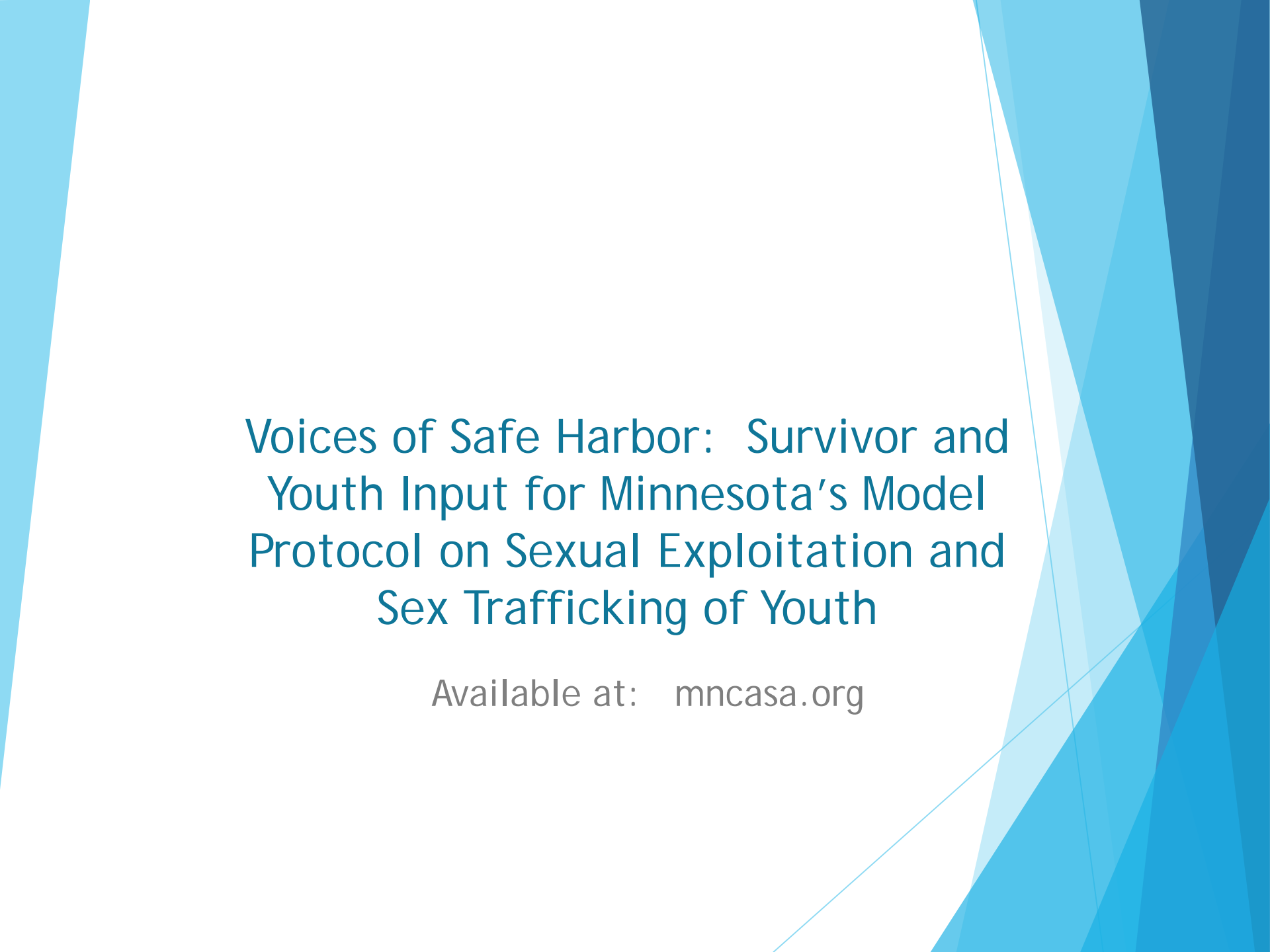
- ▶ Learn all that you can about youth, about trauma, what works, what doesn't, keep learning. Your best experts are ...
- ▶ Know your limitations
- ▶ Ask for help when you need it
- ▶ Model what you want for youth - Remember that youth are watching you closely!
- ▶ TAKE GOOD CARE OF YOURSELF! Your mind, body and spirit!

"We have an obligation to our clients, as well as to ourselves, our colleagues and our loved ones, not to be damaged by the work we do." (NCTSN 2016)



Our job is to ensure that youth get the help, support and resources they need in order to ...

transform the impact of trauma into health and well-being and hope for the future.

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central text is set against a white background that is framed by these blue shapes.

Voices of Safe Harbor: Survivor and Youth Input for Minnesota's Model Protocol on Sexual Exploitation and Sex Trafficking of Youth

Available at: mncasa.org

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue, set against a white background.

Thank You!

Paula Schaefer

Safe Harbor Training Coordinator
Injury and Violence Prevention Unit
Minnesota Department of Health
Email: Paula.Schaefer@state.mn.us

Next Steps

Take the survey.
Do it.

Thank you

- ▶ Future trainings.
- ▶ Safe Harbor.
- ▶ Collaboration



Minnesota
Department
of Health



Minnesota Department of **Human Services**

JOIN US FOR OUR NEXT TRAINING:

SWC Safe Harbor Training Save-the-Date

October 19, 2016

11:30-1:00 LSS State Center



Lutheran Social Service of Minnesota
for changing lives