

A Trauma-Responsive Community

Fostering Resiliency

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Learning Objectives

- Why it's important to understand the significance and impact of trauma.
- To understand what a trauma-responsive community might look like
- To learn from two communities' trauma journeys, including approaches, accomplishments, lessons learned and remaining challenges

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What is Trauma?

- Individual trauma results from an **event**, series of events, or a set of circumstances that is **experienced** by an individual as physically or emotionally harmful or threatening and that has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being. SAMHSA
- Witnessing or experiencing an event or series of events that pose a real or perceived threat to the life or well-being of a person. Troup County Trauma Responsive Community Project

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What is Intergenerational Trauma?

- When the effects of trauma are ignored or there is no support for dealing with it, the trauma will be passed from that generation to the next.
- "These unhealthy ways of behaving that people use to protect themselves can be passed on to children, without them even knowing they are doing so. This is the legacy of physical and sexual abuse".
- What we learn to see as "normal" when we are children, we pass on to our own children.

Aboriginal Healing Foundation, 1995

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What is Secondary Trauma/Vicarious Trauma?

- This refers to the suffering and stress that comes from witnessing, helping or trying to help a traumatized person.
- Nurses, teachers, hospice workers, foster parents, child welfare workers, physicians, police officers and judges may experience secondary trauma; so can emergency workers who assist following a natural disaster.
- Symptoms of secondary trauma can include sadness, anger, poor concentration, emotional exhaustion and shame.

*"...We are stewards not just of those who allow us into their lives but of our own capacity to be helpful."
- Trauma Stewardship*

Commonwealth Resilience Cookbook

11/2/2017 Version 5

What is Resiliency?

- Resiliency is the context-specific ability to respond to stress, anxiety, trauma, crisis, or disaster.
- It is the ability to bounce back.
- It is the interaction of risk and protective factors that plays the central role in the development, enhancement, and activation of resilience.

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Risk Factors

- **Risk factors** are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.
- **Individual-level risk factors** may include a person's genetic predisposition to addiction or exposure to alcohol prenatally.

SAMHSA 2016

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Protective Factors

- **Protective factors** are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering
- **Individual-level protective factors** might include positive self-image, self-control, or social competence.

SAMHSA 2016

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Long Term Effects of Trauma



SAMHSA 2016

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What Can We Do to Change the Script?

- One thing we can do as a community is to surround our children, families, and peers with trauma-responsive systems, consistently trained and messaged, working in meaningful collaboration with one another.
- Giving children an honest sense of safety and giving parents the information they need to rebuild their families is the message of hope that each of them need.

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A Trauma-Informed Approach

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seeks to actively resist *re-traumatization*."

SAMHSA 2016
11/2/2017 Version 11

Guiding Principles of a Trauma-informed Approach

SAMHSA©2016
11/2/2017 Version 12

7 Essential Elements of a Trauma Informed System

1. Maximize physical/psychological safety
2. Identify trauma-related needs
3. Enhance child well-being and resilience
4. Enhance family well-being and resilience
5. Enhance staff well-being and resilience
6. Partner with youth and families
7. Partner with other agencies and systems

NCTSN 11/2/2017 Version 13

Which Takes us Back to This

Trauma Responsive Communities surround their children, families, and peers with trauma-responsive systems, consistently trained and messaged, working in meaningful collaboration with one another.

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Clarke County Trauma Project

- > Approach
- > Accomplishments
- > Lessons Learned
- > Remaining Challenges

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Troup County Trauma Responsive Community Project

- Approach
- Accomplishments
- Lessons learned
- Remaining Challenges

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Credits

- National Child Traumatic Stress Network
- Casey Family Programs
- National Council of Juvenile and Family Court Judges
- Chadwick Center for Children & Families
- Massachusetts Advocates for Children in collaboration with Harvard Law School and the Task Force on Children Affected by Domestic Violence
- Presentations by the Honorable Peggy Walker

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Learn More

- Adverse Childhood Experiences Study; www.cdc.gov/ace/index.htm
- SAMHSA www.SAMHSA.gov
- Center for the Developing Child; www.developingchild.harvard.edu
- Child Trauma Academy; www.childtrauma.org
- National Child Traumatic Stress Network; www.nctsn.org
- Zero To Three; www.zerotothree.org

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Learn More

- National Council of Juvenile and Family Court Judges; www.ncjfcj.org
- Justice For Children; www.complextrauma.us
- Community Resilience Cookbook <http://communityresiliencecookbook.org/the-language-of-aces/>

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