

CORE TRAINING FOR RESOURCE FAMILIES

SESSION ONE
UNDERSTANDING TRAUMA AND THE IMPACT ON CHILDREN

ALASKA CENTER FOR RESOURCE FAMILIES
Written and Produced by the Alaska Center for Resource Families and Funded by the State of Alaska Department of Health and Social Services Office of Children's Services.

AKIDFCS
ALASKA DEPARTMENT OF HEALTH AND SOCIAL SERVICES
OFFICE OF CHILDREN'S SERVICES

CLASS GUIDELINES

- Sign in by entering your name and location in the chat box
- Participate in activities
- Step Forward, Step Back
- Respect each other during discussions
- Respect confidentiality
- Take care of your needs
- Ask questions and have fun!

Hi! I have a couple of questions!

NETIQUETTE

Speak clearly, and aim your voice to your computer screen or mic

Step away quietly if you need to

Keep yourself muted unless speaking

Feel free to set the camera to show your face, but we understand if connectivity may prevent that

Use the chat box to ask questions, or message one of the hosts for support



ACRF offers support, information and training to all of Alaska's resource families (foster, adoptive, relative caretakers and guardianship families).

We welcome families regardless of race, age, sex, marital status, religious beliefs, physical disability, gender identity, or sexual orientation.

SCAVENGER HUNT (ZOOM STYLE!)



- Find Chat- Type your answer to the question:
 - What is your nickname?
- Find Reaction Button- Clap or Thumbs Up
 - Clap if you are over the snow/Thumbs up if you will miss it!
- Speaker View vs. Gallery View

BECOMING A
HEALING FAMILY

UNDERSTANDING
TRAUMA



WHAT DO CHILDREN NEED?

- Food
- Shelter
- Health Care
- Clothing
- Safety



- Love
- Respect
- Responsibility
- Acceptance

- Values
- Spirituality
- Guidance
- Consistency

- Friend
- Relationships
- Education
- Culture

WHAT HAPPENS WHEN CHILDREN ARE NOT TAKEN CARE OF?

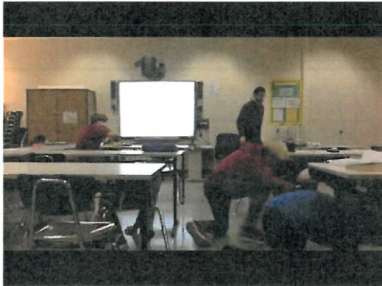
Sick	Homelessness	Attachment problems	Low self esteem
Feel unloved	Doesn't respect authority	School problems	Anti-social
Aggressive	Behavior problems	Anger	Drugs and alcohol

WHY DO CHILDREN COME INTO FOSTER CARE?

- Maltreatment, Physical Abuse, Sexual Abuse
- Substance Abuse
- Domestic Violence
- Neglect, Abandonment, Unwilling Caretakers
- Mental Health Issues

WHAT IS TRAUMA?

- Trauma threatens the life or physical integrity of the child or someone critically important to the child
- It causes an overwhelming sense of terror, helplessness, and panic
- The body reacts to this threat automatically - increased heart rate, shaking, dizziness/faintness, rapid breathing, release of stress hormones or loss of control of bowel or bladder



EARTHQUAKE!

ACUTE TRAUMA

Single event that lasts for a limited period of time

Even during a brief traumatic event, a child can go through many feelings, thoughts, and physical responses



CHRONIC TRAUMA

The experience of multiple traumatic events often over a long period of time.





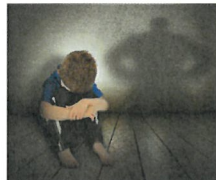
NEGLECT

- Failure to provide for a child's basic needs
- Perceived as trauma by an infant or young child completely dependent on adults for care
- Opens the door to other traumatic events
- May reduce a child's ability to recover from trauma

COMPLEX TRAUMA

The term *complex trauma* is used to describe a specific kind of *chronic* trauma that is caused by the same people that the child depends on for survival and safety.

- Multiple traumatic events that begin at a very young age
- Chronic physical and sexual abuse are two kinds of experiences associated with complex trauma





HISTORICAL TRAUMA

Historical trauma refers to cumulative emotional and psychological wounding, extending over an individual lifespan and across generations, caused by traumatic experiences to groups of people.

GENERATIONAL TRAUMA

Generational trauma is chronic trauma not dealt with adequately in one generation that gets passed down unwittingly in a family's behaviors and thought systems





FIRST IMPRESSIONS: EXPOSURE TO VIOLENCE AND A CHILD'S DEVELOPING BRAIN VIDEO

- Experiences shape how the brain develops.
- Young children, are impacted more severely.
- The development of the outside of the brain, depends on the healthy development of the lower parts of the brain.
- The top part of the brain, where you do all your thinking, is the easiest to modify. But if a child has experiences of trauma while the lower part is developing, those are harder to change.
- Children exposed to domestic violence are experiencing a state of fear and the systems involved in thinking are shut down.

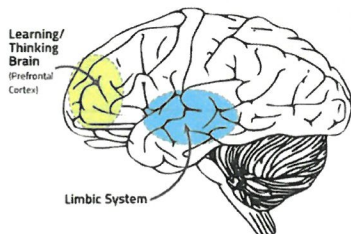
FACTORS AFFECTING HOW CHILDREN RESPOND TO TRAUMA

IT CAN DEPEND ON...



Survival Mode: Flight/Fight/Freeze

Frontal lobe (Prefrontal cortex) goes offline
Limbic system / mind and lower brain functions take over



DR. DAN SIEGEL'S HAND MODEL OF THE BRAIN

Flip the Lid (Hand Model of the Brain)

Make a fist with your thumb tucked inside your fingers. This is a model of your brain.



Thumb - Midbrain (Stem & Limbic) - Emotional Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

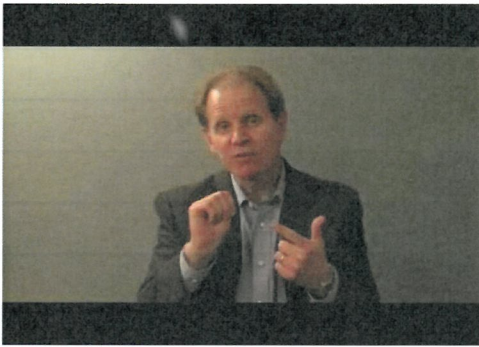
Fingers - Cerebral Cortex - Rational Brain. Houses our ability to think and reason.

Fingernails - Prefrontal Cortex - Problem Solving.

When something triggers us, we are prone to "flip our lid" which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we're not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.

Dr. Dan Siegel





HOW DO CHILDREN RESPOND TO TRAUMA?

Hyperarousal




Re-experiencing



Avoidance & Withdrawal






WHAT YOU MIGHT SEE

- Trauma reminders or triggers; May lead to behaviors that seem out of place
- Problems concentrating, learning, or taking in new information
- Difficulty going to sleep or staying asleep, nightmares
- Emotional instability; moody, sad or angry and aggressive
- Age-inappropriate behaviors


LONG TERM TRAUMA CAN AFFECT:




TRUST IN OTHERS




SENSE OF PERSONAL SAFETY



EMOTIONAL STABILITY




ACADEMIC ACHIEVEMENT



PROBLEM SOLVING SKILLS

THINK "JIG SAW" CHILDREN



The term "Jig Saw" can explain the uneven development that may happen because of inconsistent or traumatic events that interfered with a child's development.

SOCIAL DEVELOPMENT

- Attention seeking behaviors or boundary issues
- Emotional Detachment, Attachment Disorders
- Problems in Peer Relationships
- Could have learned manipulation skills





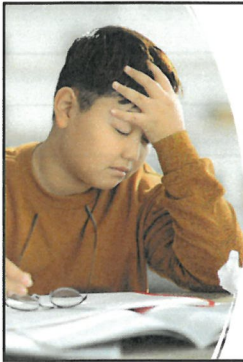
EMOTIONAL DEVELOPMENT

- Parentified
- May not trust adults
- Guilt, shame and anger
- Trouble regulating emotional responses
- Fearfulness; Physical response to stress
- Hyper-vigilance, Hyper-arousal
- Depression and anxiety, Spacing out, Numbing, Withdrawal

PHYSICAL DEVELOPMENT

- Physical problems such as hearing or dental problems
- Failure to Thrive, Lack of Basic Hygiene Skills
- Eating, Sleeping and Bedwetting Problems
- Physical Injury or Medically Related Conditions
- Development and Language Delays





COGNITIVE DEVELOPMENT

- Trouble remembering and concentrating
- Learning Issues, or behind in School
- Attention difficulties or impulse control
- May have missed some basic skills (colors, reading) due to neglect



RECOVERING FROM TRAUMA: THE ROLE OF RESILIENCE

Resilience is the ability to recover from traumatic events.

- Youth can learn new ways of thinking, relating, and responding.
- Provide new, positive experiences and examples.
- Time and patience needed.

FACTORS THAT CAN INCREASE RESILIENCE INCLUDE:

- A strong relationship with at least one competent caring adult
- Feeling connected to a positive role model or mentor
- Having talents/ abilities nurtured and appreciated
- Feeling some control over one's own life
- Having a sense of belonging to a community, group or cause larger than oneself



RESOURCE PARENTS CAN HELP BUILD RESILIENCE

- Trauma Informed Parents seek to understand where the behavior is coming from and help the child heal from the cause



- Instead of "What is wrong with you" - seek to understand "What happened to you"
