



**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 Alaska
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AK | DFCS

OFFICE OF
CHILDREN'S
SERVICES

1

MEET YOUR TRAINERS!



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2

ALASKA
center for
RESOURCE FAMILIES

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.

3

Class Guidelines

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

Hi! I have a couple of questions!



4

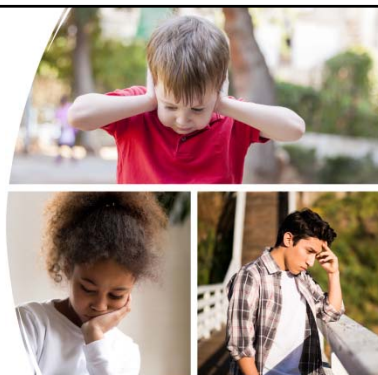
Scavenger hunt (zoom style!)



- Find Chat- Type your answer to the question:
 - What is your favorite season?
- Find Reaction Button- Clap or Thumbs Up
 - Clap if you are ready for the snow/Thumbs up if you wish it would stay gone!
- Private message Instructors
 - What is your favorite Color? - Then select Meeting Group Chat and share your answer.

5

Becoming a
healing family
understanding
trauma



6

What do children need?

- Food
- Shelter
- Health Care
- Clothing
- Safety



- Values
- Spirituality
- Guidance
- Consistency

- Love
- Respect
- Responsibility
- Acceptance

- Friend
- Relationships
- Education
- Culture

7

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

8

Why do children come into foster care?

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

9

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

10

Types of Trauma

- ☐ Acute Trauma - Single event over a short period of time
- ☐ Chronic Trauma - multiple events over a long period of time
- ☐ Neglect - failure to provide for basic needs, supervision and self worth
- ☐ Complex Trauma - (Betrayal Trauma) - trauma caused by the person who is the caregiver
- ☐ Historical Trauma - emotional and psychological wounding of groups of people across generations or to individuals
- ☐ Generational Trauma - unresolved trauma that gets passed down from parent to child through actions or maladaptive coping mechanisms



11

Sexual Abuse of Children

Particular Impacts:

- Betrayal of Adult Protection and Trust
- Traumatic Introduction of Sexuality
- Stigmatization

Additional Impacts:

- Sleep related difficulties
- Fear of bathrooms, bedrooms, certain types of people
- Depression, Confusion
- Trouble with Boundaries
- Need for Sexuality Education
- Sexual Acting Out Behaviors



12

What Do Children Who Have Been Sexually Abused Need from their Caregiver?

Feeling of
Safety



House
Rules

Healthy
Boundaries

Sexuality
Education

Counseling

13



14

Key take aways

- 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.

15

How do children respond to trauma?

Exhibition

Exhibition

Exhibition



16

Factors Affecting how Children Respond to Trauma

Exhibition

Exhibition

Exhibition

Exhibition

17

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

18

Long term trauma can affect:



~PS,SESPTS



QQQ57M2K3A
Q72A



~PS,SEB%3E2
255BQ



~PS,SECB%3E2
AQ9 9CBQ



M9Q,9AKO 255BQ3A
BQKQQCBQ3BQ

19

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.

20

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.

21

To Heal from Early Trauma, Children Need...

- To feel safe and cared for (Safe)
- To be nurtured within family relationships (Connected)
- To have an environment that helps set boundaries and provides guidance (Regulated)



22

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



23

What can help build resilience? – today's assignment!



24
