

Developing Trauma Informed Juvenile Justice Practices in Crawford County

Harrisburg, PA

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Presented by:
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Harry Nelson, MA**

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Crawford County's Process In Brief

- 1. Developing Buy-in**
- 2. Staff Training – Developing a “Trauma Lens”**
- 3. Screening**
- 4. Case Planning and Consultation**
- 5. Referral for Evidence Based Services**

Crawford County's Process In Brief

1. Developing Buy-in

ACES

Kick-off Conference

Crawford County's Process In Brief

1. Developing Buy-in

2. Staff Training – Developing a “Trauma Lens”

9 Hours of Trauma Training

Crawford County's Process In Brief

1. Developing Buy-in
2. Staff Training – Developing a “Trauma Lens”
3. **Screening**

**Universal
Many Tools Available**

Crawford County's Process In Brief

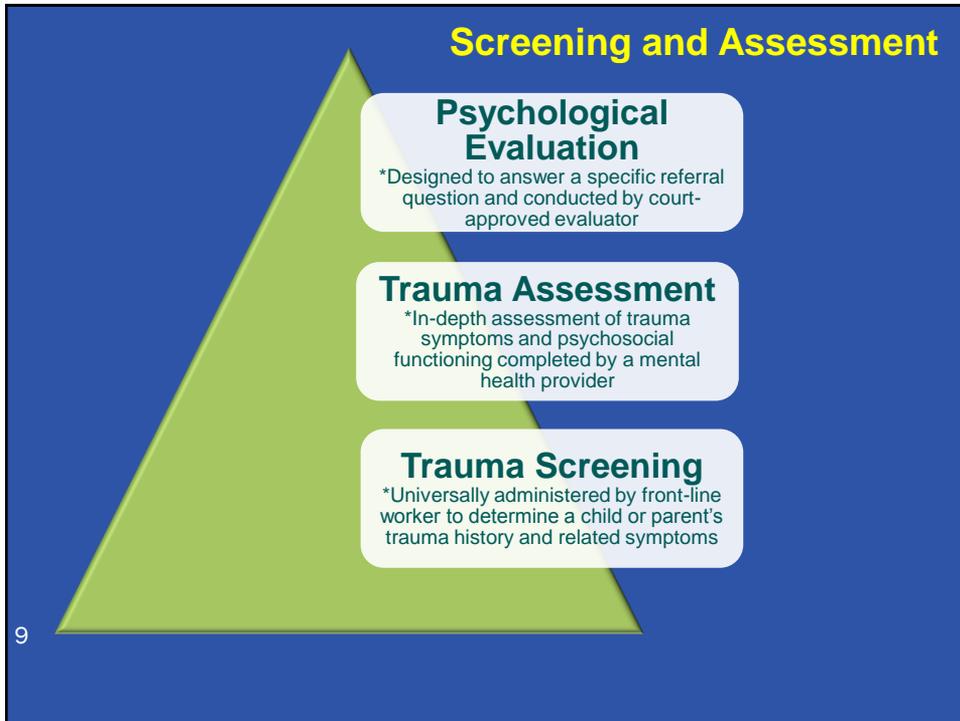
1. Developing Buy-in
2. Staff Training – Developing a “Trauma Lens”
3. Screening
4. **Case Planning and Consultation**

Crawford County's Process In Brief

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Why is Universal Trauma Screening Essential for Juvenile Justice?

- Extremely high rates of evidence of trauma exposure and PTSD symptoms in youth served by JJ
- Trauma can seriously disrupt a youth's, physical, behavioral, emotional and cognitive development; fueling delinquency and hampering resilience.
- Violent victimization increases youth's both their risk of engaging in violence and their risk of being revictimized.
- Trauma symptoms can impair a youth's ability to benefit from interventions.

Kerig, Trauma informed Assessment Intervention 2013

The YLS/CMI – One Suggestion for Incorporating a Brief Trauma Screening

FAMILY CIRCUMSTANCES/PARENTING

16. Do your mom and dad work? What do they do?
Is the family income adequate?

(Insert ACES Questionnaire)

17. Is there anything else you would like to tell me about your home life?

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Trauma Assessment

- Domains covered include:
 - Basic demographics
 - Family history
 - Trauma history (comprehensive, including events experienced or witnessed)
 - Developmental history
 - Overview of child's problems/symptoms
- Includes trauma-specific standardized clinical measures to assist in identifying the types and severity of symptoms the child is experiencing
- May include assessment of caregiver stress and/or trauma and parent-child relationship

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Trauma Specific Treatment

- There are a number of treatment models that have been shown to be effective in reducing trauma symptoms in children and youth.
- When making referrals, look for therapists with specialized training/expertise in evidence based trauma treatment models.
- Instead of asking, “Can you treat traumatized youth?” Ask, “What models of trauma treatment are you trained in?”

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Examples of Evidence Based Trauma Treatment for Youth

- Trauma Focused – Cognitive Behavioral Therapy (TF-CBT)
- Prolonged Exposure Therapy for Adolescents
- Seeking Safety (Trauma and Drug/Alcohol issues)
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
- Traumatic Incident Reduction (TIR)

More models: www.nrepp.samhsa.gov www.cebc4cw.org

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Crawford County's Next Steps

Development of Work Group With
Consumer/Family Partnership

Choice of Specific Organizational
Self-Assessment Tool

Collect and Analyze Survey Data

Workgroup Prioritizes Goals

Development of Implementation Plan /
Insure Sustainability

Assessment of Outcomes

The Adverse Childhood Experiences Study



Dr. Felitti – Kaiser Permanente



Dr. Anda – Center for Disease
Control and Prevention

ACE Study Demographics

N = 17,421 People

Gender: 54% Female

46% Male

Education: 74% Had at least some college

Age: Average age – 54

Race: White – 74.8%

Hispanic – 11.2%

Asian – 7.2%

African American – 4.6%

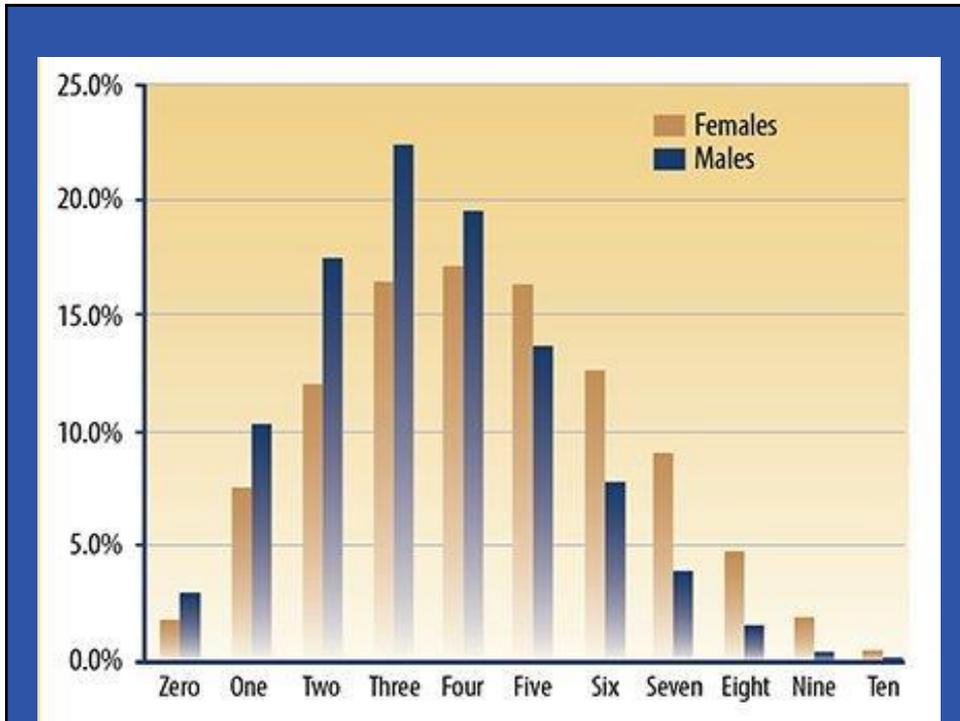
Adverse Childhood Experiences Score

- Number of categories (not events) is summed...

ACE Score	Prevalence
0	33%
1	25%
2	15%
3	10%
4	6%
5 or more	11%*



- Two out of three adults experienced at least one *category* of ACE.
- If *any* one ACE is present, there is an 87% chance *at least* one other ACE category is present, and a 50% chance of 3 others.
- Women are 50% more likely than men to have an ACE Score >5.



Prevalence

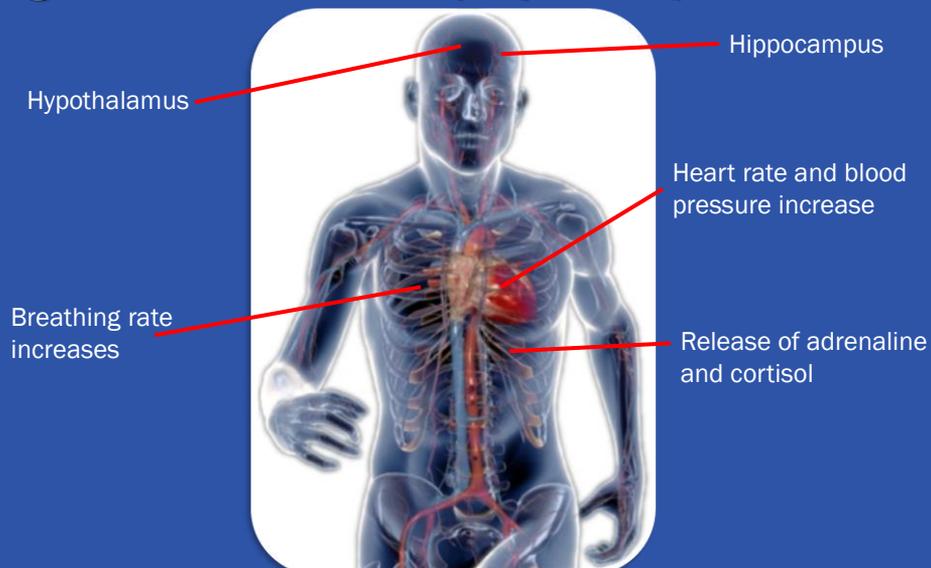
Household dysfunction	Kaiser Permanente	Florida JJ
▪ Substance abuse	27%	27%
▪ Parental separation/divorce	23%	81%
▪ Mental illness	19%	10%
▪ Battered mother	13%	83%
▪ Incarcerated household member	5%	66%
Abuse		
▪ Psychological	11%	35%
▪ Physical	28%	34%
▪ Sexual	21%	19%
Neglect		
▪ Emotional	15%	35%
▪ Physical	10%	15%

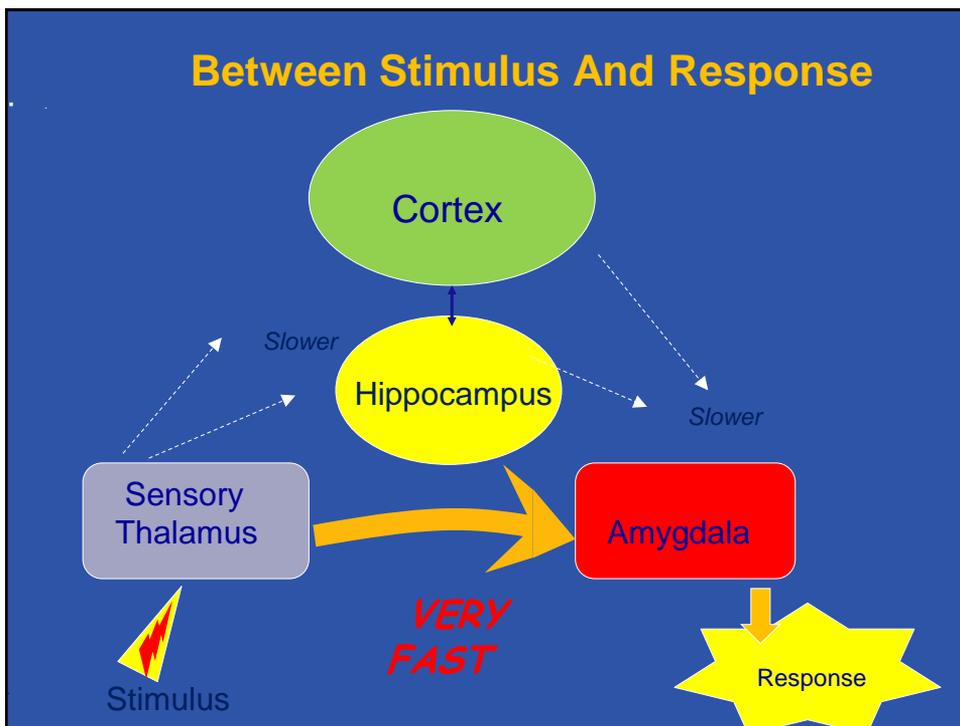
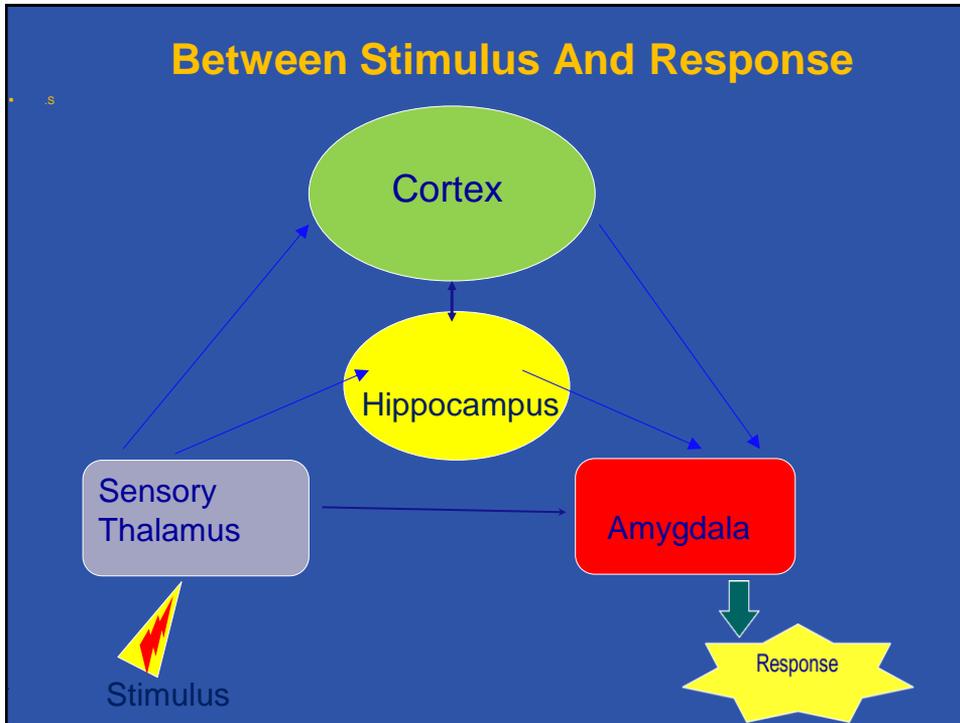
The REALLY Good News!

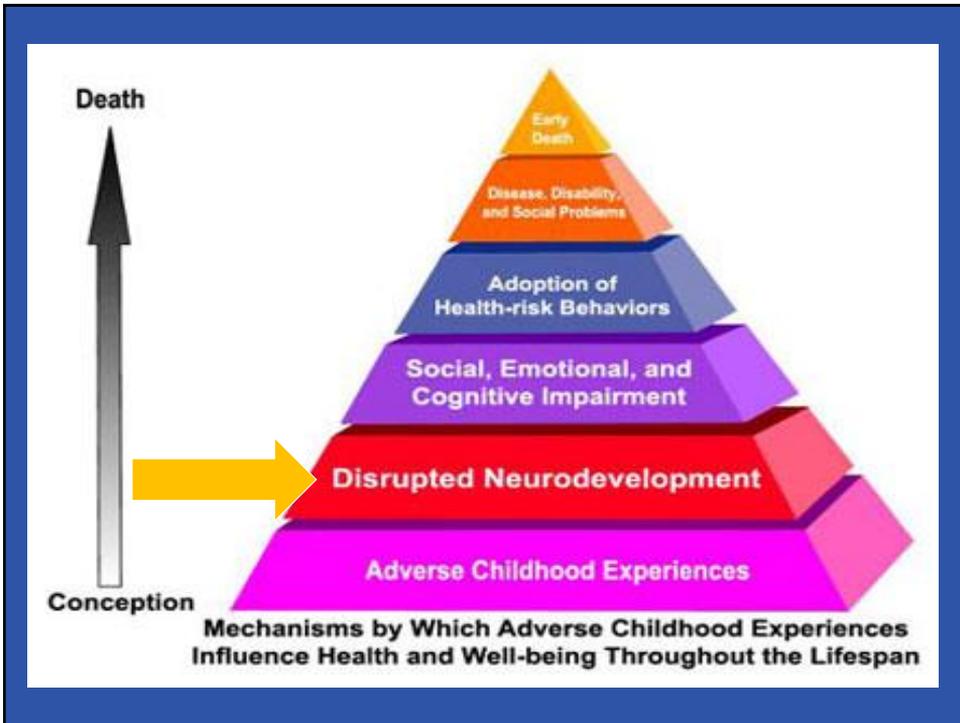
- Prevention works!
- ACEs are not destiny!
- Healing can take place!
- Resilience can be enhanced!



Fight, Flee, or Freeze (to protect)





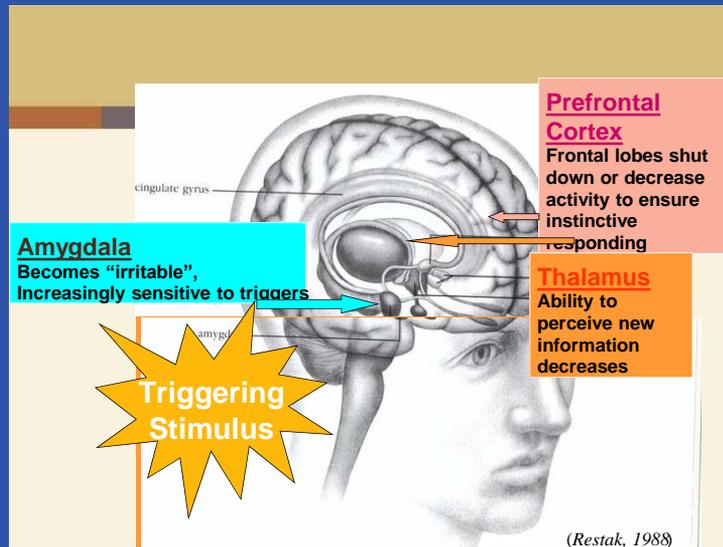


Positive Stress	Tolerable Stress	Toxic Stress
Normal, necessary part Of development	Alert systems activated to A greater degree	Strong, frequent, pro-longed adversity
Brief increases in heart Rate and blood pressure	Activation time-limited and Buffered by caring adult relationships	Disrupts brain architec-ture and other organ systems
Mild elevation in hormone levels	Brain and organs recover	Greater risk of stress re-lated disease & cognitive impairment
Examples: Tough test at school; playoff game	Examples: Death of a loved one, divorce, a natural disaster	Examples: Abuse, neglect, addicted parent

Intense, prolonged, repeated, unaddressed

Social-emotional buffering, Parent resilience, early detection
Prompt, effective intervention

The “Overactive Alarm”



Almazar Consulting

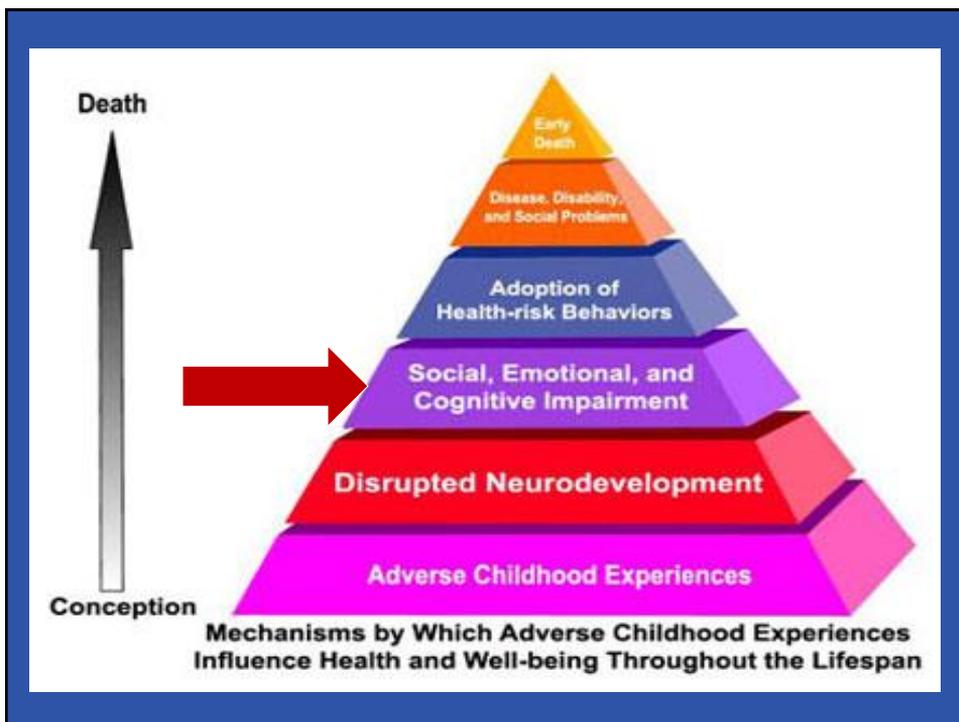
What Triggers the Alarm?

Things, events, situations, places, sensations, and even people that a youth consciously or unconsciously connects with a traumatic event



THE “BIGGIES” AMONG TRAUMA TRIGGERS

- ❖ A PERCIEVED LACK OF CONTROL OR POWER
- ❖ Unpredictability / Unexpected Change
- ❖ Feeling threatened or attacked
- ❖ Feeling vulnerable or frightened
- ❖ Feeling shame
- ❖ Feelings of deprivation or need
- ❖ Intimacy and positive attention





Relationship with Self – Others – the World

- Nurturing & stable attachments with adults
- Belief in a predictable & benevolent world/ generally good things will happen to me
- Feeling of positive self-worth/others will see my strengths
- Optimism about the future
- Feeling that I can have a positive impact on the world
- Basic mistrust of adults/inability to depend on others
- Belief that the world is an unsafe place/bad things will happen & they are usually my fault
- Assumption that others will not like me
- Fear & pessimism about future
- Feelings of hopelessness & lack of control

Social Impact

- Problems with boundaries
- Distrust and suspiciousness
- Social isolation
- Interpersonal difficulties
- Difficulty attuning to other people's emotional states
- Difficulty with perspective taking
- Difficulty enlisting other people as allies
- Difficulty communicating wishes and desires

Emotional Regulation

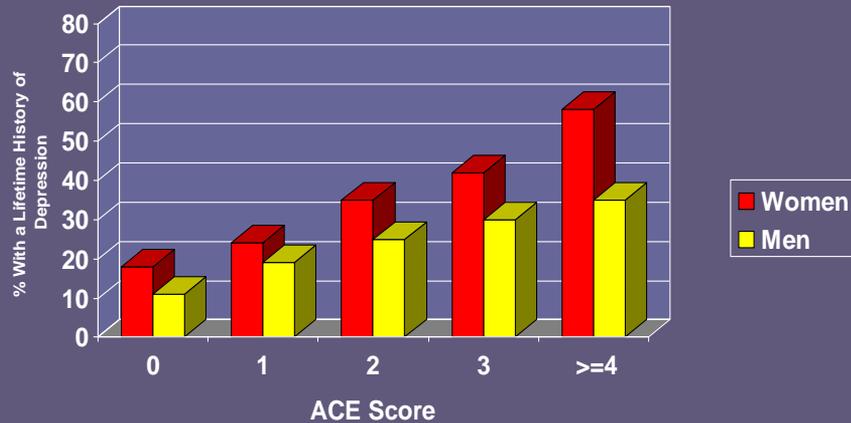
- Difficulty with recognizing their own emotions
- Communicating their feelings effectively
- Reading cues from others – Responding appropriately
- REGULATING THEIR EMOTIONS / SELF SOOTHING

Physically Abused Children See Anger Where Others See Fear

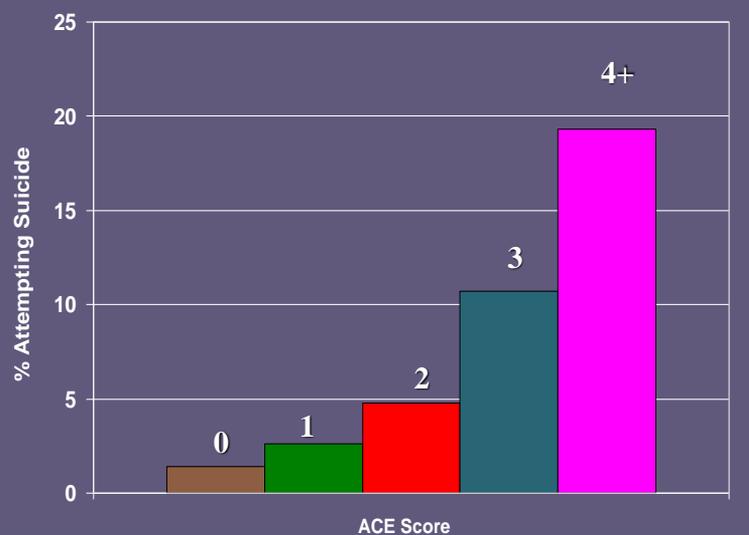
Graphic by: Seth Pollak, courtesy PNAS



Childhood Experiences Underlie Chronic Depression



Childhood Experiences Underlie Suicide



Juvenile Justice and PTSD

- Rates of PTSD in Juvenile Justice-Involved youth are estimated between 3%-50% (Wolpaw and Ford, 2004)
- making it comparable to the PTSD rates (12%-20%) of soldiers returning from Iraq (Roehler, 2007).

Cognitive Impairment

- Problems with language development
- Difficulties in attention regulation
- Lack of sustained curiosity
- Problems with processing new information
- Difficulty organizing themselves
- Problems focusing on and completing tasks
- Difficulty planning and anticipating
- Problems understanding own contribution to what happens to them
- Difficulty understanding cause and effect

Impact of Trauma On School Performance

Traumatized Children:

- Are 2.5 times more likely to fail a grade in school
- Score lower on standardized achievement tests
- Are suspended and expelled more often
- Are more frequently placed in special education
- Can have resulting lower IQ scores
- Are 2.5 times more likely to be unemployed as adults

Difficulty Regulating Behavior

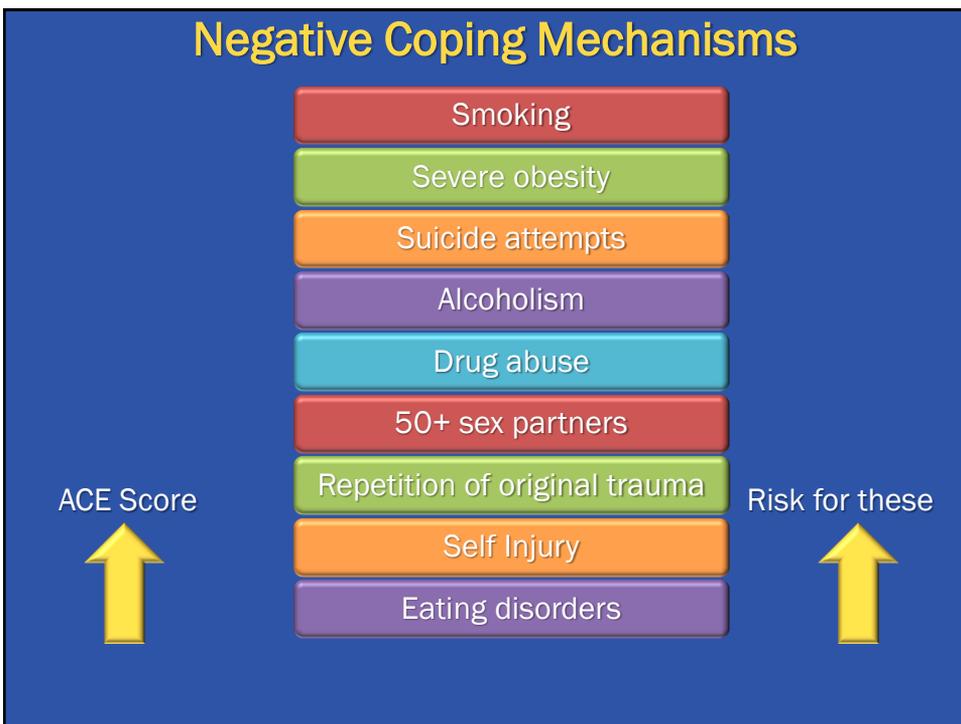
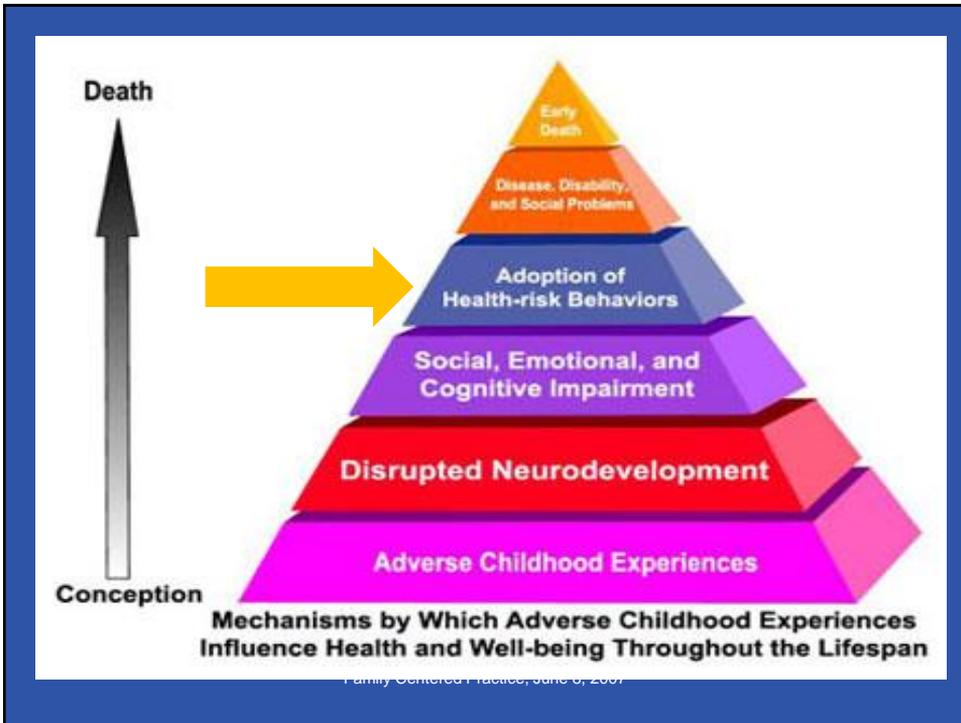
- Poor modulation of impulses
- Self-destructive behaviors
- Aggression against others
- Pathological self-soothing behaviors
- Excessive compliance/Perfectionism
- Oppositional/Defiant behavior
- Communication of traumatic past by reenactment in day-to-day behavior or play (sexual, aggressive, etc.)

Common Diagnoses

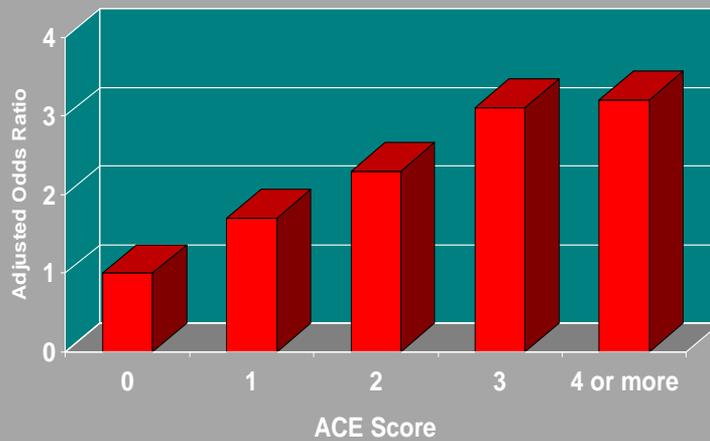
Given to children/adults with histories of childhood trauma:

- ❖ Post Traumatic Stress Disorder
 - ❖ Attention deficit hyperactivity disorder
 - ❖ Oppositional defiant disorder
 - ❖ Conduct disorder
 - ❖ Bipolar disorder
 - ❖ Reactive attachment disorder
 - ❖ Major Depression
- These diagnoses generally do not capture the full extent of the developmental impact of trauma.

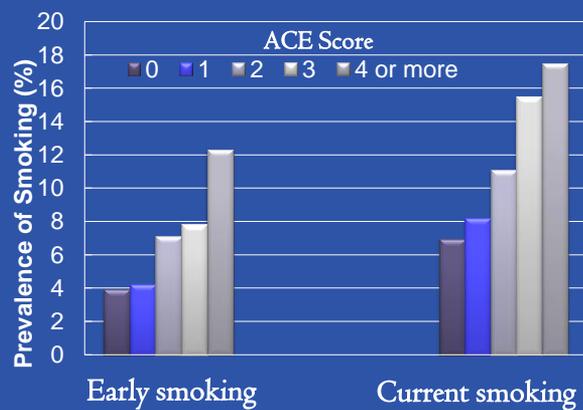
When life
Is this hurtful and harmful
What do people do
To cope?

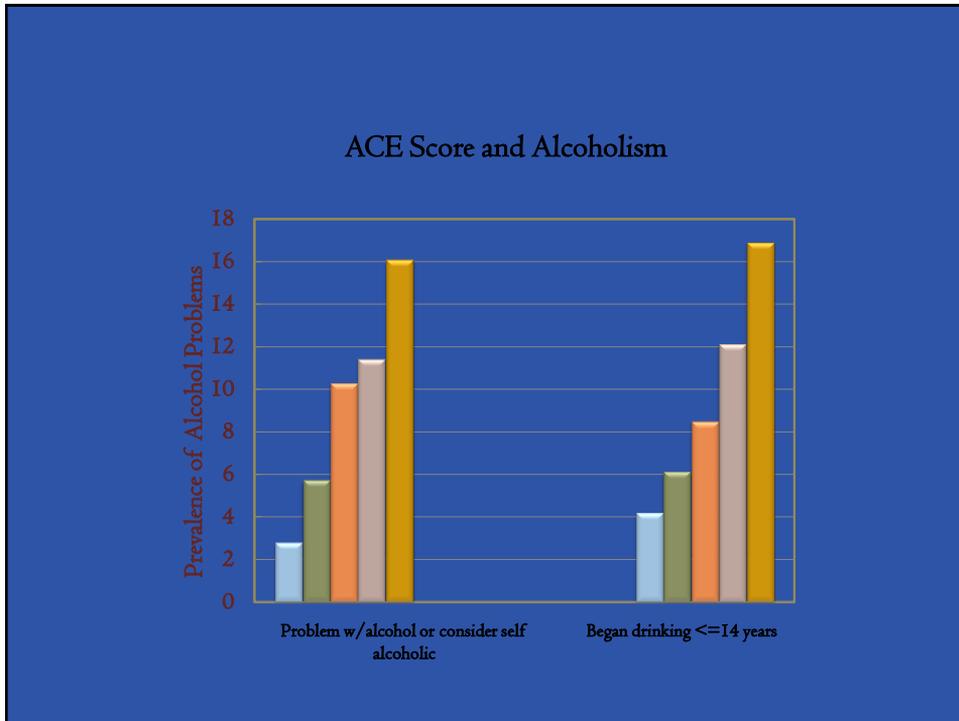


Adverse Childhood Experiences and Likelihood of > 50 Sexual Partners



ACE Score and Smoking





Substance Abuse and Unaddressed Childhood Sexual/Physical Abuse

- Teenagers with alcohol and drug problems - 6 to 12 times more likely to have been physically abused,
- 18 to 21 times more likely to have been sexually abused .

Clark et al, 1997

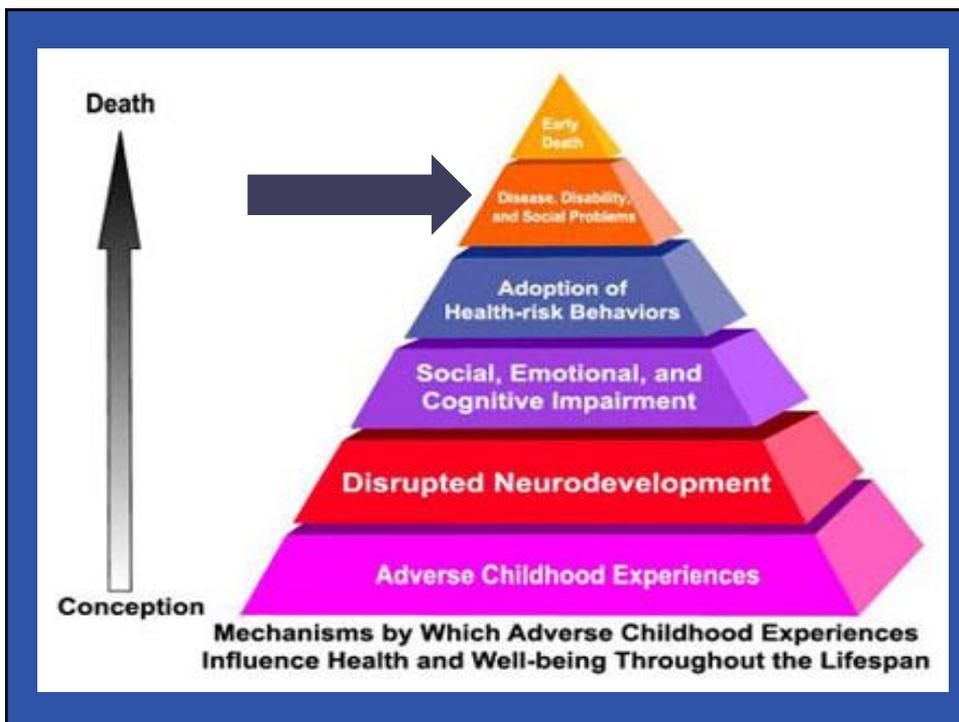
“Male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0. “
(Felitti, 1998)

Through a Trauma Lens

Might drugs be used for the relief of profound anguish dating back to childhood experiences? Might it be the best coping device that an individual can find?"
(Felitti, 1998)

What are the implications for treatment?

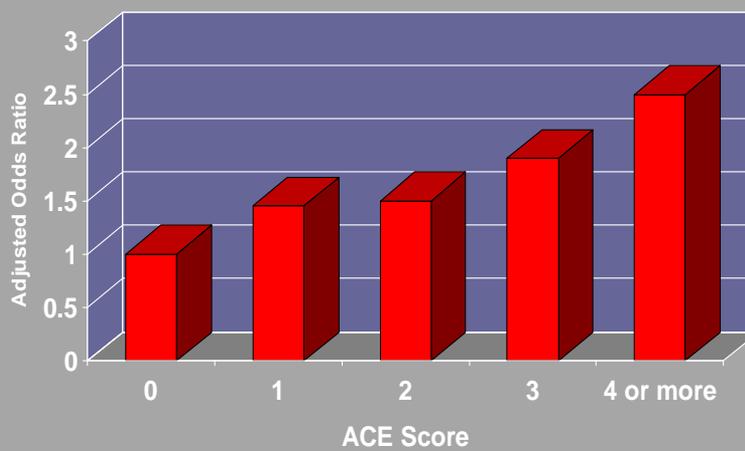
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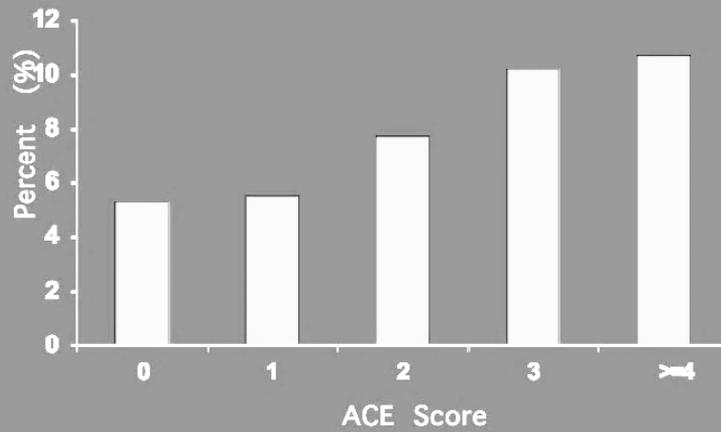
ACE Scores Show a Graded Relationship To the Ten Leading Causes of Adult Death and Disability:

- Heart Disease
 - Cancer
- Chronic lower respiratory diseases
 - Stroke
- Unintentional injuries
- Alzheimer's disease
 - Diabetes
- Kidney Disease
- Influenza and pneumonia
 - Suicide

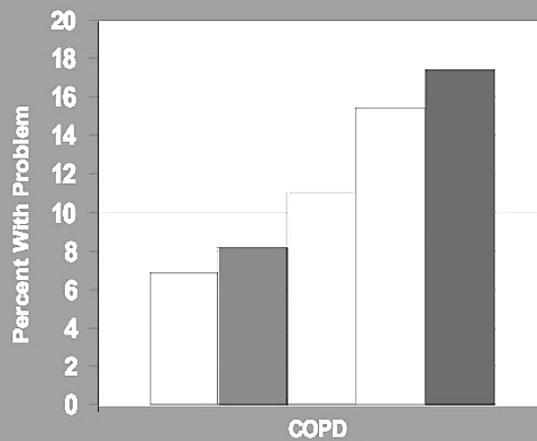
Adverse Childhood Experiences and History of STD



The ACE Score and the Prevalence of Liver Disease (Hepatitis/Jaundice)



ACE Score vs. COPD



The financial burden to society of childhood abuse and trauma is staggering.

- **Annual Direct Costs:** Hospitalization, Mental Health Care System, Child Welfare Service System and Law Enforcement = **\$33,101,302,133.00**
- **Annual Indirect Costs:** Special Education, Juvenile Delinquency, Mental Health and Health Care, Adult Criminal Justice System, Lost productivity to Society = **\$70,652,715,359.00**
- **Total Annual Cost: \$103,754,017,492.00**

Economic Impact Study. (September, 2007). Prevent Child Abuse America

Serious Social Problems

- Homelessness
- Prostitution
- Delinquency, violence, criminal behavior
- Inability to sustain employment
- Re-victimization: rape, DV
- Compromised ability to parent
- Intergenerational transmission of abuse
- Long-term use of health, behavioral health, correctional, and social services

Criminal Justice and Early Maltreatment

Being abused and neglected as a child increases the

Likelihood of arrest:

- As a juvenile by 59%
- As an adult by 28%
- For a violent crime by 30%.

(Widom 1995)

Criminal Justice Problems and Unaddressed Sexual/Physical Abuse

- More than **75% of girls in juvenile justice system**

» Calhoun, 1993

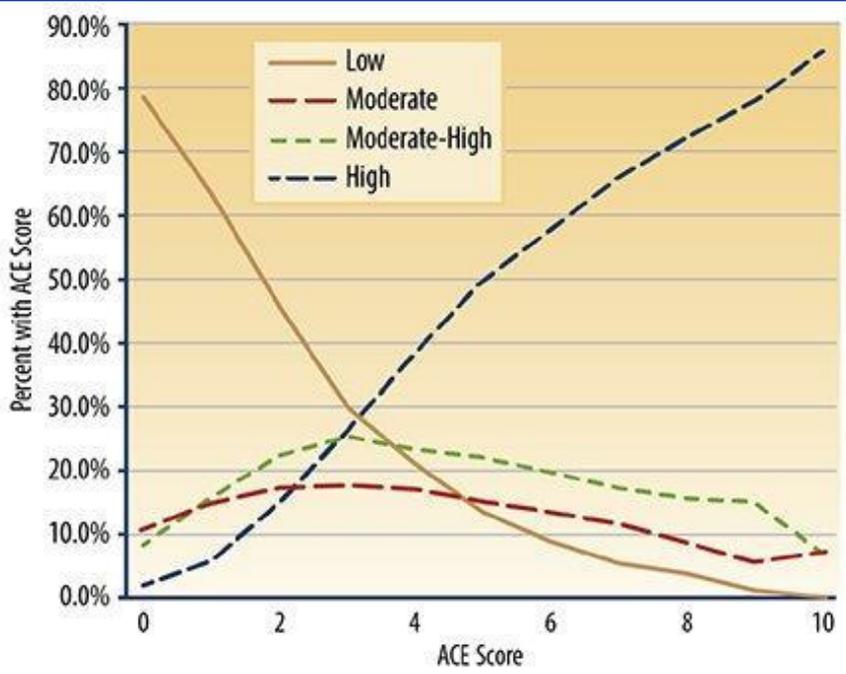
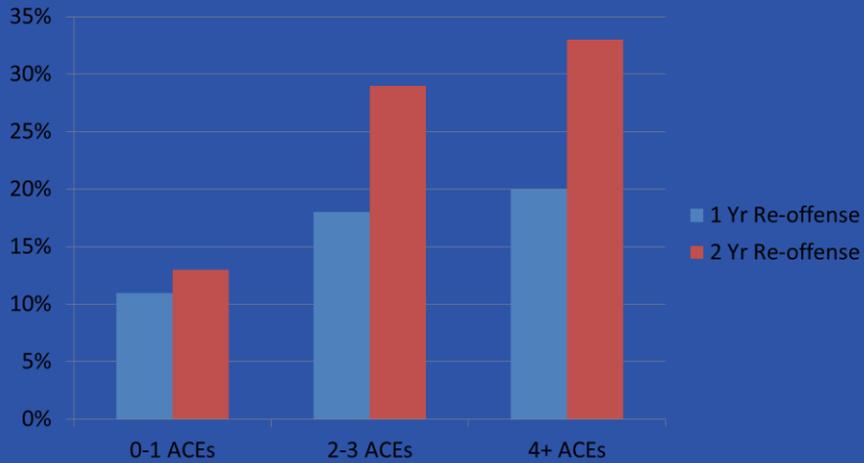
Calhoun et al.

1993

- **80% of women in prison and jails**

» Smith, 1998 Smith, 1998

Felony Re-Offense By ACE Category (Males)



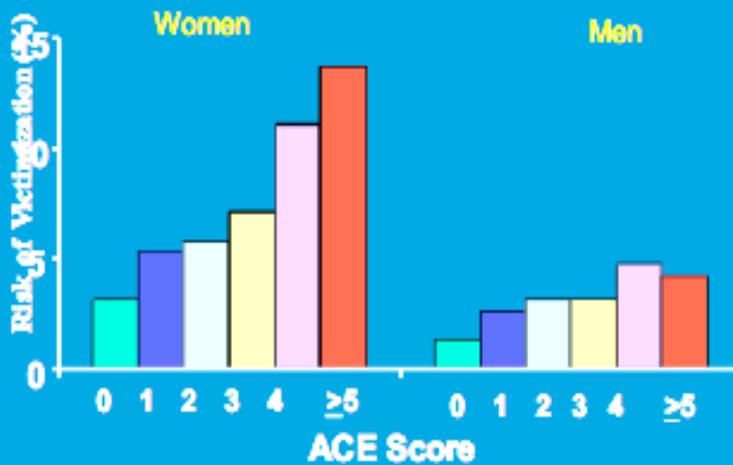
Well-being

ACE Score and the Risk of Perpetrating Domestic Violence

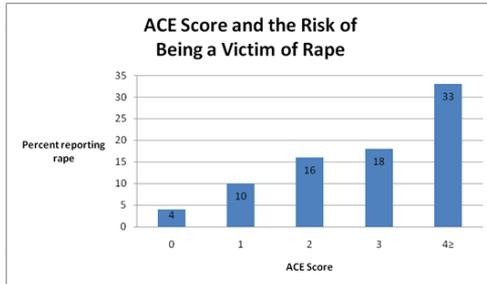


Well-being

ACE Score and the Risk of Being a Victim of Domestic Violence



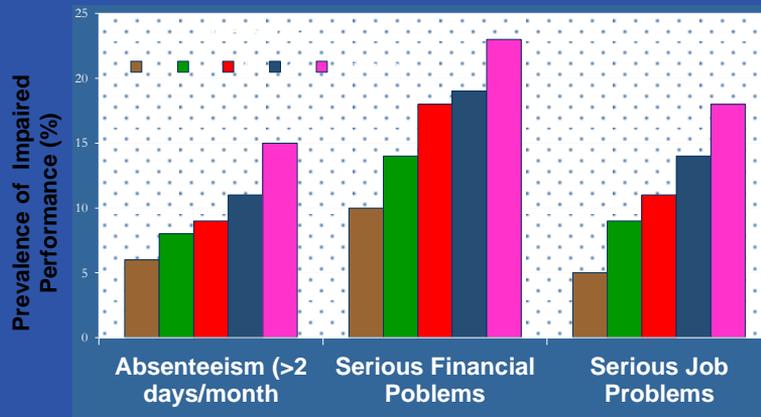
Adverse Childhood Experiences Underlie Being a Victim of Rape

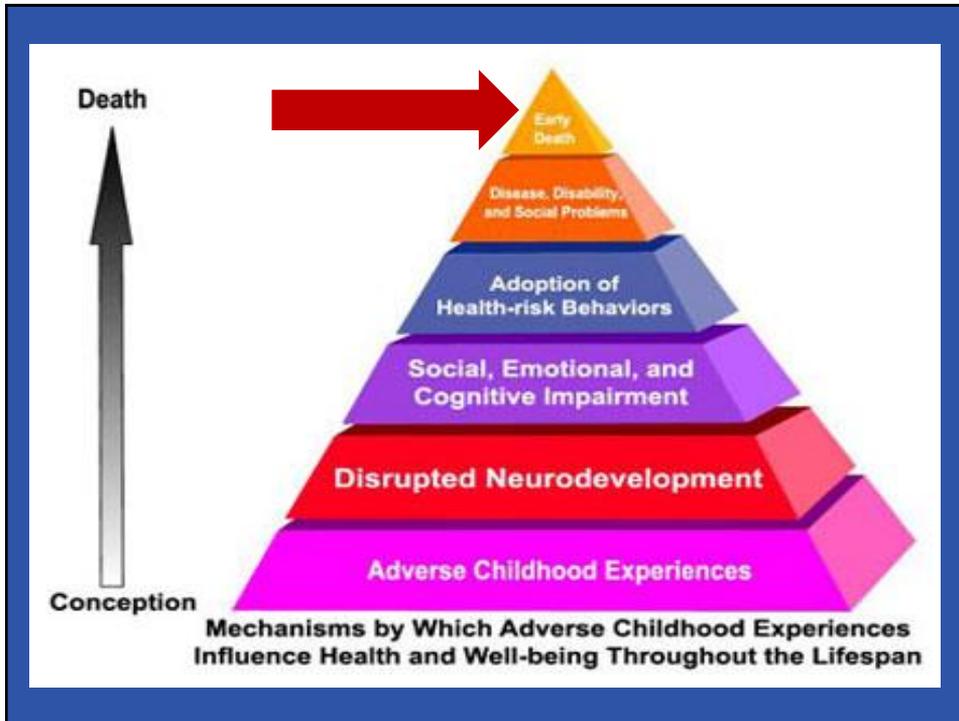


- **Attributable to ACEs**
 - People with an ACE score of 4 or more are over 8 times more likely to be a victim of rape than people with an ACE score of 0.



ACE Score and Indicators of Impaired Worker Performance





Risk of Premature Mortality

- People with 6 or more ACEs died nearly 20 years earlier on average than those without ACEs

(60.6 yrs vs. 79.1 yrs) (N = 1,539)

■
**In Summary, The ACE Study
Indicates that:**

Adverse Childhood Experiences are the most basic and long-lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death and healthcare costs.

"Time does not heal all of the adverse experiences commonly found in the childhoods of a population of middle aged, middle-class Americans.

One does not just "get over" some things not even 50 years later."



Vincent Felitti

The REALLY Good News!

- Prevention works!
- ACEs are not destiny!
- Healing can take place!
- Resilience can be enhanced!



Our ACEs...

- Some of the healthiest people I know are those who have had to heal from the most challenging situations, and in the process, have gained insight and wisdom far beyond what a “comfortable” life would ordinarily provide.

- Joan Borysenko, *Fire in the Soul*

Credits and Resources

- Robert F. Anda MD at the Center for Disease Control and Prevention (CDC)
- September 2003 Presentation by Vincent Felitti MD "Snowbird Conference" of the Child Trauma Treatment Network of the Intermountain West
- "The Relationship of Adverse Childhood Experiences to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare" Book Chapter for "The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease" Lanius & Vermetten, Ed)
- www.theannainstitute.org
- *Helping Traumatized Children Learn* Mass. Advocates for Children 2005
- Child Trauma Academy (Dr. Bruce Perry) <http://childtrauma.org>
- National Child Traumatic Stress Network <http://www.ntsne.org>
- National Center for Trauma Informed Care <http://mentalhealth.samhsa.gov/nctic/>
- Bessel van der Kolk <http://www.traumacenter.org>
- Raoul Almazar – Almazar Consulting
- National Study <http://www.cdc.gov/ace/index.htm>
- www.acesconnection.com
- www.cestoohigh.com