

Trauma Informed Care and Assertive Engagement

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AE Assertive
Engagement

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Group discussion

How do you translate what you saw in the film to your own work?

Given your understanding of the film how would you identify/define a trauma sensitive learning environment?

Individual reflection

In the afternoon we'll talk more about Trauma Informed Care and Assertive Engagement, what questions are you left with about how to support the people you work with?

Defending Childhood Initiative

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Mindfulness this afternoon

BODY

THOUGHT

EMOTION

SPIRIT



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A trauma-sensitive school...

Realizes both the widespread impact of trauma and the role the school can play in promoting resiliency; **recognizes** the signs and impacts of trauma in students, families and staff; and **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, **and seeks to actively resist re-traumatization** of students and staff.

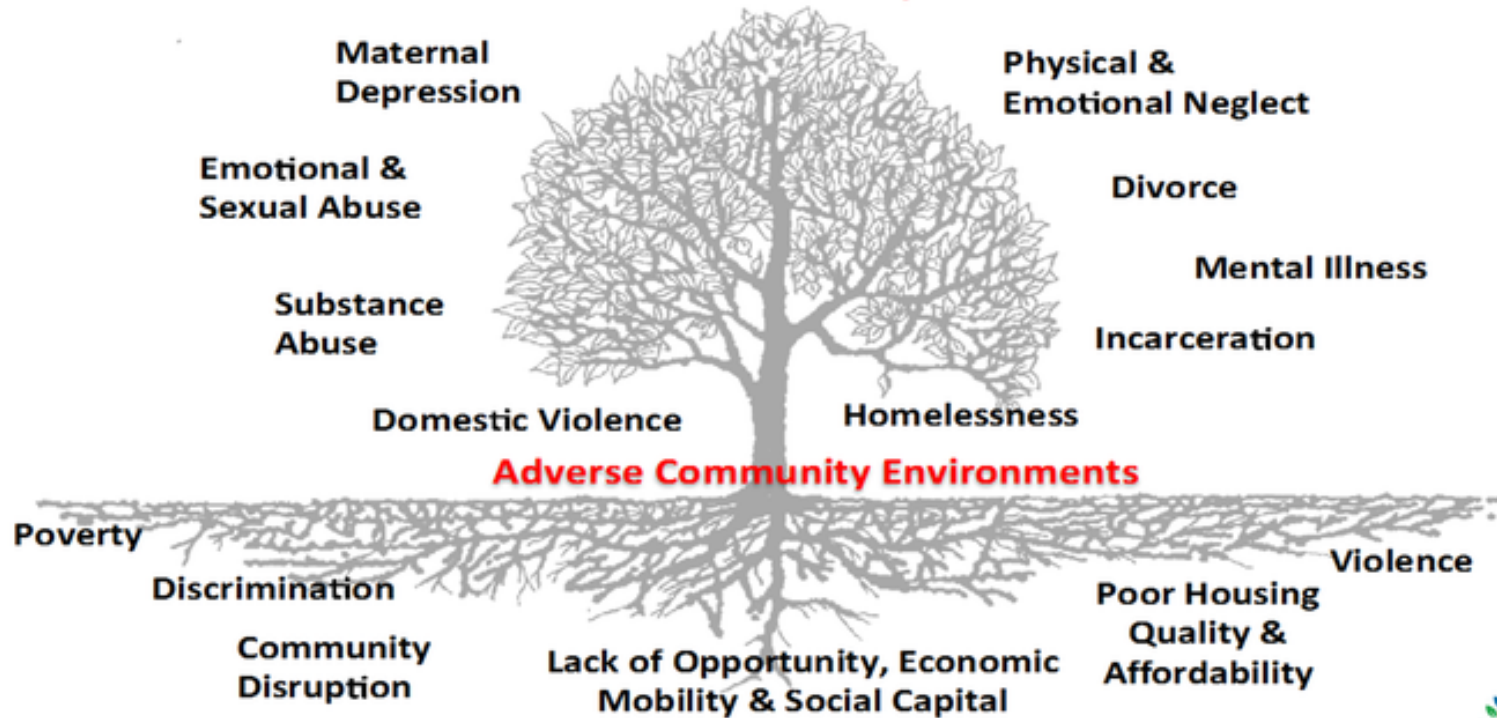
* Adapted from SAMHSA's Concept of Trauma and Guidance for a Trauma Informed Approach (2014) by the DCI trauma informed schools advisory group.

What's missing from the Original ACE survey?



The Pair of ACEs

Adverse Childhood Experiences



Milken Institute School
of Public Health
THE GEORGE WASHINGTON UNIVERSITY

Ellis W., Dietz W. BCR Framework *Academic Peds* (2017)

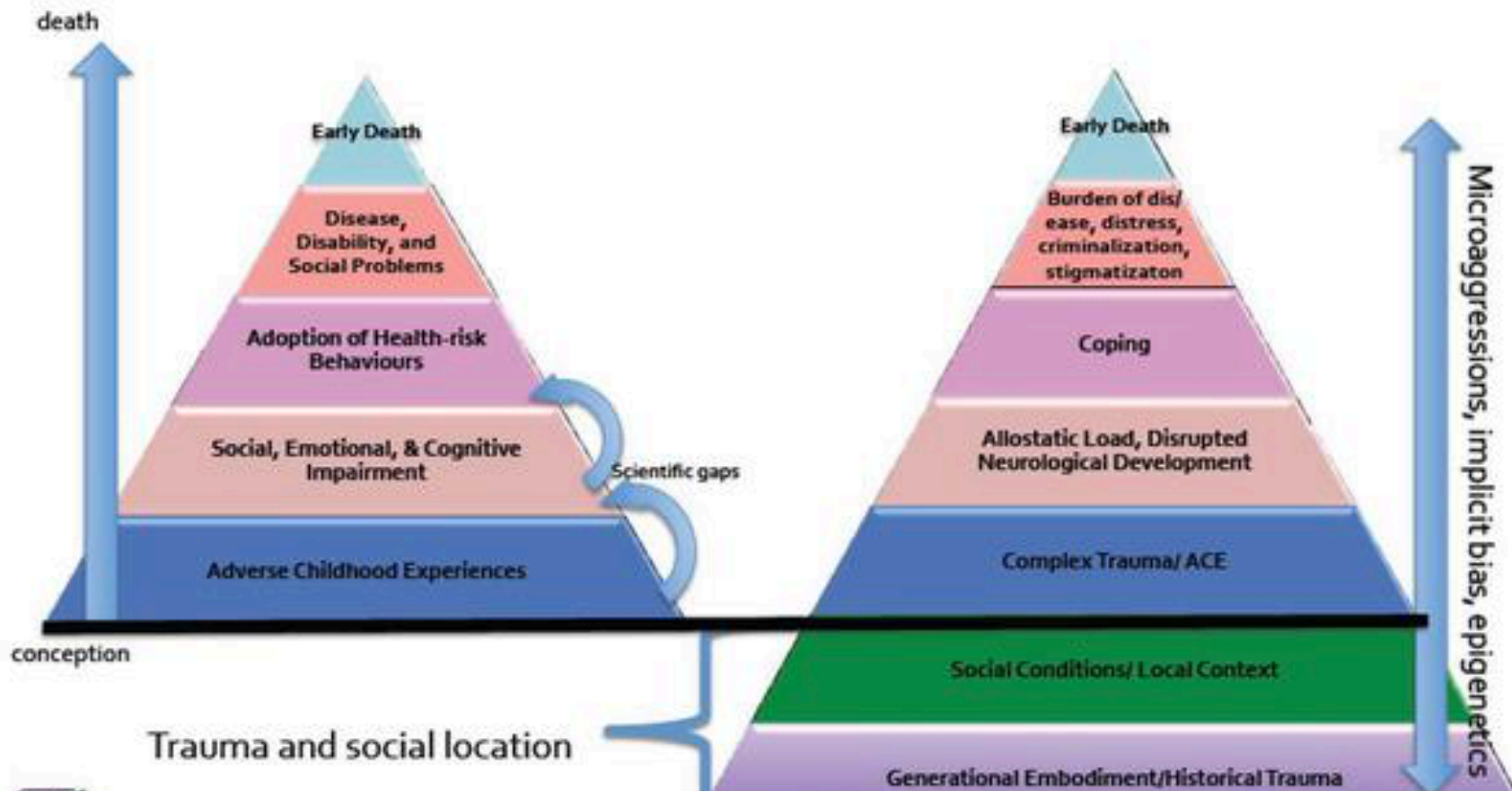


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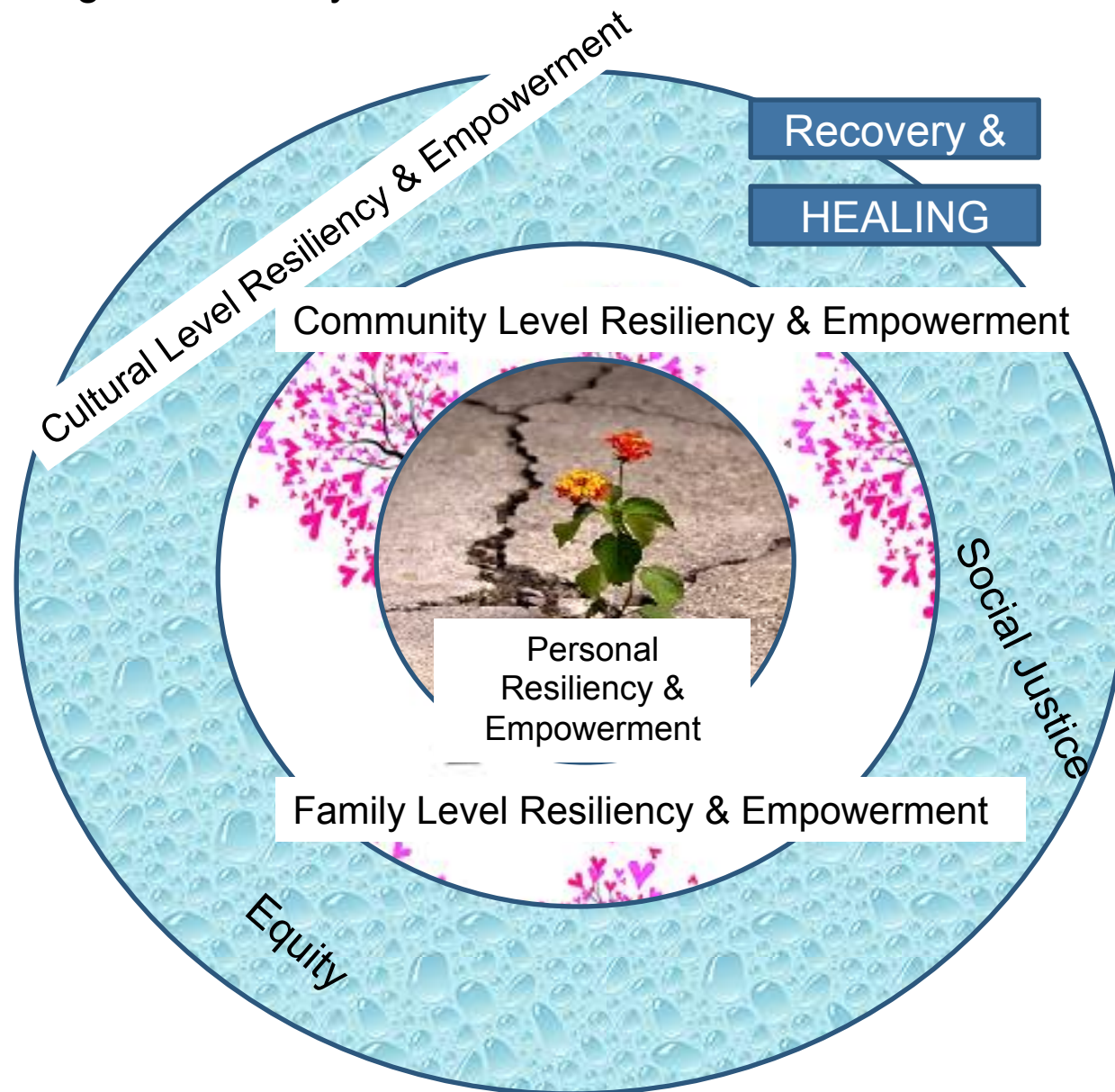
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Adverse Childhood Experiences

Historical Trauma/Embodiment



Context of Healing & Resiliency



Self Regulation

Rhythm



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Rewiring for Growth: the impact of trauma on the developing brain

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Tracking awareness during today's session

BODY

THOUGHT

EMOTION

SPIRIT

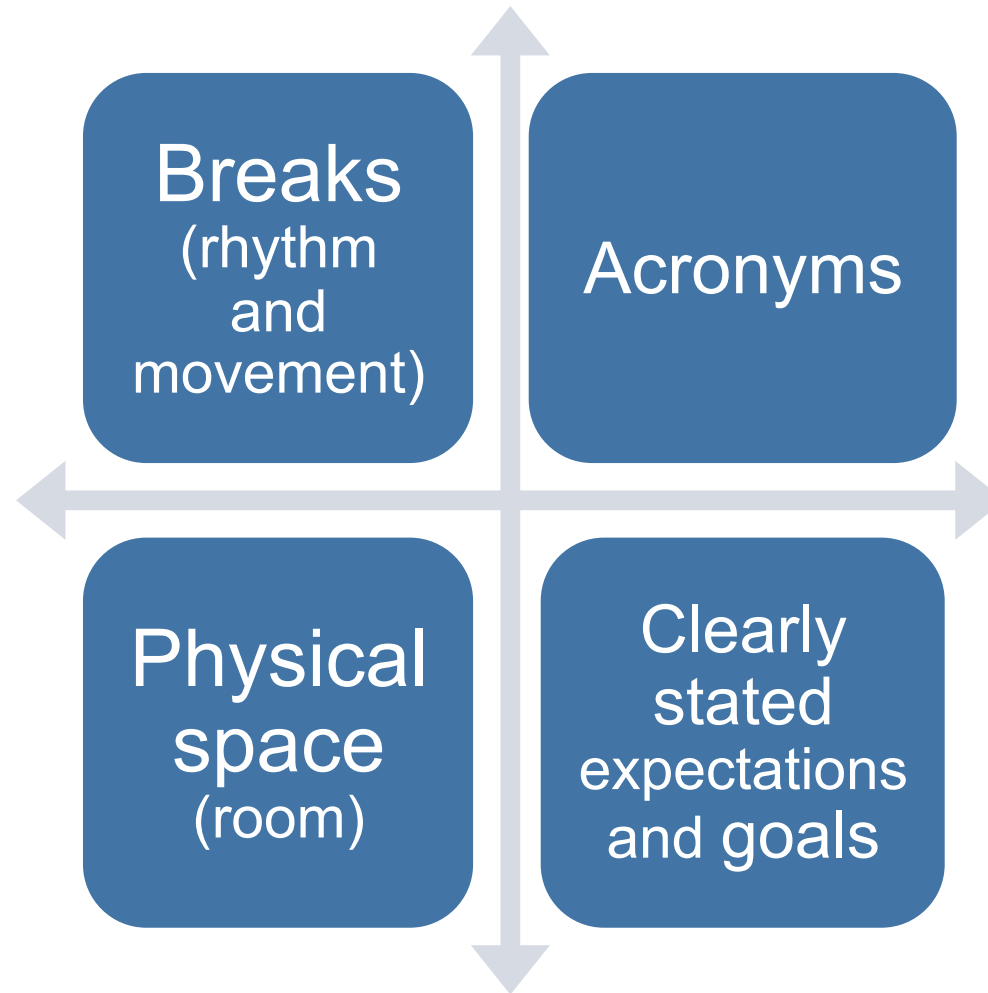


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Trauma sensitive meetings



Brain development is like constructing a building. You can always remodel and add-on, but the foundation must be strong.



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As the brain develops upward and outward, emotional regulation skills become more complex, IF we have learned basic emotion regulation.

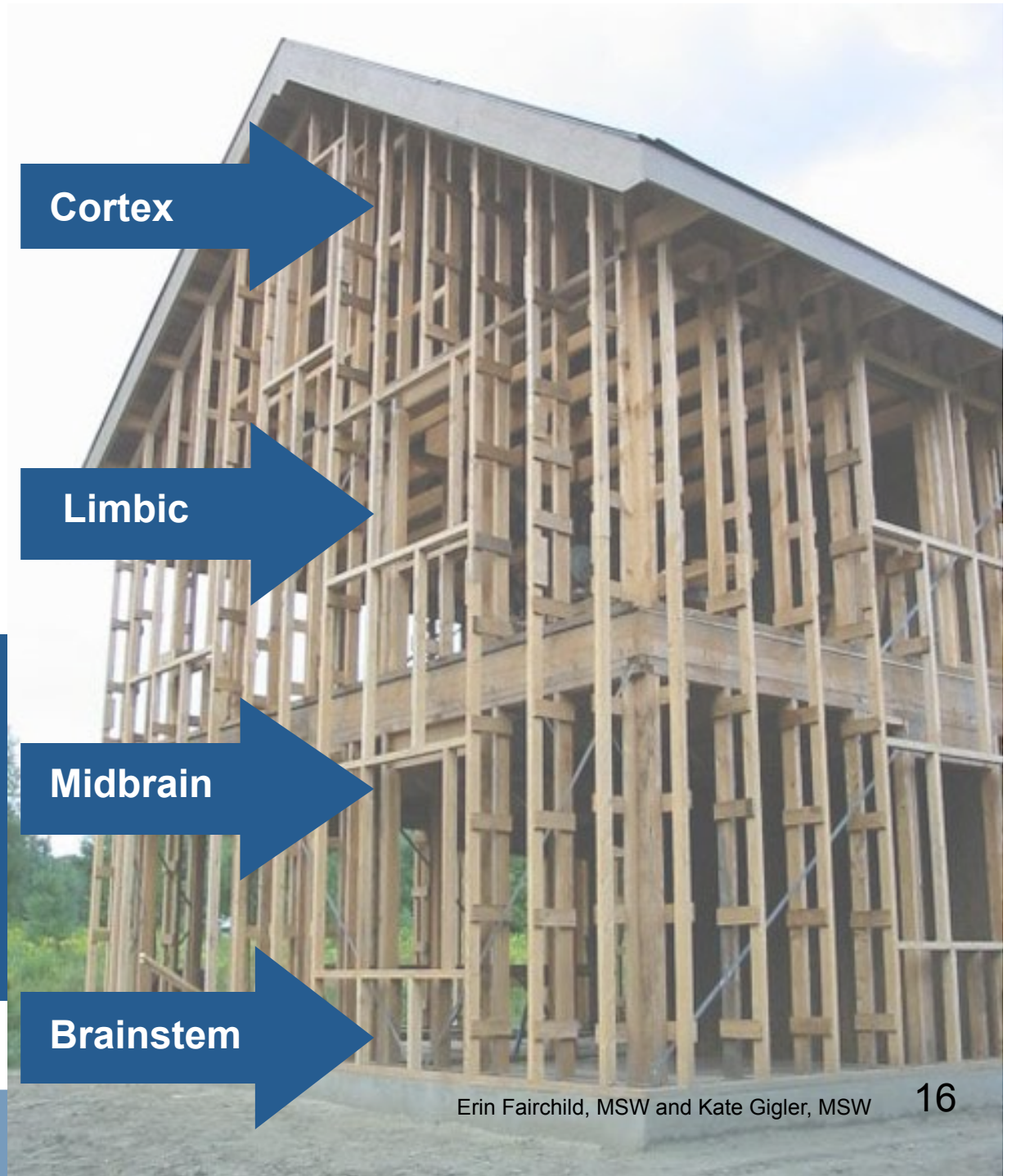
Basic emotional regulation happens here, & is developed by our experience.

Cortex

Limbic

Midbrain

Brainstem



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Abstract thought
Concrete thought
Affiliation

Attachment
Sexual behavior
Emotional reactivity
Motor regulation

Arousal
Appetite
Sleep

Blood pressure
Heart rate
Body temperature

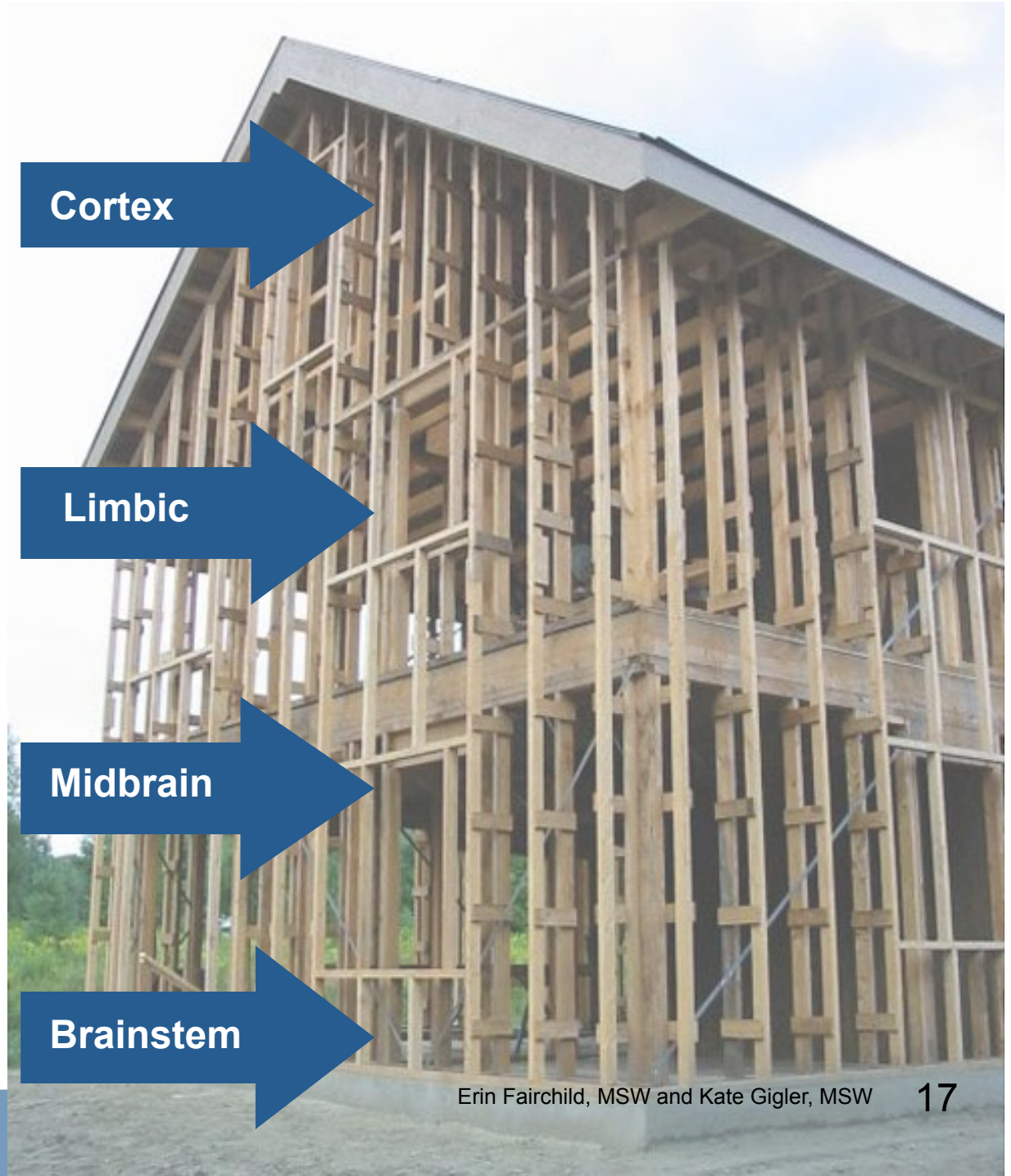
-Dr. Bruce Perry

Cortex

Limbic

Midbrain

Brainstem



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Self Regulation

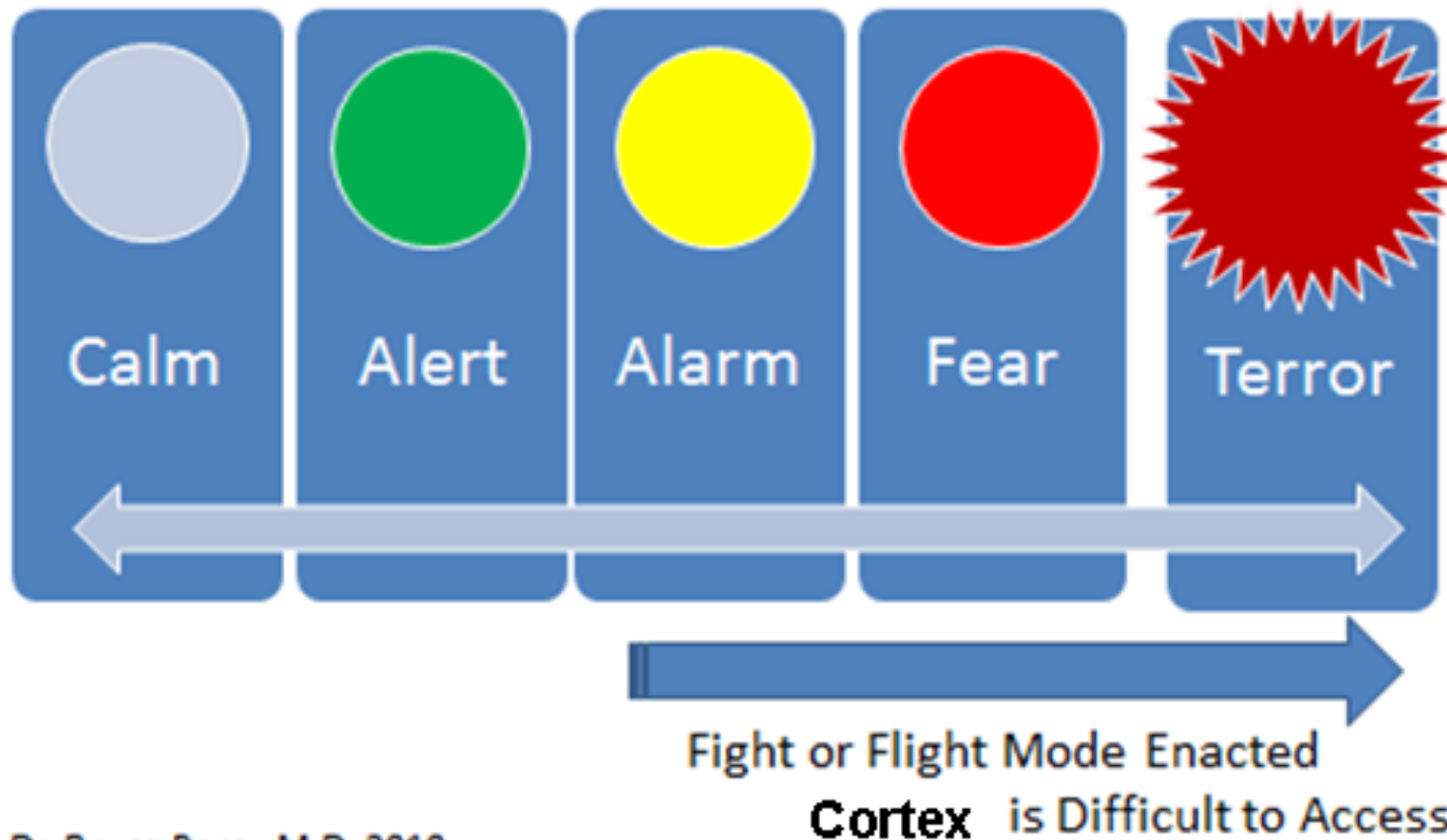
Movement



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Brain States



Dr. Bruce Perry M.D. 2010

Image by Dr. Bruce Perry, M.D. Used with permission



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“FLIPPING YOUR LID”

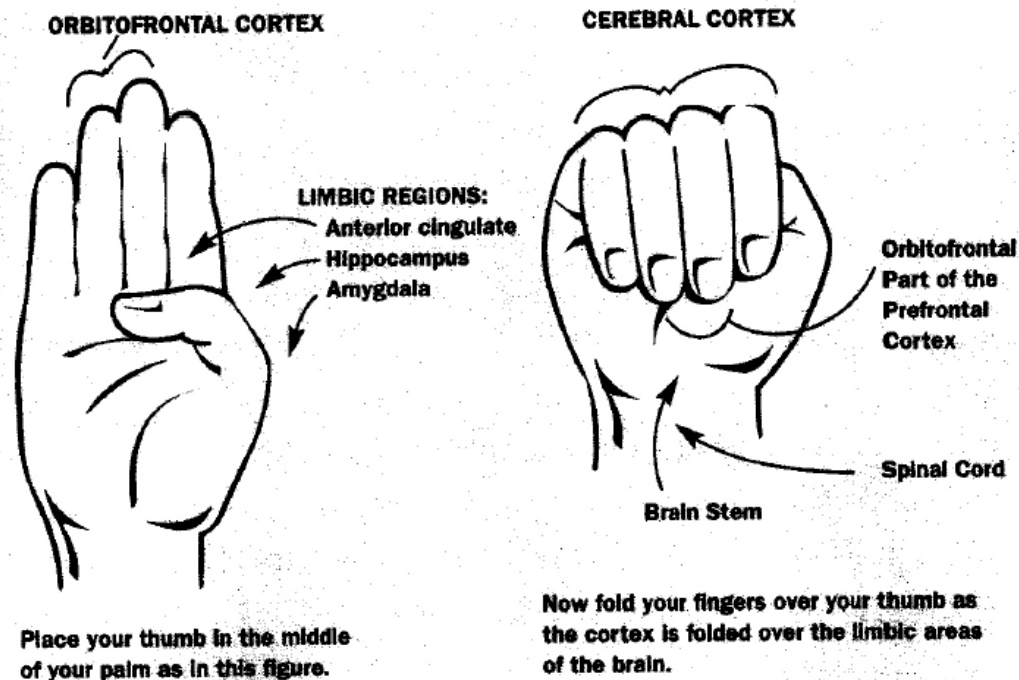


FIGURE 5

Dan Siegel's Brain Hand Puppet from Siegel & Hartzell (2003), *Parenting from the inside out*. P.173





Neuroplasticity



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Changing Minds: Unique



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Tracking awareness during this morning's sessions

BODY	THOUGHT	EMOTION	SPIRIT





Why “How” we do what we do is much more important than what we do

What is AE?

“Working with individuals meeting them where they are at currently and honoring them as experts in their own lives.”

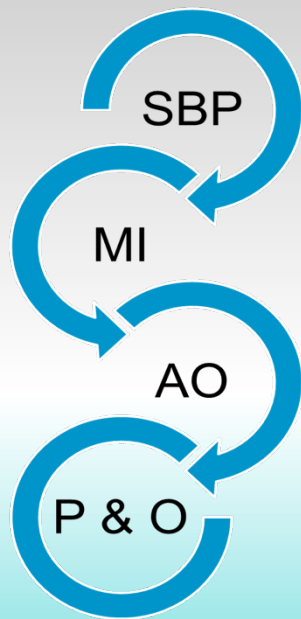
“It is a strength-based approach where you connect with others at a deeper level.”

“I have heard that it is very effective technique to work with community. It is the way to non intrusively get clients to talk about the problems, concerns and solution.”

“It's based on the assumption that people can make changes for themselves given the right context.”

Quotes from recent training cohort

Assertive Engagement weaves three evidence based practices together with the processes and outcomes associated with your program to make a cohesive model



- Strengths Based Practice
- Motivational Interviewing
- Assertive Outreach (ACT)
- The processes and outcomes of your program

Challenge Circles

Challenge Zone



Danger
Zone!!!!



Comfort Zone



**REAL IS BETTER
THAN PERFECT**

Listening Activity

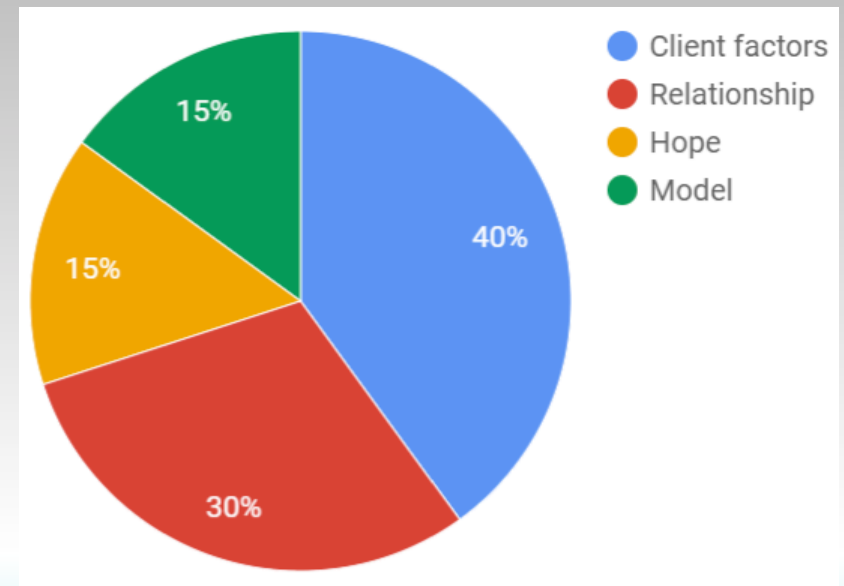
“ I’VE LEARNED THAT PEOPLE WILL FORGET
WHAT YOU SAID, PEOPLE WILL FORGET WHAT
YOU DID, BUT PEOPLE WILL NEVER FORGET
HOW YOU MADE THEM FEEL. ”

-Maya Angelou



What Works?

- Common Factors Theory suggests that only 15% of client success is attributable to the model used.
- 85% of factors identified for successful treatment come from client factors, hope, and the relationship between the provider and client



How to give information

ASK - OFFER - ASK

1. Ask what they already know
2. Ask permission to provide new information
3. Offer the information
4. Ask what they think

Three “Sets” of AE



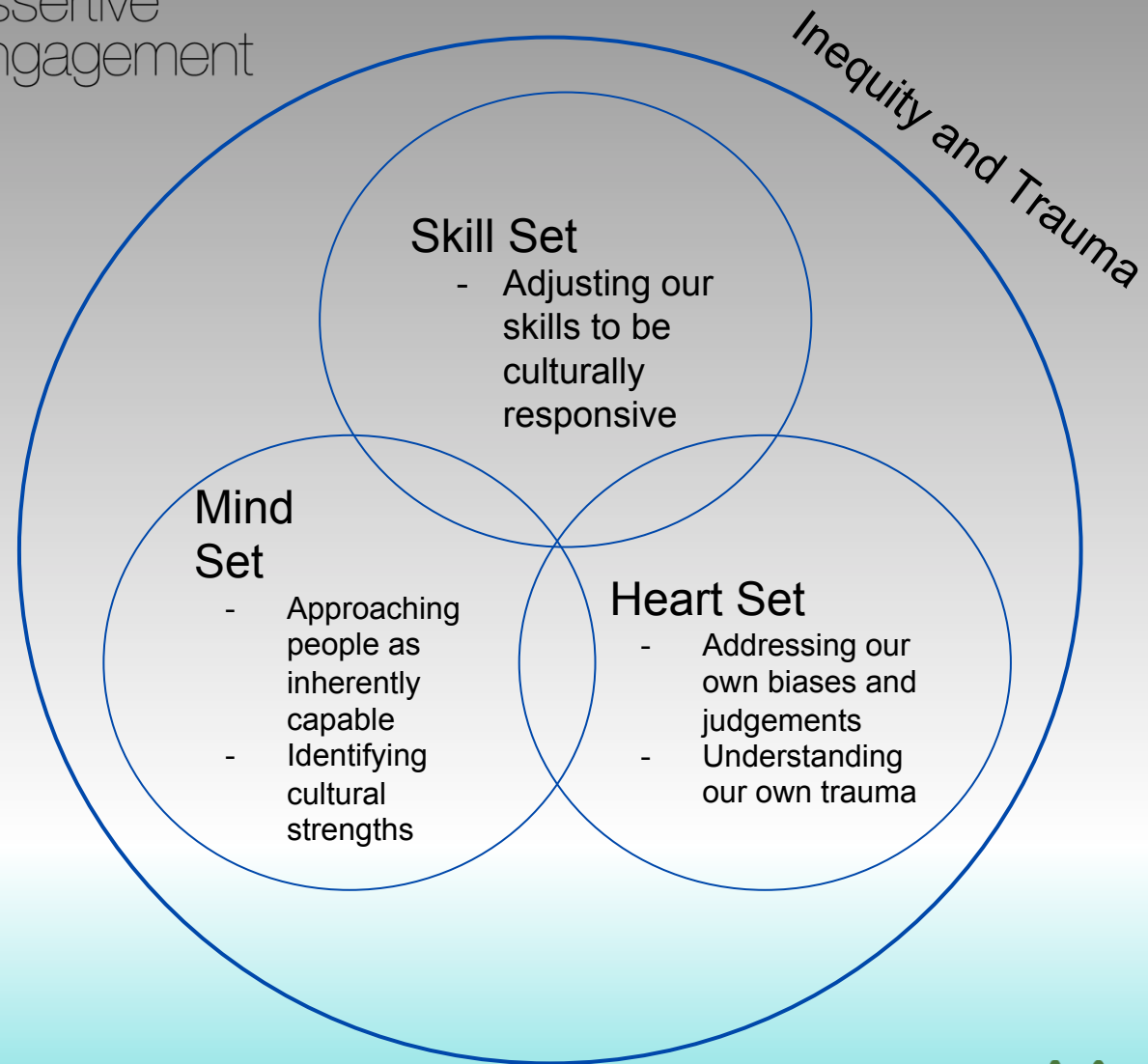
Mind Set = How we think about the people we work with



Skill Set = How we do our work



Heart Set = How we feel about and how we treat the people we work with



What is empathy?



Brené Brown on Empathy RSA Short video: <https://www.youtube.com/watch?v=1Evwgu369Jw>

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 - Brené Brown on Empathy RSA Short video: <https://www.youtube.com/watch?v=1Ewgu369Jw>
 - The Effective/Ineffective Physician videos were produced by University of Florida Department of Psychiatry. Funded by Flight Attendant Medical Research Institute Grant #63504
 - Eleanor Longden "The Voices in My Head" TED talk: <https://www.youtube.com/watch?v=syjEN3peCJw>
 - AE training for Multnomah County was originally led by Seth Lyon, LCSW with Kenan Ginsberg, LSSW.