Northwest Ohio Trauma Informed Care

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October 15, 2015
Building a Trauma-Informed Community: Across Systems and throughout the Lifespan

Current Strategies and Future Initiatives in Wood County
June 17, 2015
Columbus, Ohio

The Beginning
Listen, Learn & Inspiration

- Clients & Client Advocates emphasize dealing with trauma as necessary for recovery - 2010
- Prevention specialists reference the ACE study - 2011
- Consultant for dual diagnosed Developmentally Disabled – Mentally Ill project emphasizes importance dealing with trauma - 2012
- Dr. Sandra Bloom presentation in MD – Feb. 2013
- Research on ACEs Study and Trauma Informed Care
- Other Kindred Spirits in Ohio
Developing Vision, Mission & Partners

- Discussions on developing a trauma informed community
- Discussions with experts
- Face-to-Face meetings within and across service systems including:
  - Schools
  - Bowling Green State University College of Health and Human Services Dean
  - County Commissioner
  - Family and Children First Members
  - Juvenile Justice System
  - Health Department
  - Jobs and Family Services

Developing Vision, Mission & Partners

- Focus on trauma as an antecedent to the difficulties clients present
- Developed micro strategies
- Grant applications with cross-systems partners
- Learn what local resources exist
- Further articulation of vision & mission
- Goal of developing a “critical mass” of partners
Raising Awareness and Motivation in our Community

- Dr. Sandra Bloom presentation at Bowling Green State University – April 2014

- Sanctuary Institute Workshop with Dr. Bloom & other faculty for local agencies

- Dr. Bruce Perry presentation in November 2014

- Presentations in the community

Leadership and Implementation

- Family and Children First Council adopts “Creating a Trauma Informed Community” as a goal and project

- Three presentations:
  - Research on Trauma
  - Wood County accomplishments
  - Next steps planning

- Committees that reach across the lifespan will look at how to promote trauma informed policies and practices
Early Initiatives

• Presentation and workshops by Dr. Sandra Bloom (Sanctuary Model) – April 7, 2014

Early Initiatives

• Formation of the Wood County Trauma Steering Committee
• Development of Vision and Mission Statements
• Vision: To create a healthy and trauma free community
• Mission: To maximize resources to change the culture of the community by encouraging cross system collaboration, enhancing trauma awareness, and developing trauma informed practices
Other Initiatives

- Ohio Mental Health Addiction Services and the Ohio Department of Developmental Disabilities collaboration to implement Statewide efforts to create a trauma informed care Ohio.
- BGSU's College of Health and Human Services.
- Harbor/Behavioral Connections.
- Children's Resource Center
- The Cocoon
BGSU Trauma Informed Care

- During Fall 2014, the CHHS offered a special seminar for 20 Freshman titled “Flight, Fight, or Freeze.”
- This initial offering will be offered each semester beginning in Fall 2016. Over 100 Freshman will take this course.
- The Center of Excellence for Health and Wellness across the Lifespan is planning/sponsoring community workshops that will focus on trauma.

Harbor / Behavioral Connections

Member of National Council For Behavioral Health's Trauma-Informed Care Learning Community
SAMHSA’s 6 Key Principles of TIC:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

Addressing Seven Domains for TIC (National Council):

1. Consumer-Driven Care and Services
2. Early Screening & Assessment
3. Nurture a trauma-informed & responsive workforce
4. Evidence-based and emerging best practices
5. Creating safe environments
6. Community outreach and partnership building
7. Ongoing performance improvement and evaluation
Harbor / BC's Ongoing Efforts to Embody the 6 Key Principles:

- Trauma-Informed Care Committee (includes clinicians, non-clinicians, management)
- Attendance at National Council Pre-Conference University on Trauma-Informed Care
- National Council TIC trainings at Behavioral Connections in the coming year
- Policy and procedure changes to incorporate TIC
- Addition of trauma-specific interventions to the clinical repertoire (SELF (from Sanctuary), TREM, & Seeking Safety)

Children's Resource Center

Trauma Informed Treatment Through the Sanctuary Model
SANCTUARY

- Sanctuary is an organizational and treatment model of change based on an understanding of trauma and systems theory.

THE SEVEN COMMITMENTS OF SANCTUARY

- NONVIOLENCE

- EMOTIONAL INTELLIGENCE

- INQUIRY AND SOCIAL LEARNING

- DEMOCRACY
COMMITMENTS (con't)

- OPEN COMMUNICATION
- SOCIAL RESPONSIBILITY
- GROWTH AND CHANGE

S.E.L.F.

- Provides a shared language throughout the community
- Simple way of organizing complexity
- Dynamic and non-linear
- Phases rather than steps or stages to climb
S.E.L.F. (con't)

- Safety
- Emotion Management
- Loss
- Future
Key Principles

- Safety & Justice
- Autonomy & Healing
- Inclusive approach – lifespan, gender, diversity
- Trusted Partner
- Commitment to building a compassionate and safe community
- Commitment to ending domestic violence and empowering those affected by it
  - Envision justice, safety, nonviolence, and equity for all people through social change

Initiatives & Partnerships

- Integrate Sanctuary Model
- Complete the Advocacy Learning Center through Praxis International
  - utilize tools to integrate building safe and compassionate community
  - strengthen coordinated community response to abuse
- Complete relocation process
  - Increase safety and access for survivors of abuse
  - Build community partnerships
  - Survivors as leaders of change
Wood County Board of Developmental Disabilities

Wood Lane
Providing a Spectrum of Services to Individuals and Families

Good Life
Training Model from the Ohio Association of County Boards
(Serving Individuals with Developmental Disabilities)

Past History to Current Practice to the Good Life

Generating a mental model shift intended to:

- Prevent harmful outcomes
- Change the service delivery culture
- Shifts the focus from Deficit / Compliance to Compassion and Strengths
- Identify the Professional as an Ally
- Develop Supportive Relationships
Good Life

*What gives us a Good Life?*

*FAMILY – FAITH – FRIENDS – FUN – FUNDS – FROLICKING*

*The core beliefs:*

- Each person has value
- Respect is a priority
- People should be safe
- People should be free from physical & emotional restraint
- Acknowledging the success of people is an absolute
- Being connected is providing the time necessary to help people thrive

Person Centered Thinking

Success planning requires that we “discover” the person.

- Discovery goes beyond a typical assessment
- What is this person's personal vision and mission statement for themselves?
- Identify and list the commitments and responsibilities that everyone on the team has agreed to help the person.
Person Centered Thinking

Teams are looking to discover:

- Things that are important and are not important to the person
- Known and likely risks
- What are my community connections now and what opportunities are available
- What are the individual's dreams and desired outcomes
- What are the best strategies for the individual to achieve and to be successful
The Other Side of the Report Card

Internal Efforts

- Prevention staff delivering ATOD programming attended Dr. Bloom and Dr. Perry trainings
- We have started to use Sanctuary’s Community Meeting before each prevention staff meeting
- Funds are available to support future TIC training in Wood County

The Other Side of the Report Card

External Efforts

- Educating school staff on adverse environmental conditions that may effect youth and thus reduce further traumatic experiences in educational settings
  - Pieces of Prevention program trainings, including Youth Mental Health First Aid, Good Behavior Game, etc.
The Other Side of the Report Card
Prevention Programs

- Positive Behavioral Interventions and Supports (PBIS) is a broad range of systemic and individualized programs and strategies for achieving important social and learning outcomes in school communities while preventing problem behavior.
- Project AWARE – Youth Mental Health First Aid, Olweus, Expect Respect, Good Behavior Game
- ADAMHS Board funded programs that help alleviate the influence of trauma in the lives of youth and help them learn to make positive choices

Wood County Department of Job and Family Services

Alternative Response
What is Alternative Response?

- An alternative approach to traditional child protection investigation
- Alternative Response (AR) is applied to reports that do not allege serious concerns and/or imminent harm
- AR focuses less on investigative fact finding and more on assessing and ensuring child safety

Alternative Response Approach

- No alleged perpetrator and alleged child victim are identified
- AR approach seeks safety through family engagement and collaborative partnerships
- AR honors the family choices when they do not interfere with child safety
Cases that are Eligible for AR in Wood County

- Most Neglect Cases (educational, supervision, environmental)
- Physical Abuse cases with minimal injury to a child over 5
- Domestic Violence where children witnessed but were not injured
- Drug cases involving marijuana/alcohol

Practice Principals

- Child Safety is **Paramount**.
- Whenever possible, eliminate the process that produces resistance, such as drop-in visits.
- Honor family choices when they do not jeopardize safety.
- Seek collaboration with family and their formal and informal supports.
A Trauma Informed Partnership with Family and Children First Council

Wood County Trauma Informed Care Steering Committee

Future Role of Family & Children First Council in Trauma Informed Care

- Would FCFC Committees consider integrating Trauma Informed Care Discussions in their work with special populations?

- Would FCFC be willing to support future development of Trauma Informed Care?
Moving Forward in Wood County with Trauma Informed Care

- Develop a Trauma Informed Coalition with the idea of meeting on a quarterly basis
- Continue to work with Steering Committee to chart future efforts in Trauma Informed Care and update FC2 on a monthly basis of progress
- Faith based partnerships
- Presentations to community groups such as Rotary, Kiwanis to raise awareness and promote trauma informed practices

Summary:

- Trauma Informed Care in Wood County will require a shift in thinking on different levels in the community.
  - Individual
  - Organizational
  - Societal

- Final Result will be:
  - A culture change that will result in a Trauma Informed Wood County Community.