Supporting families on the path to success
Presenters

• **Beth Russell**- Supervisor of Young Adult Services at the YWCA of Rochester and Monroe County

• **April Allen**- Parent Services Navigator with the YWCA Parents as Teachers Program
What is Trauma?

“Results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

Source: Trauma, SAMHSA. https://www.integration.samhsa.gov/clinical-practice/trauma
What is Trauma Informed Care?

Trauma Informed Care: T.I.C.

What do we already know?
Definition of Trauma Informed Care

• “Trauma-Informed Care (TIC) is an approach in the human service field that assumes that an individual is more likely than not to have a history of trauma.”

• TIC acknowledges the presence of trauma and recognizes that this can play a major role in an individual’s life, including service staff.

• Changes organizational culture

• Switches from:

  “What’s wrong with this person”
  to
  “What has happened to this person”

Source: University at Buffalo What is Trauma Informed Care http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html
TIC Definition Continued

Intention of TIC is **not** to treat symptoms or issues related to trauma

*Purpose* is to provide support services that are accessible and appropriate to those who may have experienced trauma.

Key components:
- Safety
- Autonomy
- Control
- Empowerment

*At Minimum, Do Not Re-Traumatize*

Source: Dr. Carmela Decandia May 17th, 2018, Personal Communication
Trauma, Homelessness & Families

Mothers Experiencing Homelessness:

* 4x more likely to be African American
* 1.5x more likely to be Latina
* 60-70% have experienced domestic violence
* 45%-85% have clinical depression
* 36%-56% have PTSD
* Shelters often unable to take in single fathers
93% of homeless mothers have experienced trauma

81% experienced multiple traumatic events


How Trauma Impacts Families who are Experiencing Homeless

• Traumatic stresses such as interpersonal and community violence are prevalent

• Impact of violence is long lasting
  – Housing stability
  – Maintaining employment
  – Forming healthy relationships
  – Parenting skills
  – Health Outcomes

Source: America’s Youngest Outcasts. American Institutes for Research
https://www.air.org/center/national-center-family-homelessness
How Trauma and Homelessness Impact Children

• 2.5 million children are now homeless in the United States every year, 1 in 30 children.

• Children who are experiencing homelessness often face:
  – Frequent moves
  – Family separation
  – Crowded living environments
  – Interrupted schooling
  – Academic disparities
  – ADHD Diagnosis

Source: America’s Youngest Outcasts. American Institutes for Research
https://www.air.org/center/national-center-family-homelessness
Source: American Psychological Association. Effects of Poverty, Hunger and Homelessness on Children and Youth.
https://www.apa.org/pi/families/poverty
https://www.nctsn.org/sites/default/files/resources//is_it_adhd_or_child_traumatic_stress.pdf
How Trauma and Homelessness Impact Children

- ½ of school age children experience depression, anxiety or withdrawal.
- 25% witness family violence
- 5x more likely to have gastrointestinal problems
- 4x more likely to have respiratory infections
- 2x more likely to have ear infections

How Trauma and Homelessness Impact Children

Children experiencing homelessness:

• Get sick at 2x’s the rate of other children
• Go hungry 2x’s as often as non-homeless children
• Have twice the rate of learning disabilities as non-homeless children
• 2x’s as likely to repeat a grade

What can we do about it?

For children:
- Comfort, Support, Structure
- Encourage Self Regulation
- Co-Regulation between Parents and Children
- Positive childhood experiences
- Promote positive parenting practices

What we can do about it?

For All:
• Share the power
• Practice Cultural Humility
• Explain “the why”
• Utilize McKinney Vento
• Support people in establishing routines and keeping traditions
• Screen for trauma exposure
• Create Healing Spaces
• Be Trained in Trauma Informed Care
• Other Ideas?
What will you bring back to your agency?
Questions?
Reference Page

• University at Buffalo What is Trauma Informed Care
  http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html

• Dr. Carmela Decandia presentation May 23, 2017

• Hayes, Pastek and Zommerville, 2013, The SHIFT Study. The National Center on Family Homelessness.

• Source: America’s Youngest Outcasts. American Institutes for Research https://www.air.org/center/national-center-family-homelessness


• Source: “What do I Do?” Echo Training https://www.echotraining.org