

# **Welcome**

## ***What is the Church's Response to Trauma?***

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We will discuss being “trauma informed”...looking at several trauma terms.

We will define & discuss the Adverse Childhood Experience’s (ACEs) questionnaire, sharing possible outcomes for your ministry.

We will define & discuss Trust Based Relational Intervention (TBRI) sharing implications for your Church.

We will cover practical implications for your ministry...looking at a couple case studies.

## **Today’s Objectives**



# Trauma

**Some of the information from today will be difficult for some people. Self-care and recognizing secondary trauma are important aspects of any professional development related to trauma-informed care.**

# What is Trauma?

- Trauma is the unique individual experience of an event or enduring conditions in which the individual's ability to integrate his/her emotional experience is overwhelmed and the individual experiences (either objectively or subjectively) a threat to his/her life or a threat to someone else's life.<sup>1</sup>
- Focus should be on the individual not the event!
- Not all individuals will respond the same way.





# Terms of Trauma<sup>1</sup>

- **Neglect :**

The failure of a parent or other person with responsibility for the child to provide needed food, clothing, shelter, medical care or supervision to the degree that the child's health, safety, and well-being are threatened.

- **Medical Neglect:**

The withholding of life sustaining medical treatment or nutrition from a child.



# Terms of Trauma<sup>1</sup>

- **Emotional Abuse:**

Any injury to the psychological capacity or emotional stability of the child as evidenced by an observable or substantial change in behavior, emotional response, or cognition, and injury as evidenced by anxiety, depression, withdrawal, or aggressive behavior.

- **Case Study - Abbie:**

Four y/o Abbie struggles to manage her emotions in children's choir. She is overly sensitive to redirection, often crying and shutting down when she receives any negative feedback. The Director called the family about the behaviors. Abbie's parent came to church together but her father did all of the talking. When Addie's Mom was asked what she thought, Dad would answer for her. The mother was very hesitant and her eye contact was limited. Her husband made statements such as "Abbie is just like her mom". She doesn't know how to act right."



# Terms of Trauma<sup>1</sup>

- **Maltreatment:**

All forms of physical and emotional ill-treatment, sexual abuse, neglect, and exploitation that result in actual or potential harm to the child's health, development or dignity. We use this term to be inclusive of complex trauma, emotional abuse, medical neglect, neglect, physical abuse, post-traumatic stress disorder, sexual abuse/exploitation and trauma.

- **Case Study Kyle:**

Kyle is a 5 y/o boy who recently was taken from the custody of his mother and placed in a foster care setting. His father has been in prison for the past 3 years. His mother has struggled to provide consistent care since the incarceration. The family moves frequently, and food is limited, especially toward the end of the month. Mom recently failed her state ordered drug screening, which is the reason for the removal.



## **Terms of Trauma**

- **Physical Abuse:**

Any intentional injury to a child that is physical in nature can include striking, kicking, burning or biting the child, or any action that results in a physical impairment of the child. This includes any recent act or failure to act on the part of parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation, or an act or failure to act which presents an imminent risk of serious harm.





## Terms of Trauma

- **Sexual Abuse:**

Any sexual activity, with perpetrators using force making threats or taking advantage of victims not able to give consent. Sexual exploitation includes allowing the child to engage in prostitution or in the production of child pornography.

- **Complex Trauma:**

The simultaneous or sequential occurrence of child maltreatment and may include psychological maltreatment, neglect, physical and sexual abuse, and witnessing domestic violence.



## **Terms of Trauma**

- **Post Traumatic Stress Disorder:**

An anxiety disorder that develops in some people after extremely traumatic events, such as combat, crime, accident or natural disaster or maltreatment.

People with PTSD may relive the event via intrusive memories, flashbacks, and nightmares, avoid anything that reminds them of the trauma and have anxious feeling they didn't have before they are so intense their lives are disrupted.



## **Terms of Trauma**

- **Toxic Stress:**

Occurs when a child experiences strong, frequent, and /or prolonged traumatic experiences and events. This can include physical or emotional abuse, chronic neglect, substance abuse or mental illness in a caregiver, exposure to violence, economic hardship without appropriate adult support.

# Stats

- Almost **half** of children in the United States have experienced one or more types of trauma.
- Over **one quarter** of all confirmed cases of child abuse and neglect involve children under age 3 and victimization is more common for children under 12 months of age.
- Children who experience domestic violence are disproportionately young, **60 percent** being under the age 6 at the time of exposure.
- Between 2011 and 2015, **over three million children** were indicated as victims of maltreatment each year, which translates to 1 in 8 children experiencing abuse or neglect by their 18<sup>th</sup> birthday.





# Trauma Informed Care

A **strengths-based** service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.<sup>1</sup>

# **What is the ACEs Study?**

Adverse Childhood  
Experiences  
Video of Dr. Nadine  
Harris Burke

<https://www.youtube.com/watch?v=95ovIJ3dsNk&t=620s>



# What is the ACEs Study?

Video of Dr. Allison Jackson

<https://www.youtube.com/watch?v=-HG8H4n2j9I>





## ABUSE



Physical



Emotional

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



NPR.ORG

**Take The ACE Quiz — And Learn What It Does And Doesn't Mean**



# Stats

- More than 80 % of the major structural changes in the brain take place during the first 4 year of life.
- Early developmental trauma and neglect have a disproportionate influence on brain organization and later brain functioning.
- The brain requires stimulation during specific times of development in order for systems to function at their best.
- If sensitive periods of development are missed, some systems may never be able to reach their full potential.

## DID YOU KNOW?



There is a stronger link between childhood trauma and addiction, than there is between obesity and diabetes. Two thirds of addicts report being abused as children. That means that the war on drugs is a war on traumatized people that just need help.



# Possible Outcomes of ACEs





# Impacts of Trauma

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Shame

Re-  
enactment

Loss of trust

Loss of self-  
worth

Loss of  
safety

Loss of  
danger cure

Loss of  
intimacy

Loss of  
sense of self



# What we know...

- Each child's experience is unique.
- A child may experience a reaction to an old trauma because of a trigger like smell, sound or other sensory input or by an action, place or date.
- Young Children DO remember Trauma
- Resilience - the capacity to recover quickly from difficulties
- Building Relationship Build Resilience

**True or False:**

**Special Needs  
Individuals are at a  
HIGHER risk of  
Experiencing Trauma**



# **All Behavior Communicates:**

**A child is not “giving you a hard time” but rather is “having a hard time.”**

<b>When a child:</b>	
<b>Shows anger</b>	<b>The child is hurt or scared</b>
<b>Shows oppositional behavior</b>	<b>The child fears rejection</b>
<b>Shows defiance</b>	<b>The child is testing limits</b>
<b>Is clingy</b>	<b>The child is feeling overwhelmed</b>

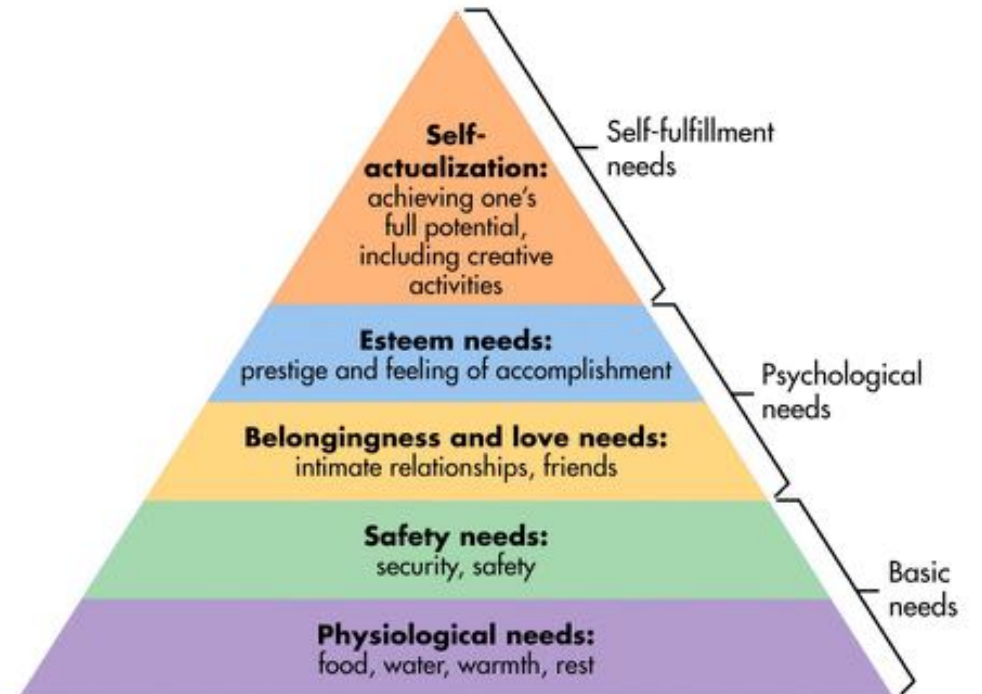


# A child won't care about learning until they know that you care!

## Bloom's Taxonomy



Wonderful University Center for Teaching



Maslow's hierarchy of needs





## Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 - 13 years	Industry vs. Inferiority
13 - 21 years	Identity vs. Role Confusion
21 - 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

(C) The Psychology Notes Headquarter - <http://www.PsychologyNotesHQ.com>

## Erikson's Stages

Social/Emotional Development begins with TRUST

All relationships begin with either trust or mistrust



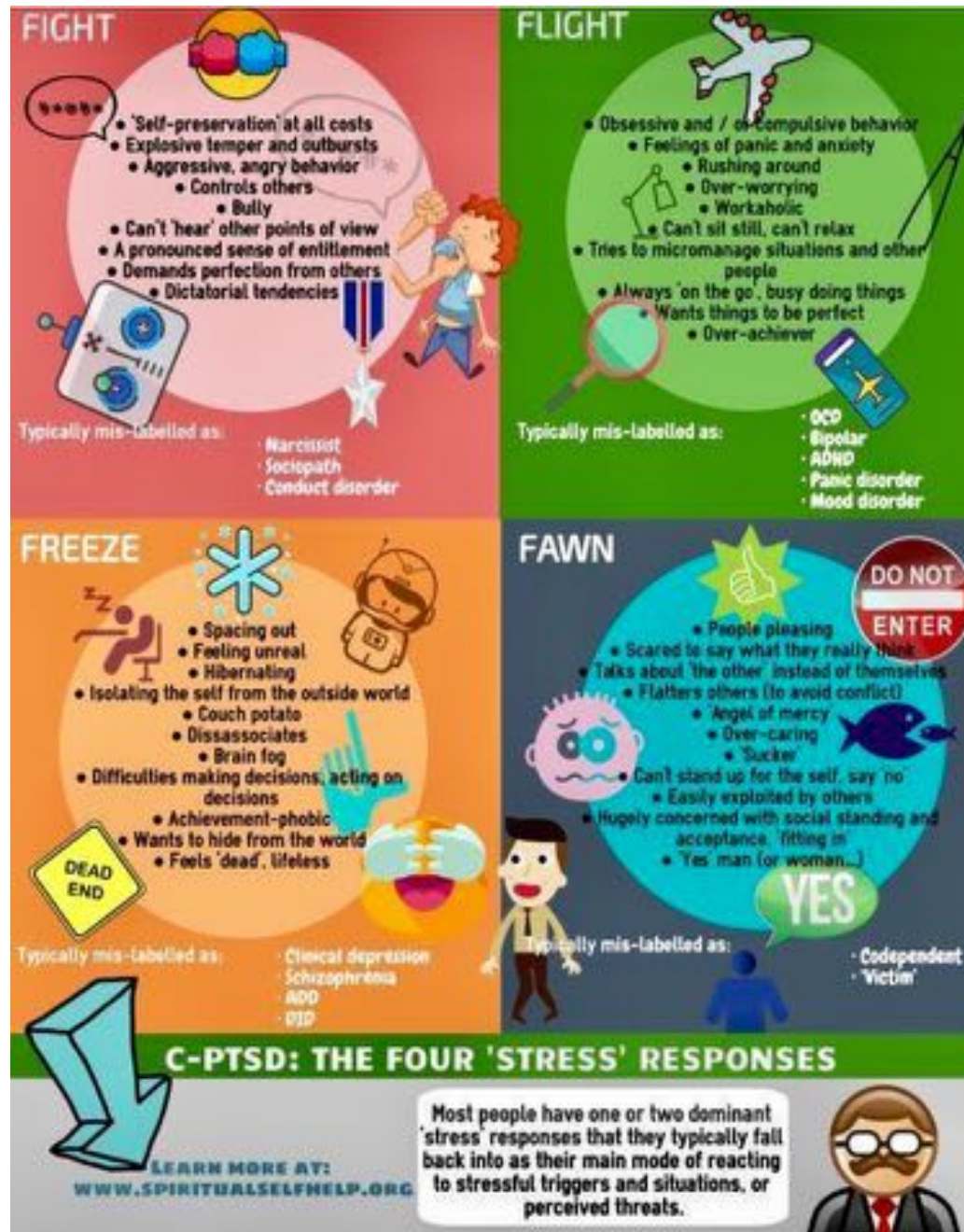
# **Trust Base Relational Intervention (TBRI)**

Video of Dr. Kareyn Purvis

[www.youtube.com/watch?v=FWScSJKjn1A&t=12s](https://www.youtube.com/watch?v=FWScSJKjn1A&t=12s)







# Fight, Flight, Freeze & Fawn

- Children Post Traumatic Disorder (C-PTSD)





# Practical Implications for the Church

- **Mandated Reporting**
- **Promoting a Safe & Trusting Environment**
  - Controlled Choice
  - Predictable Environment & Visual Schedules
  - Slow Transitions...extra time may be needed
  - Clear, Specific & Consistent Expectations
  - Cues & Forewarnings
  - Opportunities for Emotional Supports
- Case Study: SA 4 y/o boy with **anxiety & allergies** doesn't not want to enter church building. We created visuals & reward system. Met with Mom to prepare a plan. First Sunday met family at door with teddy bear and visual schedule. Historically, the family was asked to leave former church.



# Practical Implications for the Church

- **Promoting Emotional Regulations**

- Safe Sensory Place
- Recognizing Behaviors
- Breaks

- Case Study: LH 6 y/o boy dx with ADHD had recent medication change that caused **increased aggression**. Physical management of certified staff was used to remove from room and assist with crisis to clam behavior. Father is currently incarcerated and child living with Grandmother.





# Practical Implications for the Church

- **Promoting Positive Relationship**

- Limit Number of Adults
- Eye Contact & Smile
- Listen without Judgments
- Basic Background on the Child (Picture Cards)
- Consider “Time in” with the child (you need space away but I still care about you)
  - Nursery – diaper changing
  - Toddlers – Visual Schedules
  - PK1 – Sensory Breaks Passes
  - 2/3 Grade – Greets with smile and use of child’s name
  - 4/5 Grade – Prayer time
  - Student – Mid-week small groups



# Bibliography & Resources

- <sup>1</sup>EITP Training Module Understanding, Supporting and Prevention Childhood Trauma 2018
- FB Eastview Christian Church Special Needs Ministry
- FB: Connect the dots to ACEs
- FB: Trauma-Informed Practice
- FB: Trauma Informed Positive Behavior Support

[www.ecmhc.org](http://www.ecmhc.org) Center for Early Childhood Mental Health  
~ FREE Toolkits

[www.TIPBS.com](http://www.TIPBS.com) FREE Child Trauma Toolkit

[www.acesconnection.com](http://www.acesconnection.com) ACEs test

[www.keyministry.org](http://www.keyministry.org)

