ACEs LA
screen. treat. heal.

How Trauma-Informed Is Your Practice?

Children's Institute Trauma Informed Care Conference

September 26, 2023

Core Principles of Trauma and Resilience Informed Care

	Safety & Nurturing	Trust & Stability	Collaboration & Support	Empowerment & Choice	Cultural, Historical & Social Issues	Strength Based
Example	Our office has age appropriate toys, books about foster care, and emotional regulation tools (e.g., stress balls, stuffed animals).	I am consistent with my monthly visits and follow through on what I said I was going to do.	I work with families to explore treatment options and support parents in meeting court-ordered requirements.	I provide families options for where to meet (e.g., their home, park, library).	I make an effort to understand the child's/family's cultural context and respond sensitively.	I acknowledge the family's strengths and celebrate their successes.
Self-Reflection						
Chosen Action Step						

Follow along and jot down your reflections and ideas

Danielle is a single woman who is providing foster care for her 6-year-old nephew, Jacob. She hoped to adopt him, though she has a lot of mixed feelings about it, including not wanting to hurt her sister- his birth mother's- feelings.

Jacob has been in her care for almost 2 years and Danielle is finding it harder to handle him. She reports that he is defiant most of the time, gets into fights with her 9-year-old biological, and never listens. She sometimes wonders if he hates her or is trying to drive her crazy. She is working and going to school, and cancels many of your visits.

She says she doesn't want to spank Jacob but isn't sure he understands anything else. She often reports to you that she has tried strategies you suggest, such as giving him choices to lessen the power struggle, rewarding him for keeping his hands to himself, and praising Jacob when he does comply.

But, they don't work with him. It especially bothers her when he says he hates her and he gets dysregulated and lashes out at her. At these times, she reports she often "loses it" and yells and screams at him. While she feels attached to him, she is very frustrated and sometimes thinks about giving a 14-day notice. You feel uncomfortable with Danielle's interaction with Jacob. There is very little positivity, and she seems primed to think he has bad motives toward her. She says things like, "Well you see how he acts? He's gonna end up with the police after him." You observe her redirect him several times by yelling, "Stop that right now – what's wrong with you?"

READ

Problem Lens: “What’s wrong?”

RECOGNIZE

Trauma Informed Lens: “What are the possible causes?”

EVALUATE

Resilience Informed Lens: “What are the strengths?”

ACT

Action Steps: “What can you do?”

DO IT AGAIN