



Trauma Informed Care in Early Childhood Settings




Early Childhood Education & Training
Sheppard Pratt, formerly Family Services Inc.
CKO-155512



Sheppard Pratt


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Presenters

- Sapienza Price**
 - Program Coordinator, Substance Abuse Prevention
 - Certified MANDT trainer
 - Pyramid Model Trainer
 - BA, Psychology
- Helma Irving**
 - Program Manager, Early Childhood Education and Training
 - Early Childhood Mental Health Consultation Certification
 - Masters in Family and Child Development
 - EHS Mental Health Specialist
 - Pyramid Model Trainer


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Roll Call

Please type your first and last name in the chat box so we can record your attendance.

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Key Idea

“It comes down to the way you treat people. When you treat people with dignity and respect all the time, you can work through anything”.

John Bacon


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Objectives:

1. Differentiate between 2 types of trauma.
2. Identify the impacts of trauma on child development.
3. Define Trauma informed care (TIC).
4. Indicate knowledge of at least 5 TIC strategies or practices that support young children experiencing trauma.

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DEFINING TRAUMA

Trauma is...

“...an experience that is emotionally painful, distressing or shocking, that provokes feelings of extreme fear, vulnerability or helplessness, and that can cause lasting psychological and/or physical effects.”

National Child Traumatic Stress Network.

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2 Types of Trauma

1. Acute Episodic Trauma
 
2. Betrayal Trauma
 


Joe Mikos/Getty images

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ACE and Toxic Stress

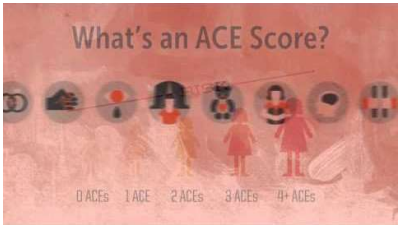
- **Adverse Childhood Experiences (ACE):** a specific subset of child adversities including abuse, neglect and household dysfunction that have been researched and found to be linked to poor health outcomes later in life.
- **Toxic Stress:** Can occur when a child experiences adversity that is extreme, long-lasting and severe leading to prolonged activation of the bodies stress response system.

Child Trends (2018) <https://www.childtrends.org/adverse-childhood-experiences-different-than-child-trauma-critical-to-understand-why>













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Adverse Childhood Experiences- Video



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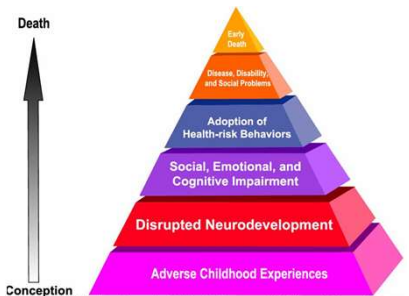
Adverse Childhood Experiences (ACE) Categories

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

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
The ACE Study



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

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Finding My ACE Score- Handout

Instructions (2-3 Minutes)
 1. Circle a "yes" or "no" answer to the questions below. If you are unsure, circle "no."
 2. Add up your "yes" answers. If you have 0-1 "yes" answers, your score is 0. If you have 2-4 "yes" answers, your score is 1. If you have 5-6 "yes" answers, your score is 2. If you have 7-10 "yes" answers, your score is 3. If you have 11-14 "yes" answers, your score is 4. If you have 15-17 "yes" answers, your score is 5. If you have 18-20 "yes" answers, your score is 6. If you have 21-24 "yes" answers, your score is 7. If you have 25-27 "yes" answers, your score is 8. If you have 28-30 "yes" answers, your score is 9. If you have 31-33 "yes" answers, your score is 10. If you have 34-36 "yes" answers, your score is 11. If you have 37-40 "yes" answers, your score is 12. If you have 41-43 "yes" answers, your score is 13. If you have 44-46 "yes" answers, your score is 14. If you have 47-50 "yes" answers, your score is 15. If you have 51-53 "yes" answers, your score is 16. If you have 54-56 "yes" answers, your score is 17. If you have 57-60 "yes" answers, your score is 18. If you have 61-63 "yes" answers, your score is 19. If you have 64-66 "yes" answers, your score is 20. If you have 67-70 "yes" answers, your score is 21. If you have 71-73 "yes" answers, your score is 22. If you have 74-76 "yes" answers, your score is 23. If you have 77-80 "yes" answers, your score is 24. If you have 81-83 "yes" answers, your score is 25. If you have 84-86 "yes" answers, your score is 26. If you have 87-90 "yes" answers, your score is 27. If you have 91-93 "yes" answers, your score is 28. If you have 94-96 "yes" answers, your score is 29. If you have 97-100 "yes" answers, your score is 30.

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Stay with me...


- We have reflected on Definitions of Trauma and Adverse Childhood Experiences (ACE)
- ➔ Moving to Developmental Impacts of Trauma
 - Define Trauma Informed Care (TIC)
 - Strategies to implement TIC in early childhood settings

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Trauma Beliefs

- Old Thinking:
Young children are not impacted by Trauma at a young age.
- New Thinking:
Young children can be impacted by Trauma at any age, even in utero.



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Just Breath Video



<https://www.youtube.com/watch?v=RVA2N6IX2cg#https://www.youtube.com/watch?v=RVA2N6IX2cg>

Image from: <http://www.joyfullyenna.com>

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Developmental Impacts

- Brain
- Attachment
- Physical
- Affect Regulation
- Behavioral Control
- Cognition
- Self Concept

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Neurobiological Impacts- handout

Natl. Child Traumatic Stress Network

Trauma- causes a wasting away of the Cortex- meaning we are losing our ability to REGULATE our thoughts, emotions, and actions. It shrinks our Hippocampus- can't recall the stored memory or store new memory
Reinforces the Amygdala response and we are in constant fight or flight.

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Developmental Stages: What could Trauma Look Like in a child? Symptoms of Exposure

<ul style="list-style-type: none"> • Birth to 5: <ul style="list-style-type: none"> • Sleep and/or eating disruptions • Withdrawal/lack of responsiveness • Intense/pronounced separation anxiety • Inconsolable crying • Developmental regression, loss of acquired skills • Intense anxiety, worries, and/or new fears • Increased aggression and/or impulsive behavior 	<ul style="list-style-type: none"> • 6 to 11: <ul style="list-style-type: none"> • Nightmares, sleep disruptions • Aggression and difficulty with peer relationships in school • Difficulty with concentration and task completion in school • Withdrawal and/or emotional numbing • School avoidance and/or truancy
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Developmental Impacts- Handout

Developmental Impacts of Trauma, based on DSM-5, and Overview of Early Childhood Trauma Characteristics

Map of Trauma-Informed Care

Acute Trauma	Physical	Adult Experiences
<ul style="list-style-type: none"> Difficulty learning school Excessive stress for stability or predictability of others Interpersonal difficulty Hyperarousal Difficulty making plans Chronic, physically, and/or emotionally 	<ul style="list-style-type: none"> Developmental problems Hyperarousal to physical contact Hyperarousal Hyperarousal and/or physical Hyperarousal with emotional and behavioral 	<ul style="list-style-type: none"> Problems with emotional regulation Early and/or active difficulty with Difficulty describing emotions and internal experiences Difficulty learning and describing school rules Problems with emotional/behavioral
Adaptive Control	Emotional	Self-Concept
<ul style="list-style-type: none"> Prosocial behavior Subsistence behavior Aggression behavior Oppositional behavior Emotional compliance Emotional distress Emotional distress Emotional distress Emotional distress Emotional distress 	<ul style="list-style-type: none"> Difficulty regulating emotions Low or no self-regulation Problems managing emotions Difficulty learning and describing school rules Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others 	<ul style="list-style-type: none"> Lack of understanding of self and others Low or no self-regulation Problems managing emotions Difficulty learning and describing school rules Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others Difficulty describing self and others

Source: National Center for Child Welfare, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020

https://www.ecmhc.org/tutorials/trauma/mod3_1.html

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How does Trauma Manifest in the Classroom?



- ACEs
 - Children with 3 or more ACEs are nearly 4 times (OR=3.66) more likely to have developmental delays (Marie-Mitchell et al, 2013)
 - Children with 4 or more ACEs are 32 times more likely to have behavioral problems in school (Burke et al, 2011)



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What is Trauma Informed Care?

The Paradigm Shift:
 from: "What is wrong with you?"
 to: "What has happened to you?"

National Center for Trauma Informed Care, SAMHSA

Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of **trauma**.

Trauma Informed Care
www.traumainformedcareproject.org/

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The Importance of Relationships

- Trauma and attachment are linked.
- Trauma disrupts the process of learning to trust caregivers.
- Strong relationships reduce the impacts of trauma.

THE PRINCIPLES MODEL CONNECTION

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The Importance of Relationships:

- Children grow and thrive in the context of dependable relationships.
- Nurturing and responsive relationships build healthy brain architecture that provides a strong foundation for learning, behavior, and health.

(Neurons to Neighborhoods)

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Video

Building Resilience In Children




https://www.youtube.com/watch?v=52e87Lv_nn0

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Building Resilience in Children Handout

7 C's of Resilience, by Dr. Ginsburg




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Response to Trauma: Starting with the good news

- People are remarkably resilient
- Resilience in childhood is common – not rare
- Even though exposure to trauma is common in childhood and adulthood, only 20% will develop post traumatic stress symptoms



(Costello et al., 2002; Masten, 2000)

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TIC Strategies in Childcare Handout

TIC Strategies in Childcare
based on Devereux Florida - Trauma Informed Care Top 10 Tips
 https://ncwvi.org/files/Evidence-Based_and_Trauma-Informed_Practice/Trauma_Informed_Care_top_10_tips.pdf

to do right take care of your specific context/what you might try

1. Maximize the child's sense of safety.
2. Assist children in reducing overwhelming emotions.
3. Help children make new meaning of their trauma history and current experiences.
4. Support and promote positive and stable relationships in the life of the child.
5. Plan activities and experiences that aim to build upon strengths and promote resilience.
6. Focus on empowerment vs. management and control.
7. Use of person-first language with decreased emphasis on symptoms, behaviors, etc.
8. Provide support and guidance to the child's family and caregivers.
9. Coordinate services with other agencies.
10. Manage professional and personal stress.

Trauma-Informed Care in Early Childhood Settings: 10

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TIC Strategies in Childcare see handout

based on Devereux Florida - Trauma Informed Care Top 10 Tips
https://ncwvi.org/files/Evidence-Based_and_Trauma-Informed_Practice/Trauma_Informed_Care_top_10_tips.pdf

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Did we cover all Objectives?

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Post Test and Evaluations

The following links will be emailed to you so you may complete the Post Test/Assessment and Workshop Evaluation.

- Workshop Presenter Evaluation-
<https://www.surveymonkey.com/r/62YY6YK>
- Post Test/Content Assessment-
<https://www.surveymonkey.com/r/529GVCG>

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Roll Call

Please type your first and last name in the chat box so we can record your attendance.

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References

1. National Center for Trauma Informed Care
www.mentalhealth.samhsa.gov/nctic
2. National Child Traumatic Stress Network
www.NCTSNnet.org
3. Child Trauma Institute
www.childtrauma.com
4. The Ace Study
www.acestudy.org
5. Center for Disease Control
www.cdc.gov
6. Devereux Florida- Trauma Informed Care Top 10 Tips
www.ncwwi.org

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Need More Professional Development?

- Call Early Childhood Education and Training at 301-840-3248
- Email Helma Irving at helma.irving@fs-inc.org
- www.sheppardpratt.org



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