Learn with the Learning Community!
Follow our new blog at:
lcrcweb.com



Helping People. Changing Lives.
community Action
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Trauma Informed Approaches to Two-Generation Programs



December 9, 2016

Elena Cohen, Learning Community Subject Matter Expert

Helping People. Changing Lives.
community Action
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK



Purpose: To analyze Community Action outcomes and identify effective, promising and innovative practice models that alleviate the causes and conditions of poverty.

BUILD OUR CAPACITY TO FIGHT POVERTY!

Helping People. Changing Lives.
community Action
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Anti-Poverty Work



The “Heart” of Who We Are

Helping People. Changing Lives.
Community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

The Promise of Community Action

Community Action changes people's lives,
embodies the spirit of hope,
improves communities, and
makes America a better place to live.

We care about the entire community and
we are dedicated to helping people
help themselves and each other.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

The National Webinar Series

Focuses on themes related to the specific anti-poverty approaches and is a way to showcase innovative strategies to the broader CSBG network.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Subject Matter Expert

Trauma Informed Approaches to Alleviate Poverty LCG --

Elena Cohen



Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Upcoming Webinars in Our Trauma Informed Mini-Series

- **February 17, 2017** - Trauma Informed Care for Agencies Working with Homeless Families
- **April 27, 2016** - Conducting an Assessment to Become a Trauma Informed Organization
- **June 30, 2017** - Lessons Learned from Trauma-Informed Care LCG

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Trauma Informed Approaches to Two-Generation Programs



Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Agenda

Two-Generation Programs

- Defining 2-G
- 2-G Strategies
- What Problems Can a 2-G Approach Help Solve

Adverse Childhood Experiences/ Toxic Care

- How it impacts children
- Defining Trauma as a Service Provider
- Reactions to Traumatic Stress & Its Impact on the Family

Trauma Informed Care in 2-G Programs

- Promote resilience
- Screen
- Assess and address trauma
- Provide resources
- Support staff

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Two-Generation Programs

Address issues of poverty and other social ills by helping children get the best possible start in life, while, at the same time, supporting parents/caregivers in their efforts to become economically self-sufficient.

- Assumptions
  - (a) it is not possible to promote good outcomes for children without recognizing that children grow up in families
  - (b) to promote self-sufficiency it's essential to be mindful of the roles, responsibilities, and challenges faced when workers are also parents.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Two-Generation Programs

Seek to promote:

- Linkages between high quality educational services for children and workforce development services for their parents

- Programmatic efforts to help parents gain the skills, knowledge, and resources to support their child's development

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Two-Generation Programs

- Ensure that families have access to the economic and social supports needed for stability, resilience, and healthy child development

- Help families build skills that can support ***both*** resilience and upward mobility.

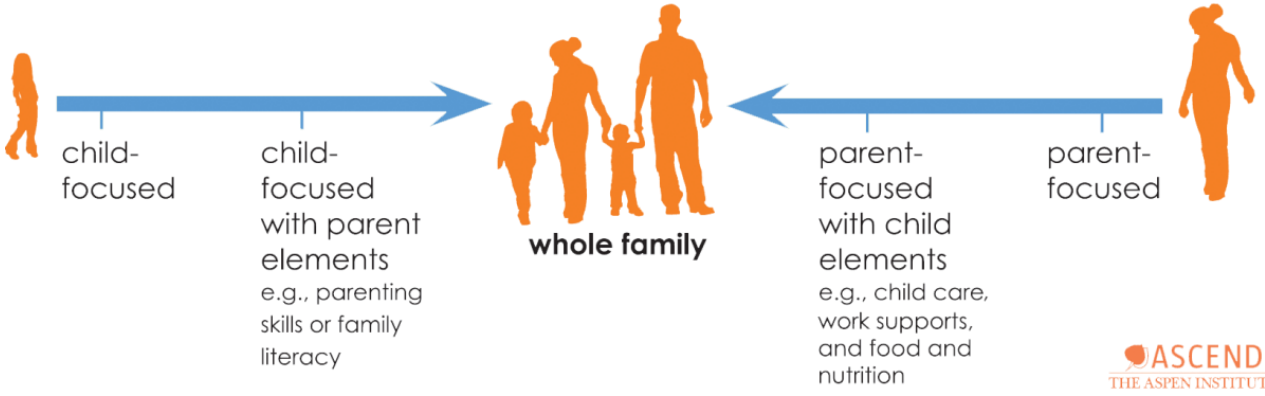


Photo Credit: Ascend at Aspen Institute

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Two-Generation Strategies

- Developmentally appropriate early childhood program
- Parenting education component
- Adult education, literacy, or job skills and training component

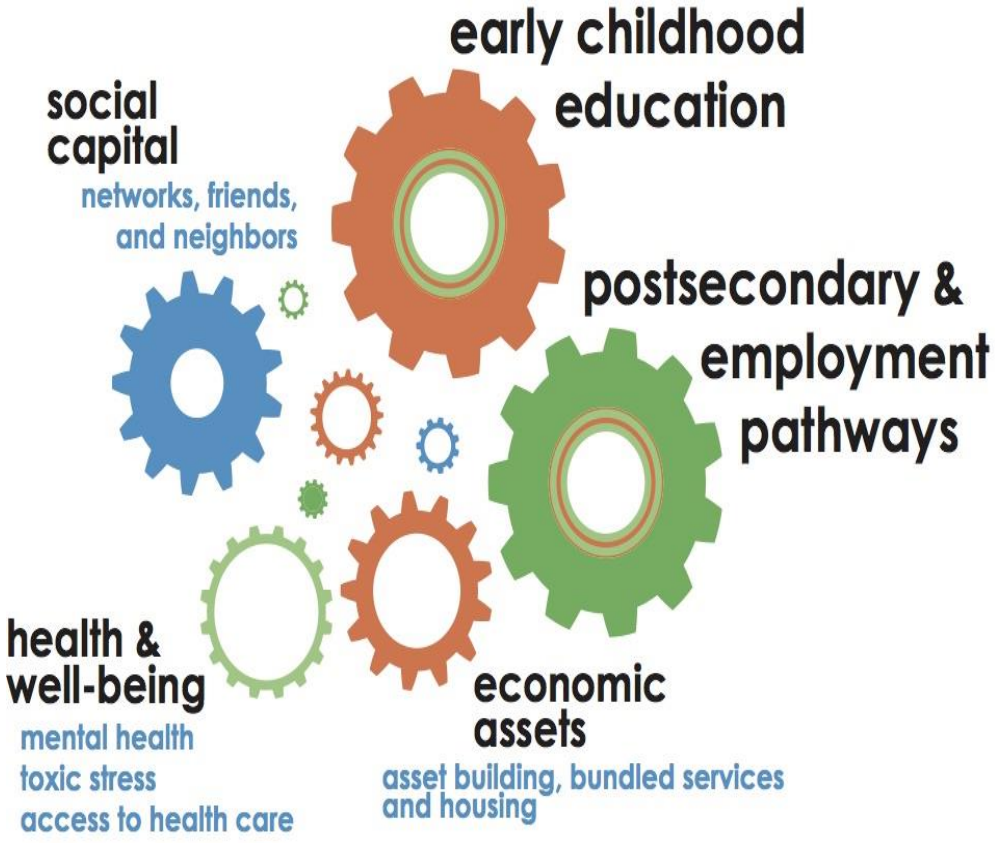


Photo Credit: Ascend at Aspen Institute

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

Adverse Childhood Experiences

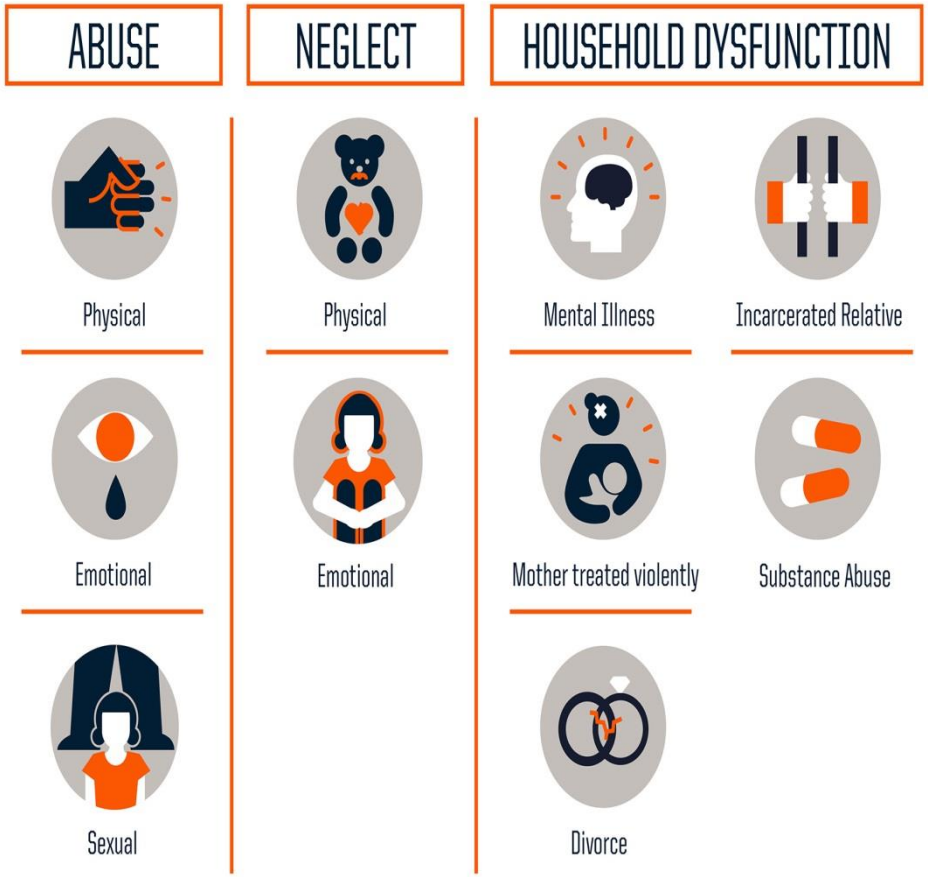


Photo Credit: Robert Wood Johnson Foundation

Adverse Childhood Experiences (ACEs) are negative life events or experiences which occur during childhood and have the potential to impede healthy child development.

- Adverse experiences frequently lead to impaired mental and physical health, poorer school and work success, and lower socioeconomic status in adulthood.

https://www.cdc.gov/violenceprevention/acestudy/about_ace.html

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

What is Trauma?

People use "trauma" to refer to a traumatic event.

- From a psychological perspective, trauma occurs when an individual experiences an intense event that threatens or causes harm to his or her emotional and physical well-being.

- Trauma can be the result of exposure to a natural disaster such as a hurricane or flood or to events (i.e. war). Witnessing or being the victim of violence, serious injury, or physical or sexual abuse can be traumatic. Accidents or medical procedures can result in trauma, too.

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

Traumatic Stress Reactions

- ❑ Intense and ongoing emotional upset
- ❑ Depressive symptoms
- ❑ Anxiety
- ❑ Behavioral changes
- ❑ Difficulties with attention
- ❑ Academic difficulties
- ❑ Nightmares
- ❑ Physical symptoms

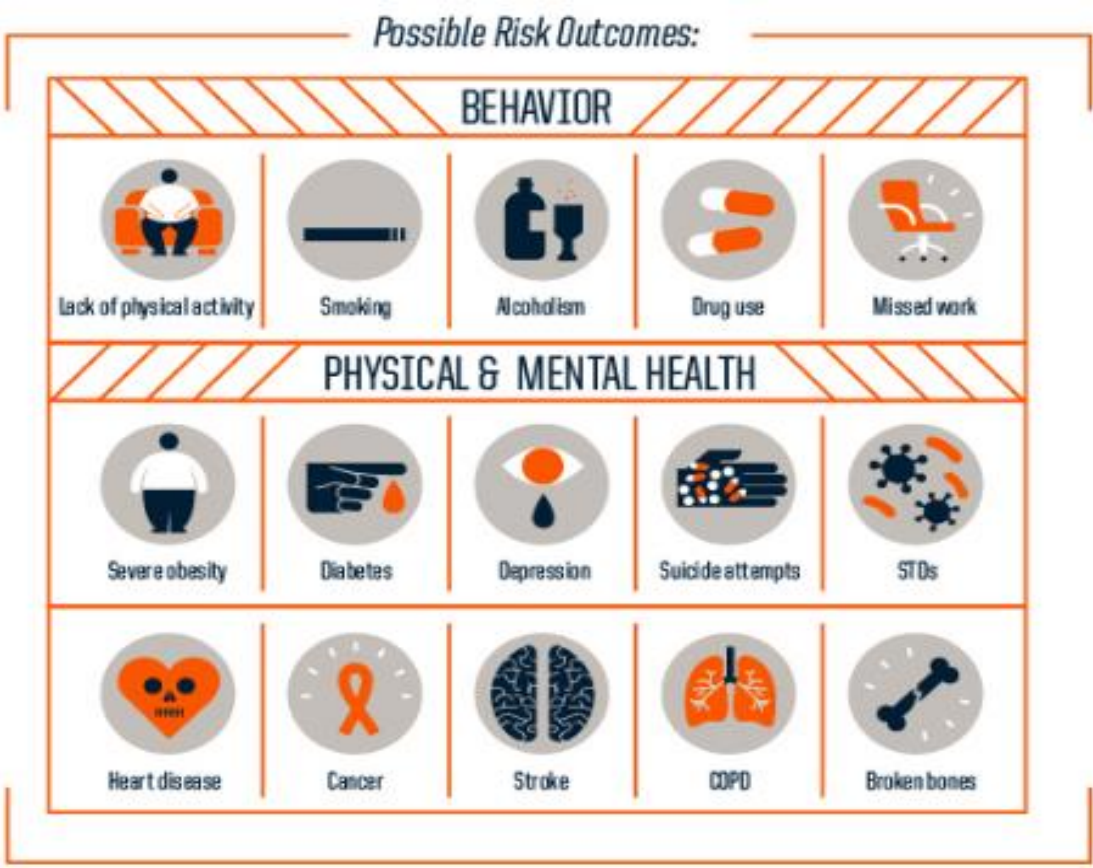


Photo Credit: Robert Wood Johnson Foundation

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Impact of Traumatic Stress on the Family



Photo Credit: Chronicle of Evidence-Based Mentoring

- ❑Individual (child/adult) functioning
- ❑Adult intimate relationships
- ❑Parent-child relationships

Impact of on Family System

- Families experience chaotic, disorganized lifestyles, inconsistent and conflicted relationships and crisis-oriented coping.

- **Intergenerational**: emotional regulation, aggression, social competence leading to functional impairments which lead to transmit to the next generation.

Poll Questions



How would you describe your level of understanding of trauma and its impact on adults and children?

- High level of understanding
- Moderate level of understanding
- Very little understanding

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Trauma-Informed Approach in Two- Generation Systems

- Everyone recognizes and responds to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers.
- By recognizing that traumatic experiences and their reactions impact current behavior, community-based programs can begin to build a trauma-informed environment across the continuum of care.

http://www.integration.samhsa.gov/clinical-practice/SAMSA_TIP_Trauma.pdf

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

Trauma-Informed Care in Two-Generation Programs

- Some programs are already as 2-generation (i.e. Home Visiting/Head Start programs), but many are not.
- When they aren't, there are questions about whether there should be a change in service delivery, or in assessment/referral, in staff awareness and understanding, or some combination of these.
- This goes to questions about what programs are funded/statutorily mandated to do, what they're good or potentially good at doing, when a broadening of mission leads to improved performance and when it just leads to mission creep or mission diffusion.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Promote Resilience

- Engage in efforts to ***strengthen*** the resilience and protective factors of children and families impacted by and vulnerable to trauma.



Photo Credit: Catherine Twiss Consulting

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

(1) Screen

- Routinely screen for history/current trauma exposure and related symptoms.
- Screening can prevent misdiagnosis and inappropriate treatment planning.

http://www.integration.samhsa.gov/clinical-practice/screening-tools#TRAUMA

Helping People. Changing Lives. Community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

Screening

- Process for determining whether there are concerns that warrant a response and what that response could be.

- Goal: identification of “immediate/current” issues.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Assessment

- Comprehensive process that evaluates several life domains including strengths of the child/youth and family.
- Conducted by a qualified individual with the appropriate credentials .
- Developmentally appropriate for the age and cognitive capabilities of the child.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

(2) Assess and Treat Trauma



- Use culturally appropriate evidence-based assessments and treatment for traumatic stress and associated mental health symptoms.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

(3) Provide Resources

- Make resources available to children, families and providers on trauma exposure, its impact and treatment.

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

(4) Promote/Maintain Staff Resilience

- Maintain and environment of care for staff that addresses, minimizes and treats *secondary traumatic stress* and that increases staff resilience.

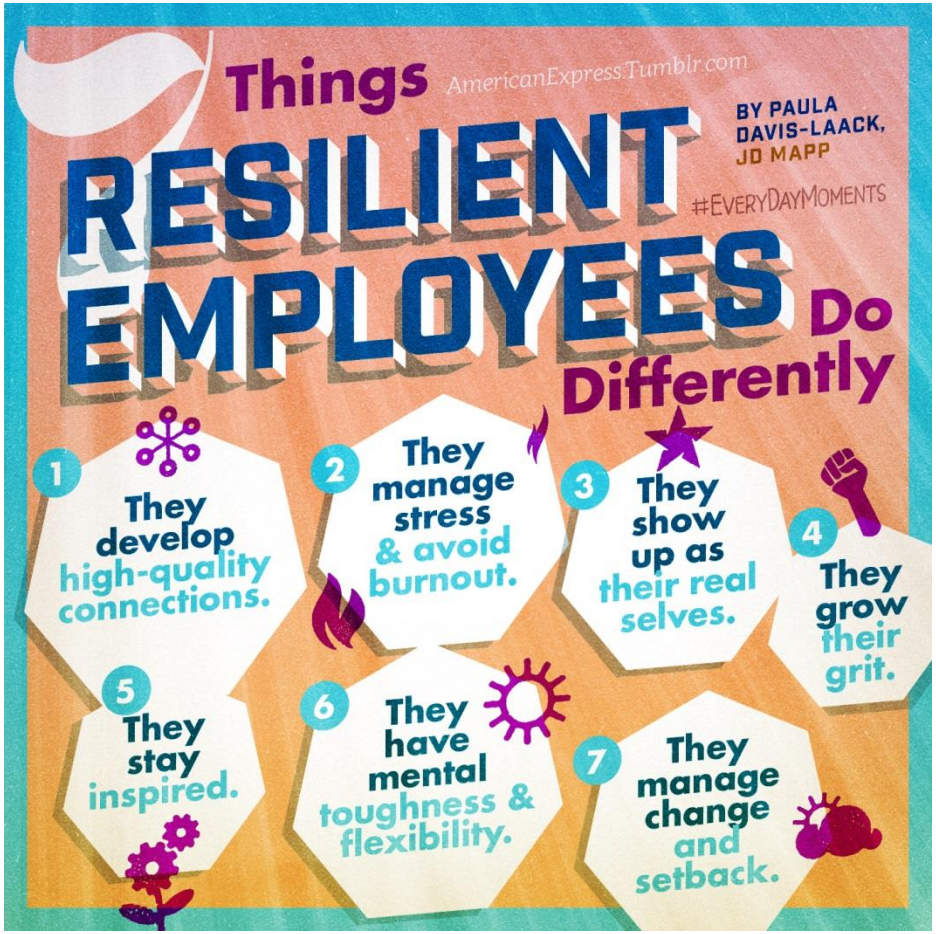


Photo Credit: American Express Tumblr

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

(5) Work With Other Systems

- Home Visiting
- Head Start/Early Care/Schools
- Housing
- Health/Mental Health
- Substance Abuse
- Employment
- Domestic Violence

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

POLL

What strategies are you already implementing?

- Training on understanding trauma and its impact
- Mental health consultations
- Providing resources on trauma for families
- Addressing caregiver/parent trauma
- Providing secondary trauma support

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

POLL

How difficult would it be to implement a trauma-informed approach in your two-generation program?

- Very difficult
- Somewhat difficult
- Not difficult

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

POLL

What barriers are you currently facing in you efforts to implement trauma-informed care?

- Resources (fiscal)
- Agency competing priorities
- Adapting policies and procedures
- Staff training
- Lack of support from leadership
- Not knowing where to start

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK



Questions?

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

National Webinar Series

Understanding Racial Bias and Its Impact

December 19, 2016 2 pm ET

The purpose of this webinar is to examine the concept of white privilege and the role it plays in the racial divisions that continue to plague us. Presented by Michael Wenger, the webinar will utilize stories from his book, *My Black Family, My White Privilege: A White Man's Journey Through the Nation's Racial Minefield*, to illustrate how white skin privilege manifests itself in our daily lives and how we can recognize and address it. Mr. Wenger, who teaches about race relations and institutional racism at the George Washington University, has served as a Community Action Association Executive Director in southern West Virginia, and he was Deputy Director for Outreach and Program Development for President Bill Clinton's Initiative on Race.

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

National Webinar Series

Learning With the Learning Community

January 5, 2017* ***(Updated from December 13, 2016 2 pm ET)***

Alleviating the causes and conditions of poverty is the "heart" of what Community Action does. Because the needs of low income families are ever evolving, Community Action approaches to eradicating poverty must be adaptive, innovative and impactful. Attend this webinar event for an opportunity to explore emerging anti-poverty approaches from the perspective of participating agencies and also learn about how their agencies can engage with the Partnership's Learning Community to build capacity to fight poverty effectively.

Helping People. Changing Lives. community Action PARTNERSHIP AMERICA'S POVERTY FIGHTING NETWORK

Please Give Us Your Feedback!

https://www.surveymonkey.com/r/Trauma2-G

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

Learning Community
Mid-Point Evaluation Survey



It's that time again! Now that we have transitioned into Year 2 of our cohort, we would love to hear your thoughts about the progress that your agency has made along the way. Please take a few moments to fill out our survey to provide us with a better picture of your growth as an agency and steps that can be taken to make the Learning Community more impactful.

Please share your thoughts with us!

38

LCRC Staff Contact Info:

Tiffney Marley, CCAP, NCRT, Project Director

tmarley@communityactionpartnership.com

Jarle Crocker, PhD, Director of Training and Technical Assistance

jcrocker@communityactionpartnership.com

Hyacinth McKinley, Program Associate

hmckinley@communityactionpartnership.com

This presentation was created by the National Association of Community Action Agencies – Community Action Partnership, in the performance of the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Community Services Grant Number, 90ET0452. Any opinion, findings, and conclusions, or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Health and Human Services, Administration for Children and Families.

Learn with the Learning Community!
Follow our new blog at:
lcrcweb.com



Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK