



### What Happened to Them? The Trauma Informed Childcare Program

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### What is trauma?

- Person's response involves intense fear, horror, or helplessness.
- Extreme stress that overwhelms the person's capacity to cope.

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### Trauma Informed Care ...



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### The 4 R's of TIC

- Realizes the widespread prevalence of trauma.
- Recognize the signs and symptoms of trauma
- Responds by fully integrating knowledge about trauma into policies, procedures and practices
- Resist re-traumatization

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### Trauma Informed Care

- Trauma-informed care views service provision through a lens of trauma.



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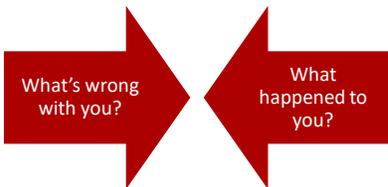
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### 3 E's of Trauma Outcome

- Event
- Experience
- Effects



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### Event



- Threat of physical or psychological harm
- Violence, natural disasters, pandemic, etc.

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### Experience

How the individual labels or interprets the event defines whether it is traumatic.

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### Effects

Effects may occur immediately or months or years later.

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- Approximately 7.7 million American adults age and older, or about 3.5% of people in this age group in a given year have PTSD.
- 98% of people served behavioral health have experienced trauma.
- 51% of the general population have experienced trauma in childhood.

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- Center for Disease Center and Kaiser Permanente collaboration.
- 10 year study of 17,000 people.
- Effects of adverse childhood experience (trauma) over the lifespan.
- Largest study of this kind ever done.

#### Adverse Childhood Experiences (ACE)

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What trauma can look, feel and sound like?

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- Aggressive behavior
- Underweight/Overweight
- Depression
- Other mental health issues
- Inability to concentrate
- Difficulty with relationships

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- Somatic illness
- Chronic illness (i.e. diabetes, cancer)
- Infant mortality
- Drug/Alcohol addictions

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I feel hurt when ...

- They don't listen
- Coercive practices are used in exchange for my cooperation.
- I am excluded from the process.
- The different services do not talk to each other.

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I feel helped when ...

- Power was shared with me.
- I am shown versus told.
- I am given choices versus alternatives.
- Rapport is established with the person advocating/helping me.

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Trauma Informed Services

- Infused with knowledge about the roles that trauma play in the lives of adults and children
- Minimize the possibilities of victimization and re-victimization/traumatization
- Focus on understanding the whole individual and context of their life experience

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## Trauma Informed Services

- Hospitable and engaging for family.
- Respects individual choices and control over their recovery.
- Form a relationship based in partnership with the survivor, minimizing the power imbalance between advocate and survivor
- Emphasize individual's strengths

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## Trauma Informed Services

- Focus on trust and safety
- Collaborate with non-traditional and expanded community supports (such as faith communities, friends and families, etc.)
- Provide culturally competent and sensitive services

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## Helping children navigate trauma ...



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### Strategies to create TIC (Trauma Informed Childcare)

- Build their self-esteem
- Provide tools and activities to assist in developing a growth mindset vs fixed mindset
- Encourage activities that build empathy
- Use conflict and real life events to explore the embracing different points of view

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### Working with Family . . .

- Create a non-judgmental environment
- Review policies and procedures; are traumatic events addressed (divorce, death, abuse, etc)
- Referrals and resources

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### Final thoughts, comments and questions .



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“ *No significant learning occurs without a relationship* ”

— Ruby Payne, International Educator & Speaker

Facilitator: Thecia Jenkins  
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