

AMETHYST PLACE

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- ◉ Amethyst Place serves 50-60 families and over 100 children each year.
- ◉ Our typical client is 30 years old, raising 2 children under 7 years old, with no more than a high school education, living on less than \$10,000 per year.
- ◉ 75% of our clients have an ACE Score of 4 or higher, 20% are 8 or higher. Average ACE Score is 6
- ◉ 90% of our clients are dually diagnosed with substance abuse and a severe mental illness
- ◉ 70% of the children have a history of foster care or other placement not with their mother

TERESA TAYLOR

- ◉ Successful graduate and Alumni of Amethyst Place
- ◉ Mother to two wonderful boys, Sabastian and Elijah
- ◉ College student starting her fourth semester at Penn Valley Community College.
- ◉ Also works part time while attending college and taking care of her boys and household.

According to the Substance Abuse and Mental Health Administration (SAMSHA) The six key principles fundamental to a trauma-informed approach include: (1)

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues

SAFETY

- ◉ Amethyst Place is a gated community that has staff 24/7 as well as video surveillance.
 - Locked entrance to each building
 - All visitors must sign in and have a background check done.
- ◉ Fully furnished apartment
 - Clients have their own place to call home, with all the needed living supplies.
 - Children have their own beds and room, often for the first time.

TRUSTWORTHINESS AND TRANSPARENCY

- ◉ Treatment team meetings
- ◉ Open door office policy
- ◉ Clearly defined rules for living at Amethyst Place
- ◉ Continued work on rapport with clients by all staff

PEER SUPPORT

- ⦿ Pairing of alumni residents with each new resident to have a peer point of contact.
- ⦿ Community events to increase engagement with members in the community
- ⦿ Engagement in therapeutic groups to help facilitate clients creating support groups within their community for both mothers and children.

COLLABORATION & MUTUALITY

- ⦿ Treatment team meetings
- ⦿ Encompass mentoring program
- ⦿ Importance and focus on relationships.

- ⦿ “So often, trauma happens in relationships, but it is also in relationships that healing occurs.” Dr. Bruce Perry M.D PhD. (2)

EMPOWERMENT, VOICE & CHOICE

- ◉ Support for clients to overcome obstacles in their lives.
- ◉ Education, legal, financial, parenting, medical
- ◉ Clients complete satisfaction surveys at their treatment team meetings to help staff continue to grow and work in the most successful ways possible.

CULTURAL, HISTORICAL & GENDER ISSUES

- Awareness of different cultural needs of clients with day to day procedures as well as any community events
- Awareness of past trauma with stereotypes clients may have experienced

THE 4 R'S

- ⦿ A program, organization, or system that is trauma-informed ***realizes*** the widespread impact of trauma and understands potential paths for recovery; ***recognizes*** the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and ***responds*** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively ***resist re-traumatization***.

TRAUMA INFORMED CARE FOR PARENTS

- ◉ Psychoeducation on what trauma children may have endured before coming to Amethyst Place
- ◉ Parenting skills to lessen potential for re-traumatizing children or triggering past traumatic memories.
- ◉ Continued support not only therapeutically, but in creating relationships with other residents to have support through this journey

WORK CITED

- ◉ (1) SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach July 2014, Prepared by SAMHSA's Trauma and Justice Strategic Initiative
<http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>
- ◉ (2) Perry, Bruce Duncan, and Maia Szalavitz. The Boy Who Was Raised As a Dog: And Other Stories From a Child Psychiatrist's Notebook : What Traumatized Children Can Teach Us About Life, Loss, Love, and Healing. New York: Basic Books, 2008.