

# Trauma-Informed Care in Practice: 2Gen Thrive

**A partnership to build caregivers' capacity to  
prevent toxic stress among children exposed  
to early adversity**

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# Objectives

- 1) Review Trauma Informed Care (TIC) definition and principles
- 2) Describe how an early education health care partnership is implementing TIC

# Trauma Informed Care (TIC)

## What is trauma?

- Intense, overwhelming experiences that involve serious loss, threat or harm to a person's physical and/or emotional well-being

## What is TIC?

- When an institution takes the steps to promote an awareness at a system-level of how trauma affects individuals and families, as well as how it affects the staff who serve those patients

# TIC Principles

- **Realizes** the widespread impact of trauma and understand potential paths for recover
- **Recognizes** the sights and symptoms of trauma in clients, families, staff, and others involved with the system
- **Responds** by fulling integrating knowledge about trauma into policies, procedures, and practices
- Seeks to actively **resist re-traumatization**

## 6-Key Principles

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender issues

# Partnership for Resilient Families

**Vision Statement:** Joining together as leaders to create communities where children and families thrive.

**Mission Statement:** The Partnership for Resilient Families brings healthcare, social services, and education together to break the intergenerational cycle of toxic stress in our communities through collaboration, innovation, and discovery.



# Community-based Participatory Research (CBPR)

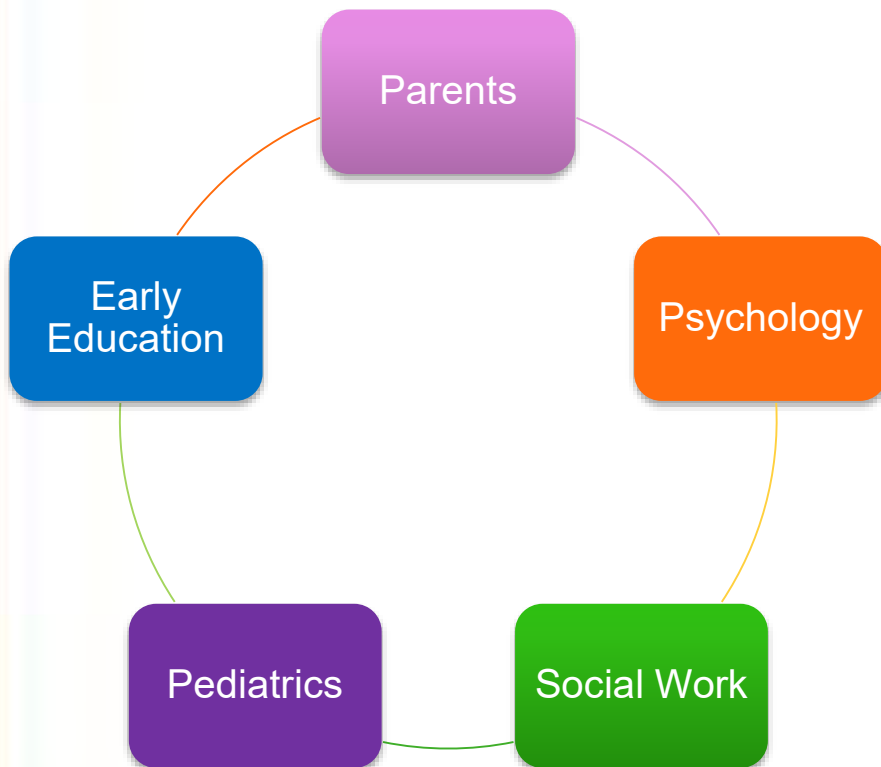
“A collaborative approach to research that **equitably** involves all partners in the research process and **recognizes the unique strengths** that each brings. CBPR begins with a research **topic of importance to the community** and has the aim of **combining knowledge with action** and achieving social change...”

-W.K. Kellogg Community Health Scholars Program



# Integrating CBPR Approach into Intervention Development

2Gen Thrive Partners



## **Objective:**

Develop, implement, and evaluate interventions to improve outcomes for children at-risk for toxic stress

## **Approach:**

Conduct intervention development and implementation research using a community-based participatory research approach

# 2Gen Thrive Community Action Board

## Overview

- The CAB includes parents, Operation Breakthrough staff, St. Mark's staff, Children's Mercy staff, and community leaders.
- The goal of the CAB is to develop and disseminate toxic stress prevention resources that are relevant and accessible to low income, minority families.

## Accomplishments

- Developed a definition of toxic stress.
- Identified Intervention Priorities
  - ✓ Break intergenerational transmission of toxic stress
  - ✓ Empower parents instead of “doing for”
  - ✓ Name and validate experience of toxic stress
  - ✓ Build a community of support
  - ✓ Start Early

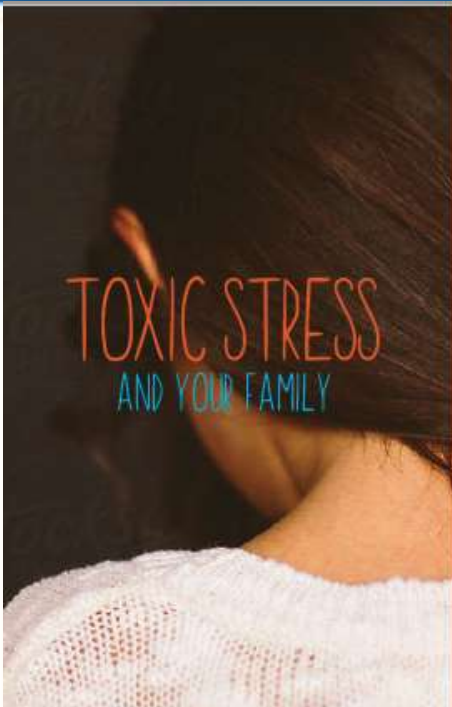




# CAB Problem Definition: Toxic Stress

“Stress that is damaging to our physical, emotional, and mental health. Toxic stress seeps under the skin and into our bodies causing pain and is contagious and unhealthy for our kids and families.”

– 2 Gen Thrive Community Action Board



# TOXIC STRESS AND YOUR FAMILY

PHYSICAL ABUSE  
SEXUAL ABUSE  
EMOTIONAL ABUSE  
NEGLECT  
MENTAL ILLNESS  
SUBSTANCE ABUSE  
SEPARATION FROM A PARENT  
INCARCERATED FAMILY MEMBER  
INTERPERSONAL VIOLENCE

→ **ACEs**

## WHAT IS TOXIC STRESS?

"Toxic stress is stress that is damaging to our physical, emotional, and mental health. Toxic stress seeps under the skin and into our bodies causing pain and is contagious and unhealthy for our kids and families."  
2GEN THRIVE COMMUNITY ACTION BOARD

Toxic stress can happen when people experience many adverse childhood experiences (ACEs) such as abuse, neglect, and household dysfunction.

## WHY SHOULD WE TALK ABOUT TOXIC STRESS?

Because too much stress over long periods of time can cause serious health problems.

**ACEs**

↓

**TOXIC STRESS**

## HOW IS THIS AFFECTING OUR COMMUNITY?

Toxic stress affects parents and children. An Operation Breakthrough survey showed that children of parents with more ACEs are at a greater risk of experiencing outcomes such as abuse, neglect, and household dysfunction.

**BOTTOM LINE:**  
Toxic stress can travel from one generation to the next,

# BUT IT DOESN'T HAVE TO.

## WHAT CAN WE DO ABOUT TOXIC STRESS?

We are committed to breaking the cycle of toxic stress through providing comprehensive programs and supports.

**1**

### Enhanced Classroom Support

Enhancing the relationships between teachers and children by providing tools and strategies to manage child emotional and behavioral problems and promote child social-emotional development.

**2**

### Integrated Primary & Behavioral Health Care

Integration of Primary Care, Behavioral Health, and Social Services to support the developmental, physical, psychological, and social-emotional needs of children and their families through an integrated care model.

**3**

### Parenting Skills and Support Groups

Group parenting programs that foster peer support networks and shared learning.

**4**

### Caregiver Wellness Groups & Activities

Groups and activities aimed at improving parents' ability to manage stress and regulate emotions in order to be the parent they want to be.

## THE DANGERS OF TOXIC STRESS ARE REAL. BUT WE CAN BREAK THE CYCLE.

**LEARN MORE:**  
<http://www.futurewithoutviolence.org>  
<http://developingchild.harvard.edu/>  
<http://www.wkicdumbar.com/Resilient-KC/Home.asp>  
<http://www.wiselineorumpaces.org/>

Brought to you by the  
2Gen Thrive Community Action Board.

# Enhanced Classroom Support: Early Childhood Mental Health Consultations

## What is it?

- An early education behavioral health collaborative program that promotes social-emotional development of children exhibiting behavioral problems.
- ECMHC was developed to support early education staff in addressing challenging behavior in young children.
- Psychologists work collaboratively with teachers, parents, and classroom support specialists to help preschool and pre-kindergarten children who have displayed emotional and behavioral problems in the classroom.

## Program Content

Classroom functional behavior assessments

Targeted assessment provided to education staff and parents

Recommendation and follow-up based on classroom observation

Consultation with education staff and parents



# Integrated Primary Care & Behavioral Health

Integration of primary care, behavioral health, and social services to support the developmental, physical, psychological, and social-emotional needs of children and their families through an integrated care model

Psychology	Developmental Pediatrics	Psychiatry	Social Work
<p>Targeted cognitive, adaptive, or academic assessment</p> <p>Classroom observations and Consultation</p> <p>Targeted behavioral intervention</p> <p>Trauma Treatment</p>	<p>Young children presenting with early developmental delays</p> <p>Targeted assessment, consultation, and medication management</p>	<p>Young and school-aged children presenting with significant mental health concerns needing psychotropic medication management</p>	<p>Families presenting with complex social-emotion needs</p> <p>Screening, triage, and care coordination</p>

# Incredible Years<sup>®</sup> Parents & Babies

## What is it?

- A parenting program that fosters peer support networks and shared learning.
- IY was developed to help parents and babies develop strong attachment in the earliest, most critical period of life.
- Trained facilitators use video clips of real-life situations to support the training and stimulate discussion. Parents are able to practice skills with their babies.

Program Content
Getting to know your baby
Babies as intelligent learners: parent-baby communication
Providing Physical, Tactile, and Visual Stimulation
Parents Learning to read Babies' Minds: understanding babies cues and developmental needs
Gaining Support
Babies' Emerging Sense of Self: promoting exploration, discovery, and healthy development



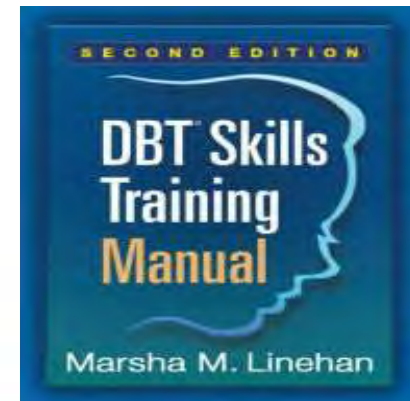
# Caregiver Wellness

## What is it?

- A group mindfulness program based on Dialectical Behavior Therapy Skills Training designed to help caregivers understand trauma, manage stress and cope more effectively in the moment.
- Caregiver Wellness was developed to decrease compassion fatigue and vicarious trauma among caregivers and promote responsive caregiving for children exposed to trauma.
- Trained facilitators teach mindfulness and emotion regulation skills, promote regular practice of skills, and cultivate awareness and meaning in the caregiver role.



Program Content
Wise Mind: The Wisdom Within
Mindfulness: “What” & “How” Skills
Radical Acceptance
Observing and Describing Emotions
Managing Difficult Emotions



# Together we can accomplish so much!

