Trauma-Informed DJJ

Children being provided the opportunity to live with more hope than fear.
Don't worry that children never listen to you; worry that they are always watching you.

Robert Fulghum
CHILDREN SEE
Individuals we serve often have experienced trauma that affects their current development and adjustment. We are resolved that in Florida, trauma will be recognized and addressed through:

Comprehensive assessment and individualized interventions designed to promote healing and foster hope and resilience.

Service environments that:
• Are sensitive and responsive
• Prevent victimization, abuse, or trauma as a result of our care
• Are driven by the voices, needs, and choices of children, youth, adults, and their families.
To provide an entry level Trauma-Informed Care resource that:

- Educates
- Identifies consistent “Trauma Terminology”
- Can be enhanced to meet the needs of specific populations
SUPPORT

http://www.211florida.org/

1-800-860-2058

EAP BENEFIT
Cost-Free • Confidential • Convenient

- Difficulties in Relationships
- Emotional/Psychological Issues
- Stress & Anxiety Issues with Work or Family
- Alcohol & Drug Abuse
- Grief Issues
- Personal & Life Improvement
- Depression
- Childcare Issues
- Eldercare Issues

To access services, call:
1-800-860-2058

www.MyFlorida.com/MyEAP

INVESTING IN CAREERS
Trauma Initiative

• Department representation on the Statewide Interagency Trauma-Informed Care Workgroup

• Incorporated into Strategic Plan

• Identification of “Trauma Champions” in all program areas

• Review of confinement policies and practices

• Trauma-Informed Care Training for all new probation and direct care staff in state operated facilities

• Soft Room at Marion Detention

• Ace Study at Dove Academy

• Focus on reduction of restraint
“Where there is breath, there is hope.”

Tonier Cain
Where there's breath there's hope
Tonier Cain

Healing Neen
The experience of violence and victimization including sexual abuse, physical abuse, severe neglect, loss, domestic violence and/or the witnessing of violence, terrorism or disasters.

(NASMHPD, 2006)
Exposure to Trauma

Trauma can occur from:

• Being in a car accident or other serious incident
• Having a significant health concern or hospitalization
• Sudden job loss
• Losing a loved one
• Being in a fire, hurricane, flood, earthquake, or other natural disaster
• Witnessing violence
• Experiencing emotional, physical, or sexual abuse
Exposure to Trauma

It is an individual’s experience of the event, not necessarily the event itself that is traumatizing.
Types of Trauma

- **Acute Trauma**: A single traumatic event that is limited in time.
- **Chronic Trauma**: The experience of multiple traumatic events.
- **System Induced Trauma**: The traumatic removal from home, admission to a detention or residential facility or multiple placements within a short time.
- **Complex Trauma**: Both exposure to chronic trauma, and the impact such exposure has on an individual.
- **Vicarious Trauma**: The traumatic removal from home, admission to a detention or residential facility or multiple placements within a short time.
Exposure to Trauma

Trauma can be:

• A single event

• A connected series of events

• Chronic lasting stress

Trauma is under-reported and under-diagnosed.

(NTAC, 2004)
Trauma can occur at any age.

Trauma can effect any:
- race
- gender
- ethnicity
- socio-economic group
- community
- workforce
Protective Factors

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Nurturing and attachment/social and emotional competence of children
Providing the foundation for a basic understanding of the psychological, neurological, biological, and social impact that trauma and violence have on many young people in our custody.

Incorporates proven practices into current operations to deliver services that acknowledge the role that violence and victimization play in the lives of most of the individuals entering our systems.

Don't look where you fall, but where you slipped. ~African Proverb
Trauma-Informed Care (TIC) provides a new paradigm under which the basic premise for organizing services is transformed from: “What’s wrong with you?” to: “What has happened to you?”
Seeing, feeling, hearing, smelling something that reminds us of past trauma

Activates the alarm system…

The response is as if there is current danger.

Thinking brain automatically shuts off in the face of triggers.

Past and present danger become confused.
We all have buttons that can be pushed…
A trauma survivor’s experience.

The child has mentally escaped your building.
Your response is key -

Trigger + Non-Trauma Informed Response = Greater chance for a Negative Outcome

Trigger + Trauma Informed Response = Greater chance for a Positive Outcome
<table>
<thead>
<tr>
<th>Trauma Informed</th>
<th>Non-Trauma Informed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recognition that many of our youth have trauma histories</td>
<td>Insufficient training on trauma and the practice of “universal” precautions</td>
</tr>
<tr>
<td>Assess for traumatic histories and symptoms</td>
<td>Little or no trauma assessment</td>
</tr>
<tr>
<td>Recognition of primary and co-occurring trauma diagnoses</td>
<td>Over-diagnosis of Schizophrenia &amp; Bipolar D. &amp; singular addictions</td>
</tr>
<tr>
<td>Recognition that practices within our system can be re-traumatizing</td>
<td>“Tradition of Toughness” valued as best care approach</td>
</tr>
<tr>
<td>Trauma Informed</td>
<td>Non-Trauma Informed</td>
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<tr>
<td>Power/control minimized - constant attention to practices within our system</td>
<td>Keys, security uniforms, staff demeanor, tone of voice</td>
</tr>
<tr>
<td>Caregivers/supporters – collaboration</td>
<td>Rule enforcers – compliance</td>
</tr>
<tr>
<td>Staff understand reason and purpose for behavior (rage, repetition-compulsion, self-injury)</td>
<td>Behavior seen as intentionally provocative, attention seeking, manipulative, annoying</td>
</tr>
<tr>
<td>Transparent systems open to outside parties</td>
<td>Closed system – advocates discouraged</td>
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</tbody>
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Is alcohol/substance abuse a desperate attempt at self-healing?

(Felitti, et al, 1998)
Trauma Informed Systems

UNIVERSAL PRECAUTIONS

Presume that every person in a treatment setting has been exposed to abuse, violence, neglect, or other traumatic event(s).

“What has happened to you?”
HURT PEOPLE

HURT PEOPLE
Trauma-Informed DJJ

Children being provided the opportunity to live with more hope than fear.
To increase public safety by reducing juvenile delinquency through effective prevention, intervention and treatment services that strengthen families and turn around the lives of troubled youth.

Our Core Functions

Prevention

Detention

Residential

Probation and Community Intervention
“Don't ever take a fence down until you know why it was put up.”

-Robert Frost
We are Child Centered and Family Focused
THE TRAUMA-INFORMED CARE
FLORIDA DEPARTMENT OF JUVENILE JUSTICE
Trauma-Informed Care (TIC) provides a new paradigm under which the basic premise for organizing services is transformed.

*from:*

“What’s wrong with you?”

*to:*

“What has happened to you?”
Trauma is when people live with more fear than hope.
Trauma Recovery is when people live with more hope than fear...
SUPPORT

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