Cultivating Resilience: The KVC Resilience Center

Goals

• Attendees will understand the impact of trauma, ACES and toxic stress on the developing brain
• Participants are aware of tools and skills that promote and increase resiliency
• Attendees will earn how to promote resiliency in their organizations

What we know about the effects of trauma
What Do We Know About the Effects of Trauma?

- Disrupts healthy development
- Much higher risk for emotional and behavior problems

Core Story of Healthy Brain Development

https://www.youtube.com/playlist?list=PLnGAbpHsuBwSpK4xBarQcyOlOxM9H4y4s

Trauma-Informed Services Needed for Healthy Brain Development
Healthy Brain Development

“Childhood trauma is the mental result of a blow, or a series of blows, rendering the young person temporarily helpless and breaking past ordinary coping and defensive operations.”

Lenore Terr (1991)

Traumatic Event Perception

Whether or not an event is perceived as traumatic is determined by both...

• The objective nature of the event
• The child's subjective response to it
Foundations of Traumatic Stress

• Traumatic (toxic) stress is the body’s response to adverse and overwhelming experiences
• Traumatic stress impacts development of:
  — Sensorimotor
  — Physical
  — Emotional
  — Cognitive (learning)
  — Neurological

“When bad things happen early in childhood, the brain and other parts of the body don’t forget.” (Shonkoff & Phillips, 2000)
Groundbreaking ACEs Study (1997)

ACEs Primer

Effecting educational outcomes

PAPER

TIGERS

RESILIENCE:
The echoes of trauma

Three dynamite approaches to make the resilient child

www.acestudy.org | www.resilienceinfo.com

v.0.1.0 | 72,899 views

Effects on Health: Dose-Response Relationship

DOSE (ACEs)

response (serious health issues)

OBESITY

SMOKING

STDs

HIGH RISK SEXUAL BEHAVIOR

ALCOHOLISM

DEPRESSION

FETAL DEATH

LIVER DISEASE

HEART DISEASE

SUICIDE ATTEMPTS

UNINTENDED PREGNANCY


Graphic designed by Freepik.com
ACEs Impact on Mental Health

Childhood Experiences Underlie Chronic Depression

Childhood Experiences Underlie Suicide Attempts

www.acesstoohigh.com

ACEs Impact on Quality of Life

ACE Score and Drug Abuse

ACE Score and the Risk of Being a Visitor of Domestic Violence

ACE Score and Indicators of Emotional and Behavioral Problems

ACEs Impact on school performance

Low School Engagement

High School Graduation Rate

School Absence

Gaps in Academic Standards
Traumatic Stress

Child traumatic stress is associated with...

- chronic mental illness
- substance abuse
- violence
- suicide
- heart disease
- homelessness
- school failure
- unemployment

Trauma-Related Social and Emotional Deficits

Maltreated children can have:

- Lower social competence
- Less empathy for others
- Difficulty in recognizing others’ emotions
- Difficulty recognizing their own emotional states as well as realizing how they tie to trauma history
- Difficulty being securely attached to their parents
- Difficulty aligning with safe people

Whole Life Impact of ACEs
Growth of the Human Brain
From Birth to 30 Years

Neurological Trauma

Frontal Lobe
- Problem solving
- Learning
- Focusing

Limbic System
- Long term memory (hippocampus)
- Emotions (amygdala)

Brain Stem
- Biological response
- Instincts
- Survival

Survival Circuits

- Amygdala
- Broca's area
Trauma Reminders or Triggers

When faced with people, situations, places, or things that remind them of traumatic events, children may experience intense and disturbing feelings tied to the original trauma.

These ‘trauma triggers’ can lead to behaviors that seem out of place, but were appropriate — and perhaps even helpful — at the time of the original traumatic event.

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Trauma Reactivity: Broken Switch

“The amygdala leads a hostile takeover of consciousness by emotion”

(LeDoux, The Emotional Brain)

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The Capacity to Cope

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Trauma Lens

“What’s wrong with this child?”

To

“What happened (is happening) to this child?”

The Process by Which Things Get Better

Skill building happens...

...in safe environments...

...through healthy relationships and interactions with responsive caring adults.

Service System
Community
School
Home

Tipping the Scale for a Healthy Future
KVC Resilience Center Components

- Body Regulation Learning Lab
- Emotion Regulation Learning Lab
- Executive Function Learning Lab
- Interpersonal Safety Learning Lab
- Virtual Reality exercises
Body Regulation

- Deep Breathing
- Mindfulness
- Progressive Muscle Relaxation
- Yoga

Body Regulation activities

Promote:
- Body awareness
- Relaxation
- Healthy stress management
- Being present

Emotion Regulation

- Emotion Regulation Drills
- Emotion Regulation Station
- Emotion Regulation Safety Plan
Emotion Regulation Drills
Promote:
- Emotion awareness
- Emotion identification
- Body awareness
- Relaxation
- Creativity
- Pleasant imagery

Emotion Regulation Station

Step one
Identify risk factors/triggers

Step two
Identify resulting emotions

Step three
Identify safety items:
- Safe people
- Safe places
- Safe activities

Emotion Regulation Safety Plan

Step one
Identify risk factors/triggers

Step two
Identify resulting emotions

Step three
Identify safety items:
- Safe people
- Safe places
- Safe activities

People: Mom, Brother, Best Friend
Places: Bedroom, garden, with friends
Activities: Music, books, video games
Executive Functioning

- Focused on:
  - Increasing the ability to problem solve
  - Controlling impulses
  - Effectively processing information
  - Planning
  - Building the ability to focus
  - Organization
  - Memory building

Executive Functioning Activities

**Strengthening My Brain**

- Memory games (Now You See It, Memory Draw)
- Problem-solving activities (100,
- Creativity exercises (Story-Story, Collective Coloring)
- Critical thinking activities (A-Z Categories, Knock Em' Down)

Interpersonal Safety

Promotes:
- Identifying safe and unsafe situations
- Self-empowerment & advocacy
- Healthy boundaries
- Asking for help
- Safety planning
Interpersonal Safety Activities

- Defining safety
- Resilience rules
- Healthy boundaries
- Safety planning
- Getting help/support

Virtual Reality

- Identify emotions
- Create safe places
- Mindfulness
- Meditation
- Safety planning

Expressive Therapies

Therapy is a great tool for helping children learn how to cope; however, a lot of children struggle with traditional talk therapy. Expressive Therapies can offer them therapeutic guidance for emotion regulation in creative and unique ways.
Promoting Resilience

KVC Hospitals

Advancing Students' Health and Prosperity

Trauma Sensitive Schools
How do we promote resiliency?

• Take care of yourself first
  – Assess your compassion fatigue/vicarious trauma
    • Professional Quality of Life Scale:
      https://proqol.org/ProQol_Test.html

• Assess how trauma sensitive you are:
  – Trauma Sensitive School Checklist
  – ARTIC Assessment
    https://traumaticstressinstitute.org/the-artic-scale/

How do we promote resiliency?

• Build relationships
• Provide Safety Signals/Signals of Care
• Provide opportunities for emotion & body regulation practices
• Facilitate activities that build executive functioning skills
• Talk about interpersonal safety & how children can advocate for themselves
• Use resources that children can connect with
  – Sesame Street and Communities

Sesame Street & Communities

• https://sesamestreetincommunities.org/
KCKPS Project

- Trauma Sensitive & Resilient Schools
  - Started in Oct 2018 through a grant from the Wyandotte Health Foundation
  - Focused on working with schools in high school clusters
    - Building trauma-sensitive & resilience building practices
    - Macro & micro level interventions
  - Summer Series & other trainings (179 people trained)

Resources

- TASN: School Mental Health Initiative
  - www.ksdetasn.org/smhi
- Safe and Supportive Schools
  - http://www.doe.mass.edu/sfs/safety/
- MO Model: Trauma-informed schools initiative
  - https://dese.mo.gov/trauminformed
- K-State Research & Extension: Soft Skills are Success Skills

Reflection

- Reflect on your school/organization:
  - How does your organization promote trauma-informed services and resiliency?
  - What more can be done?
  - How can you promote resiliency with the children and adults you work with?
Bibliography


Thank You