

Department of Children and Families' Trauma Project



Development of the Project:

Survey in 2011 to Counties/Tribes to assess:

- Current status for trauma screening, assessment & treatment
- Interest in strengthening trauma-informed capacity

System Capacity

- Agencies recognize the prevalence of trauma in the system; however, few counties have mechanisms in place to:

- Identify trauma (screen)

- Determine the extent to which trauma has had an effect (assess)

- Respond and heal trauma (treat)

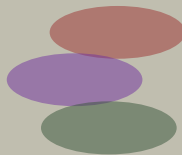
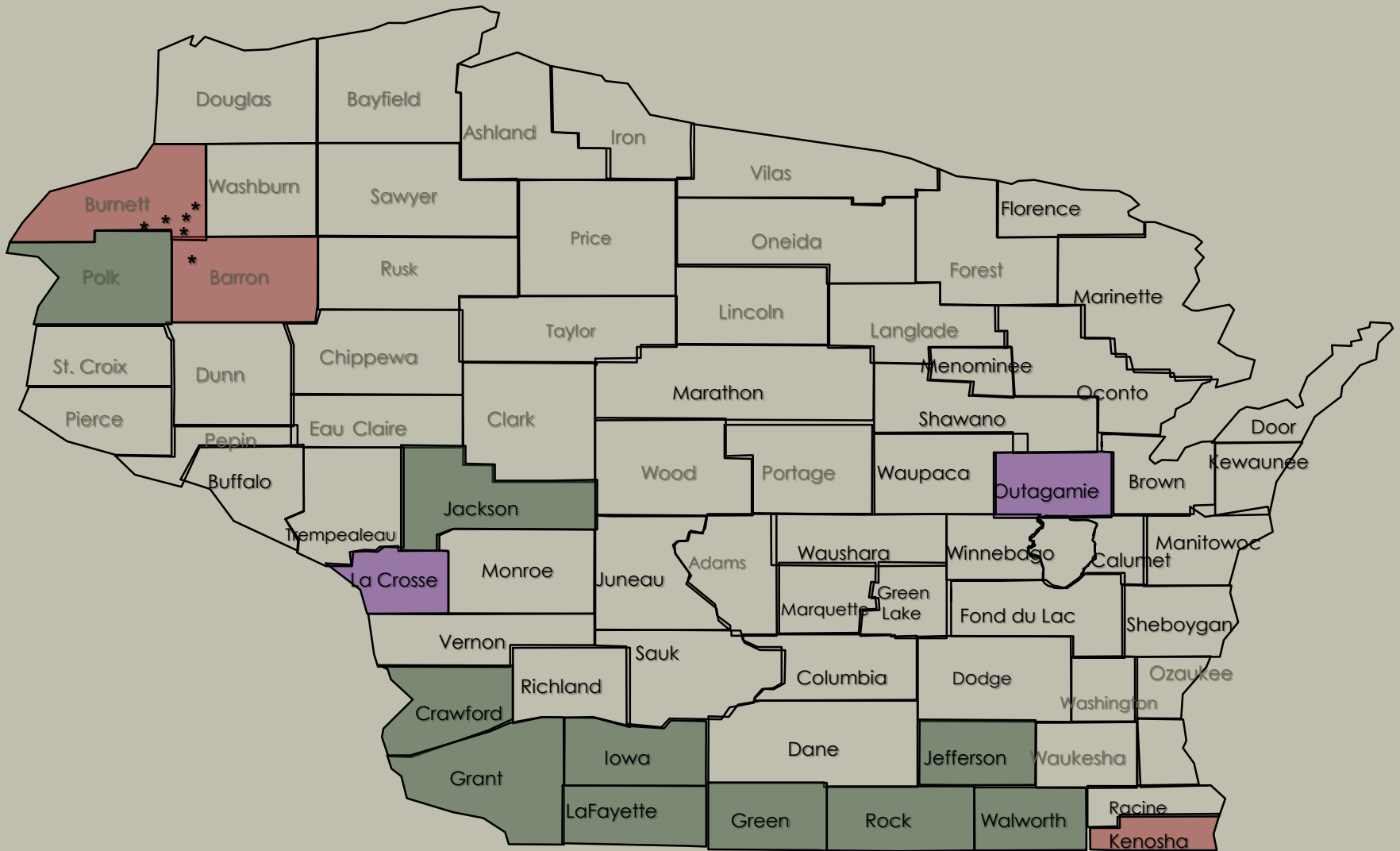


DCF Trauma Project

- Introduce evidence-based trauma screening, assessment and treatment
- Train parents & child welfare workers on childhood trauma
- Create a more trauma-informed & responsive system of care
- Track outcomes
- Sustain changes

Integrating trauma-specific interventions into a trauma-informed system of care

DCF Trauma Project Expansion



2012 – Kenosha, Barron, Burnett and St. Croix Tribe*

2013–2014 La Crosse and Outagamie

2014–2015 Grant, Lafayette, Crawford, Green, Iowa, Jackson, Polk, Rock, Walworth and Jefferson

The Three Tiered Approach

- **Tier One—the Child**
- **Tier Two—the Family**
- **Tier Three—the System**



Tier 1: TF-CBT Learning Collaborative

- Trauma-specific Screening & assessment
- Trauma-focused treatment
- The Learning Collaborative approach



What is Trauma-Focused Cognitive Behavioral Therapy?

- An evidence-based trauma treatment
- Effective in reducing trauma symptoms
- Attachment-based
- Short-term with a distinct beginning, middle and end
- Skill building and desensitization through gradual exposure
- Healing through meaning making and relationship

Tier 2: Trauma-informed parenting training

- 16-hour curriculum developed by the National Traumatic Stress Network
- Knowledge, skill development and perspective shift
- Resource parents; birth parents and Agency Social Workers
- Developing strong partnerships
- Consultation and support

Tier 2 Training Objectives

Participants will improve their ability to:

- See child behaviors through a trauma lens;
- Identify their child's trauma triggers;
- Use active coping strategies with their child;
- Strengthen child's sense of psychological safety;
- Enhance child's sense of connectedness with others;
- Promote and develop their child's resiliency; and,
- Practice self-care.

Tier 3: Creating a trauma-informed system of care

- Recognizing the impact of trauma
- Shifting the paradigm
- Promoting physical *and* psychological safety
- Addressing secondary traumatic stress
- Relational collaboration
- Respecting culture and family
- Soliciting youth and family input

DCF Trauma Project Future Plans

- Continue to take statewide to integrate into practice
- Use sites already trained as mentors for new sites
- Seek out other grant opportunities to help support and grow the project
- Develop and implement new systems to measure project outcomes