



Trauma, Trauma-Informed Care, and Adolescents

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What is Trauma?



Trauma is.....

- **Universal regardless of...**
 - Age
 - Culture
 - Gender
 - Class
- **It is determined by...**
 - Events and ongoing Situations
- **But more importantly...**
 - By a person's *experience* of the event or ongoing situation





Why does trauma matter?

- *Trauma has a very real and significant impact on:*
 - Individuals who experience traumatic events
 - Service Providers working with those individuals
 - Public Health as a whole



The ACE Study

(Adverse Childhood Experiences)

- The ACE Study analyzes the relationship between multiple categories of childhood trauma (prior to age 18)
- It also correlates these experiences to health and behavior outcomes over a person's lifespan.

- **Abuse**
 - Physical/emotional abuse by a parent
 - Sexual abuse by anyone
 - Growing up with an alcohol and/or drug user in the household
 - Domestic violence
 - Incarceration of household member
 - Living with a family member experiencing mental illness
 - Loss of a parent
 - Emotional or physical neglect

Neglect

Loss

The impact of trauma can be felt...



Physically

Emotionally



Behaviorally

Cognitively

Spiritually





Trauma-Informed Care

Instead of asking...

“What is *wrong* with you?”

ask

“What has *happened* to you?”



Trauma-Informed Care Involves

- A thorough understanding of the...
 - *Physical, psychological* and *social* effects of trauma by *acknowledging the role* that trauma has played in people's lives.
- **Recognizing** the centrality of trauma
- **Avoiding** re-traumatization of those already traumatized
- **Ensuring** an environment characterized by the “**Five Guiding Principles**”



Five Guiding Principles of Trauma-Informed Care

- **Safety**
 - Ensuring physical and emotional safety for clients and staff.
- **Trustworthiness**
 - Maximizing trust, ensuring clear expectations and consistent boundaries.
- **Choice**
 - Making patient choice and control a priority.
- **Collaboration**
 - Sharing power with patients, working together.
- **Empowerment**
 - Making patient empowerment and skill building a priority.