Trauma Informed Care:
Strategies for Homeless Transition Age Youth

Coalition on Homelessness and Housing in Ohio
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Webinar Maintenance

- 2 hr Webinar
- Submit questions in the questions box
- Polls
- Power Point
- Recording

About COHHIO

- Housing Ohio
- Advocacy
- Fair Housing
- Technical Assistance
- Balance of State CARE
- Youth Initiative
- Ohio VORES
Poll

• What is your position?

Language

• Youth
• Transition Age Youth
• TAY

Factors For Why TAY End Up Homeless

• Family Dysfunction
• Economic Problems
• Transition from a System (child welfare/juvenile justice)
• Sexual Abuse
Characteristics

• Criminal and delinquent behavior
• Risky behavior ( unprotected sex, substance use)

More likely to be chronically homeless

Characteristics

• Family disruption or limited family
• Disengaged from school
• Lack of supports and support system

Characteristics

• Family engagement
• Connection to school
• Positive friends
• Survival skills
• Less likely to engage in risky behavior

More likely to engage in services
Effects and Consequences of Youth Homelessness

- Developing serious, life-long health, behavioral and emotional problems
- Depression and post-traumatic stress disorder
- Sexual exploitation
- Contract HIV and/or STDs
- Higher rates of a variety of mental health symptoms

Most Vulnerable and Overly Represented

Specific Populations
Once Homeless...

- Runaway and homeless youth experience rape and assault rates 2 to 3 times higher than the general population of youth (Aberson & Ten, 1998).
- More than one third of homeless youth engage in survival sex (Ray, 2004).

Transition

- Transition to independence is an extremely vulnerable period.
- Increased supports and interventions are crucial.

Models / Evidence-Based Practices

- Trauma-Informed Care (TIC)
- Positive Youth Development (PYD)
Poll

• How confident are you with Trauma Informed Care?

Understanding Stress

Events/ circumstances cause trauma.

An individual’s experience of the event determines whether it is traumatic.

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.

The Three E’s in Trauma

Events

Experience

Effects
**Traumatic Events:**

1. render victims helpless by overwhelming force;
2. involve threats to life or bodily integrity, or close personal encounter with violence and death;
3. disrupt a sense of control, connection and meaning;
4. confront human beings with the extremities of helplessness and terror; and
5. evoke the responses of catastrophe.

Judy Herman, *Trauma and Recovery*, (1992)

**Potential Traumatic Events**

**Abuse**

- Emotional
- Sexual
- Physical
- Domestic violence
- Witnessing violence
- Bullying
- Cyberbullying
- Institutional

**Loss**

- Abandonment
- Neglect
- Separation
- Natural Disaster
- Accidents
- Terrorism
- War
Potential Traumatic Events

Chronic Stressors

- Poverty
- Racism
- Invasive medical procedure
- Community trauma
- Historical trauma
- Family member with substance abuse disorder
- Family member with mental illness

Potential Traumatic Experiences

- What are some of the influences that might effect your experience?
  - Culture
  - Gender
  - Sexual Orientation
  - Age

Effects Of Trauma

- Emotional Well-Being
- Physical Safety
- Trauma
- Ability to Connect w/Others
- Life-Mastery Skills
ACE Study
Compares adverse childhood experiences against adult status, on average, a half century later

Almazar Consulting

Three Types of ACE

ACE Score and Health Risk
As the ACE score increases, risk for these health problems increases in a strong and graded fashion.
Adverse Childhood Experience Questionnaire

Finding your score
- While you were growing up, during your first 18 years of life...
- 10 Questions
- 1 point for each ‘Yes’
- ACE Score = Total # of ‘Yes’ responses

From “What’s Wrong?” To, “What’s Happened?”

- What is your diagnosis?
- What are your symptoms?
- How can I best help or treat you?
- What is your story?
- How did you end up here?
- How have you coped and adapted?
- How can we work together to figure out what helps?

Shift in Thinking

- All behavior has meaning
- Symptoms are ADAPTATIONS
- We build on success not deficits
**Problems or Adaptations?**

- **Fight** – Non-compliant or combative OR struggling to hold on to some personal control/power?
- **Flight** – Treatment resistant, uncooperative OR disengaging, withdrawing or titrating external stimulus/demands
- **Freeze** – Passive, unmotivated OR giving in to those in power, repeating cycle of surrender in order not to get hurt

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**Resiliency Definition**

(ResiliencyOhio.org)

- Resiliency is an inner capacity that when nurtured, facilitated, and supported by others—empowers children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.

![Resiliency Components](image)

- Nurtured
- Facilitated
- Supported

- Family, Faith, & Friends
- Services, Supports, & Accommodations
- Community Education, Opportunities, Resources, & Safety

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**Shift in Thinking:**

- Social Peer Group
- Caring Connections
- Across Domains
- Consistency
- Safety
- Agency
- Social Skills
- Self-Regulation
- Abilities & Talents
- Responsibilities
- Chores & Tasks
- Greater Good
Trauma-Informed Care... Our Approach

The Four R’s

- Realize
- Recognize
- Respond
- Resist

SAMHSA’s Six Key Principles of a Trauma-Informed Approach

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

Power of Empathy

- Dr. Brene – Video
  https://www.youtube.com/watch?v=jz1g1SpD9Z0
Positive Youth Development (PYD)

- Youth Centric
- Choices
- Options
- Solutions

Allow TAY to have VOICE in programming

Seven Cs of PYD

- Competence
- Confidence
- Character
- Connection
- Contribution
- Coping
- Control
Critical Outcomes

- Permanent connections
- Stable Housing
- Well-being (Mental and Physical Health)
- Employment
- Education
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Housing

- Independent Living (Scattered site)
  - Landlord education and engagement
- Host homes
- Family reunification
- Transitional Housing
  - Shared housing
  - Scattered site
- Supportive Housing

Youth Specific Housing Programs

24 years and younger

- Street Outreach
- Transitional Housing
- Emergency Shelter (Basic Center Program) [http://www.acf.hhs.gov/fysb/grants/ohio-rhy]
Education
McKinney-Vento Homeless Education Liaisons
- Every Student Succeeds Act 2015
- Liaisons assigned to districts
- Ensures access to education and housing resources
  http://www.naehcy.org/educational-resources/essa
Youthbuild
- 16-24 years old
- Enrolled up to 24 months
- High school diploma/GED
- Employment skills
- Job placement at exit
  https://www.youthbuild.org/program-directory

Employment
Workforce Innovation Opportunity Act (WIOA)
Comprehensive Case Management and Engagement Program (CCMP) - Ohio program for low-income youth age 14-24, who face barriers to employment
- Career planning
- Job search support
- Support services
- Post-secondary education transitioning
- Follow-up services

A Cross-Systems Approach
- Collaboration
- Coordinated effort
- Linking housing and services
Trauma, Meet Empowerment

Trauma-Informed + PYD = Healing and Thriving

Questions?

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