


## Trauma Informed Care: Strategies for Homeless Transition Age Youth

Coalition on Homelessness and Housing in Ohio  
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COHHIO  
Training and  
Technical Assistance

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## Webinar Maintenance

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



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## About COHHIO



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## Poll

- What is your position?

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## Language

- Youth
- Transition Age Youth
- TAY



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## Factors For Why TAY End Up Homeless

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

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## Characteristics

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



More likely to be chronically homeless

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## Characteristics

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



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## Characteristics

- Family engagement
  - Connection to school
  - Positive friends
  - Survival skills
  - Less likely to engage in risky behavior
- More likely to engage in services

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## 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

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## Most Vulnerable and Overly Represented



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## Specific Populations



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## Once Homeless...



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

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## Transition

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



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## Models / Evidence-Based Practices

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

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## Poll

- How confident are you with Trauma Informed Care?

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## Understanding Stress



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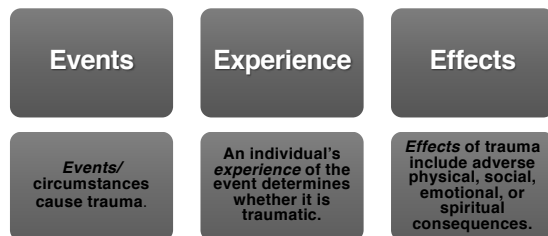
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## The Three E's in Trauma



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## 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)

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## Potential Traumatic Events

### Abuse

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

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## Potential Traumatic Event

### Loss

- Abandonment
- Neglect
- Separation
- Natural Disaster
- Accidents
- Terrorism
- War

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### 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

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### Potential Traumatic Experiences

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

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### Effects Of Trauma

Emotional Well-Being

FUTURE

Life-Mastery Skills

Physical Safety

Trauma

Ability to Connect w/Others

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## ACE Study

Compares adverse childhood experiences against adult status, on average, a half century later

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

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## Three Types of ACE

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION
 Physical	 Physical	 Mental Stress
 Emotional	 Emotional	 Incarcerated Relative
 Sexual		 Mother treated violently
		 Substance Abuse
		 Divorce

Source for infographic: <http://www.npr.org/sections/health-shots/2015/03/02/38707941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

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## ACE Score and Health Risk

*As the ACE score increases, risk for these health problems increases in a strong and graded fashion:*

BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Suicidal thoughts
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicidal thoughts	 STIs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones

Source for infographic: <http://www.npr.org/sections/health-shots/2015/03/02/38707941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

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## 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

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## From "What's Wrong?" To, "What's Happened?"

- |   |     |   |
|---|-----|---|
| <ul style="list-style-type: none"> <li>• What is your diagnosis?</li> <li>• What are your symptoms?</li> <li>• How can I best help or treat you?</li> </ul> | VS. | <ul style="list-style-type: none"> <li>• What is your story? How did you end up here?</li> <li>• How have you coped and adapted?</li> <li>• How can we work together to figure out what helps?</li> </ul> |
|---|-----|---|

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## Shift in Thinking

- All behavior has meaning
- Symptoms are ADAPTATIONS
- We build on success not deficits



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## 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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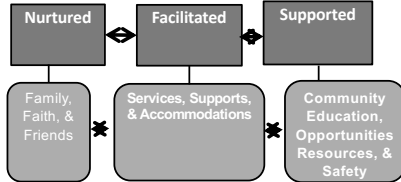
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## Shift in Thinking:

### 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.



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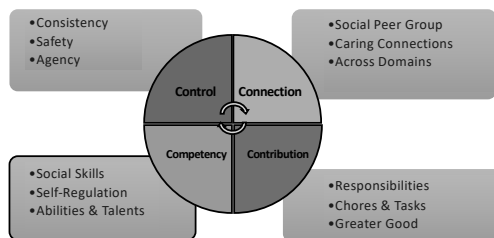
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## Shift in Thinking: Resiliency Components



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## Trauma-Informed Care... Our Approach



### The Four R's

- Realize
- Recognize
- Respond
- Resist

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## 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



<https://www.samhsa.gov/ncic/trauma-interventions>

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## Power of Empathy

- Dr. Brene – Video

<https://www.youtube.com/watch?v=jz1g1SpD9ZQ>

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## Positive Youth Development (PYD)



- Youth Centric
- Choices
- Options
- Solutions

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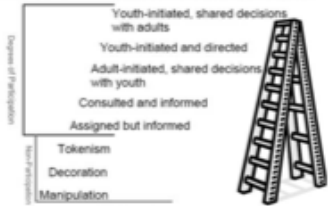
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## Allow TAY to have VOICE in programming

### Ladder of Youth Participation



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## Seven Cs of PYD

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

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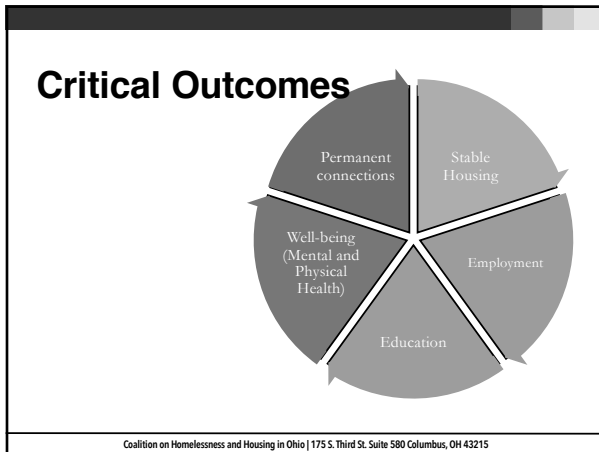
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## Housing

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

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## 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>

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## 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>

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## 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

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## A Cross-Systems Approach



- Collaboration
- Coordinated effort
- Linking housing and services

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## Trauma, Meet Empowerment



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Questions?



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