



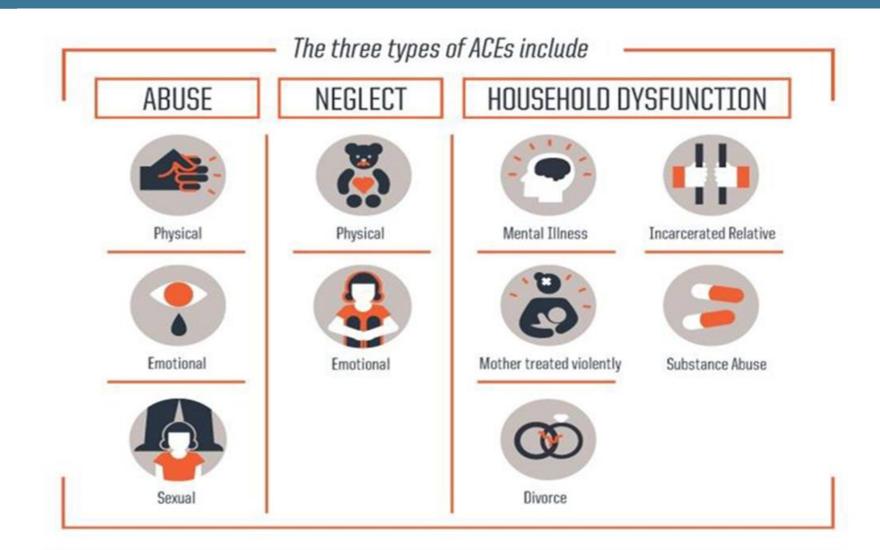
Using a Trauma Informed Lens to Create Hope

Rev. Samantha Jewell
Chaplain Bellewood & Brooklawn

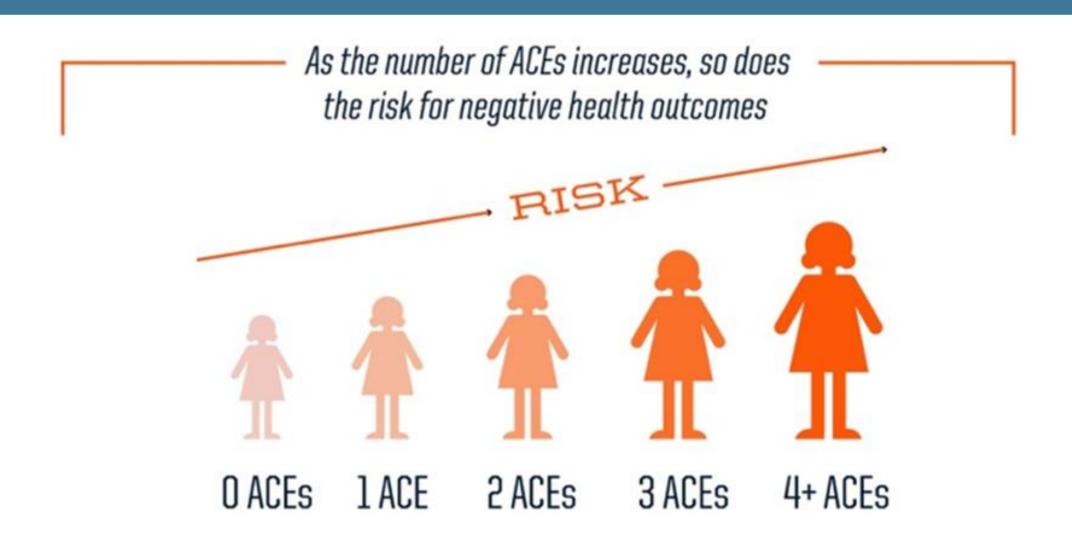
What is Trauma?



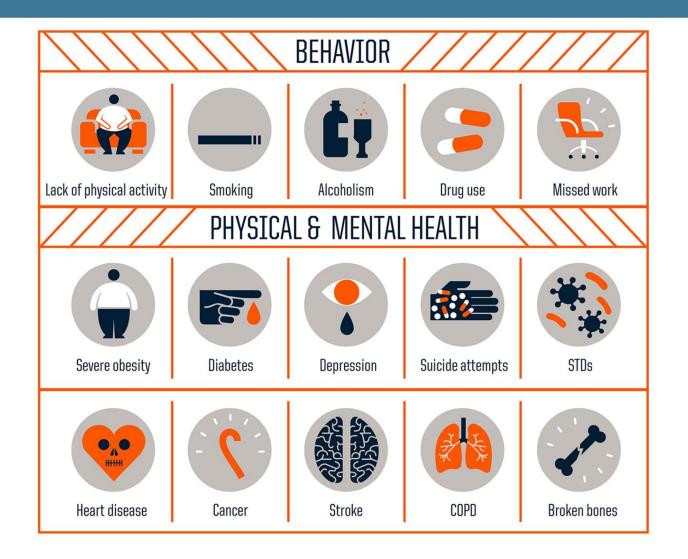
The Truth About ACEs



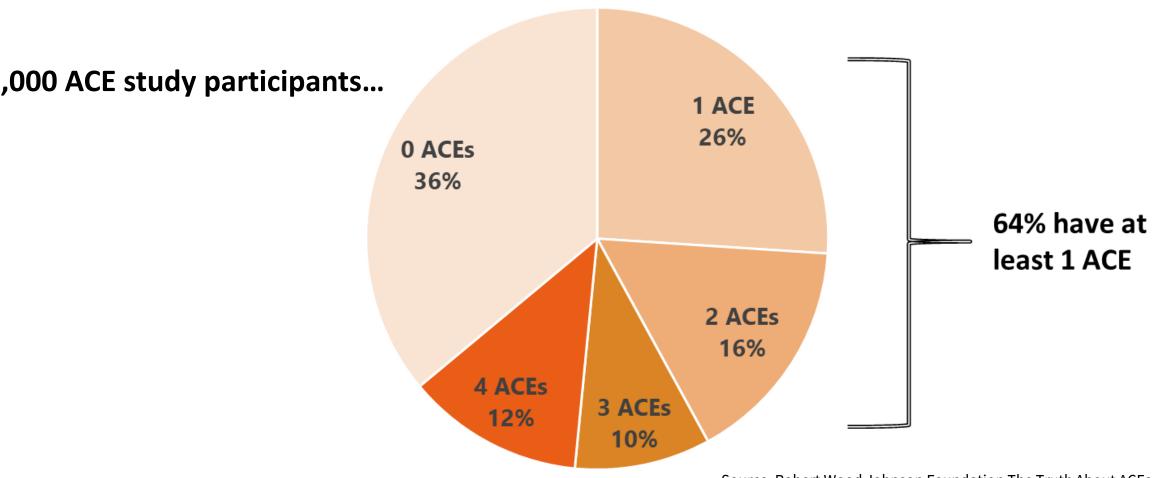
What impact do ACEs have?



What impact do ACEs have?



How prevalent are ACEs?



Source: Robert Wood Johnson Foundation The Truth About ACEs (rwjf.org/aces)

The Pair of ACES

ADVERSE CHILDHOOD EXPERIENCES

Maternal Depression

Physical & Emotional Neglect

Emotional & Sexual Abuse

Divorce

Substance Abuse

Mental Illness

Domestic Violence

Homelessness

Incarceration

ADVERSE COMMUNITY ENVIRONMENTS

Poverty

Violence

Discrimination

Poor Housing Quality & Affordability

Community Disruption

Lack of Opportunity, Economic Mobility and Social Capital

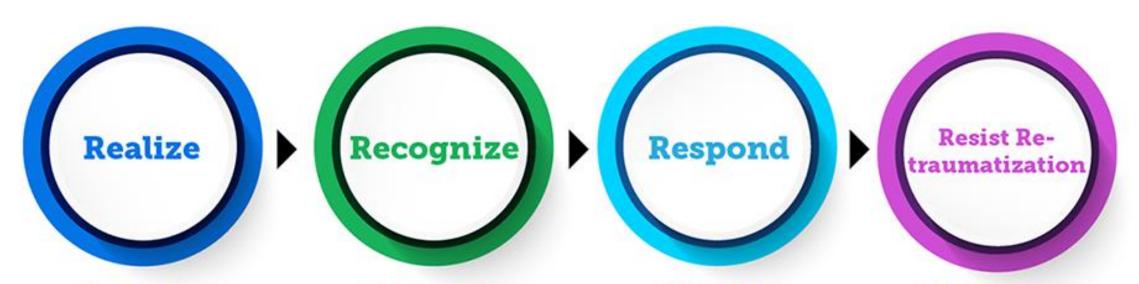
Antidote to ACEs and Toxic Stress

resilience:

"an ability to recover from or adjust easily to misfortune or change."

-Merriam-Webster Dictionary

The Four Rs of Trauma-Informed Care



Realize the widespread impact of trauma and understand potential paths for recovery

Recognize

the signs and symptoms of trauma in clients, families, staff, and others involved with the system

Respond

by fully integrating knowledge about trauma into policies, procedures, and practices

Resist

re-traumatization of children, as well as the adults who care for them

This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.



Relationships:

#1 Factor for children who develop resilience is at least one stable and committed relationship with a support parent, caregiver, or other adult.

Initiative:

Have a sense of self efficacy and control.

Self Regulation:

Opportunities to strengthen adaptive skills and self regulation.

Cultural and Faith Affirmation:

Mobilize sources of faith, hope and cultural traditions.

Source: Center on the Developing Child Harvard University

How do we do this?



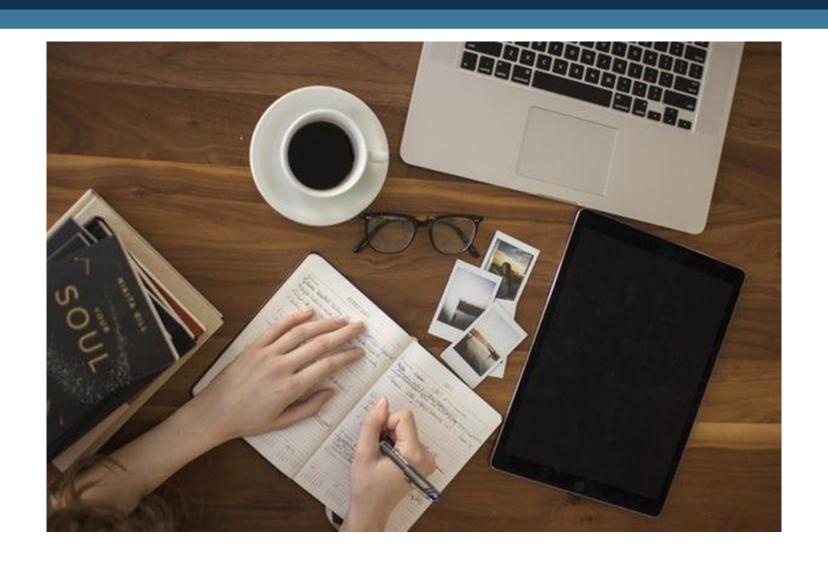




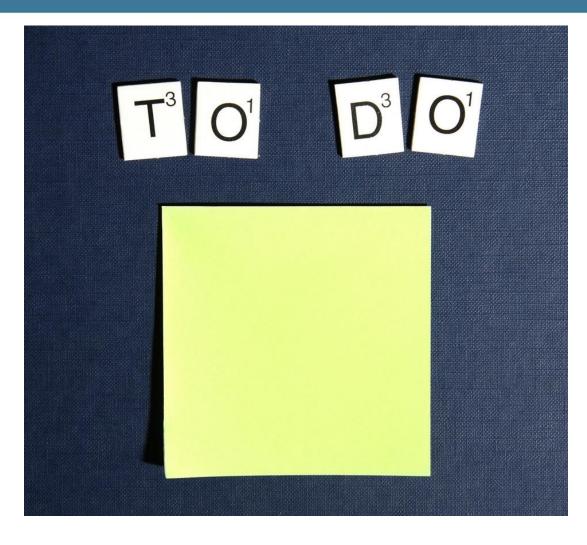




Self Care-A Moral Imperative!



Things to try!



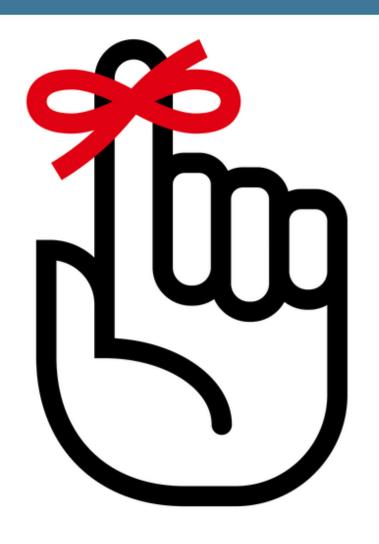
Build Relationships

Empower People

Teach Mindfulness

Give opportunities for faith and culture

Takeaways



ACEs affect everyone

We can build resiliency

Take care of your staff and yourself!





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