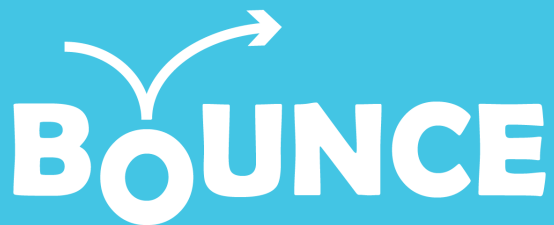




Bounce: Building a Trauma-Informed System of Care for Youth in Therapeutic and Residential Services

Learning Objectives

- **What Adverse Childhood Experiences are and how they impact youth and adolescents involved in the child welfare system**
- **How a pilot project is influencing youth and adolescent's equitable access to a variety of high-quality programs to improve mental, physical, social, and emotional wellness while placed in residential treatment setting**
- **How three providers of youth and adolescent residential and therapeutic services are building a community with a shared trauma-informed framework**
- **The preliminary impacts of establishing a Bounce Learning Collaborative to support ongoing inter-agency professional development and sharing of best practices in the residential treatment setting**



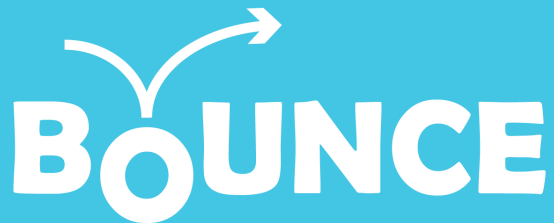
Your Presenters



David L. Finke, Ph.D., Bounce Co-Chair, Vice President of Residential Services at Bellewood & Brooklawn/Seven Counties Services, Inc.



Carli Mosby-Smith, CSW, MSSW, Policy and Advocacy Analyst at Kentucky Youth Advocates



What **BOUNCE** does:

Bounce builds the resiliency of children, adults, and families by improving knowledge about the impact of adverse childhood experiences (ACEs) and the skills to help people bounce back from adversity. This includes:



- Education and training
- Providing evaluation services to measure the impact of healing-centered practices
- Advocating for policies that support people who have experienced trauma, help prevent trauma, and build resiliency

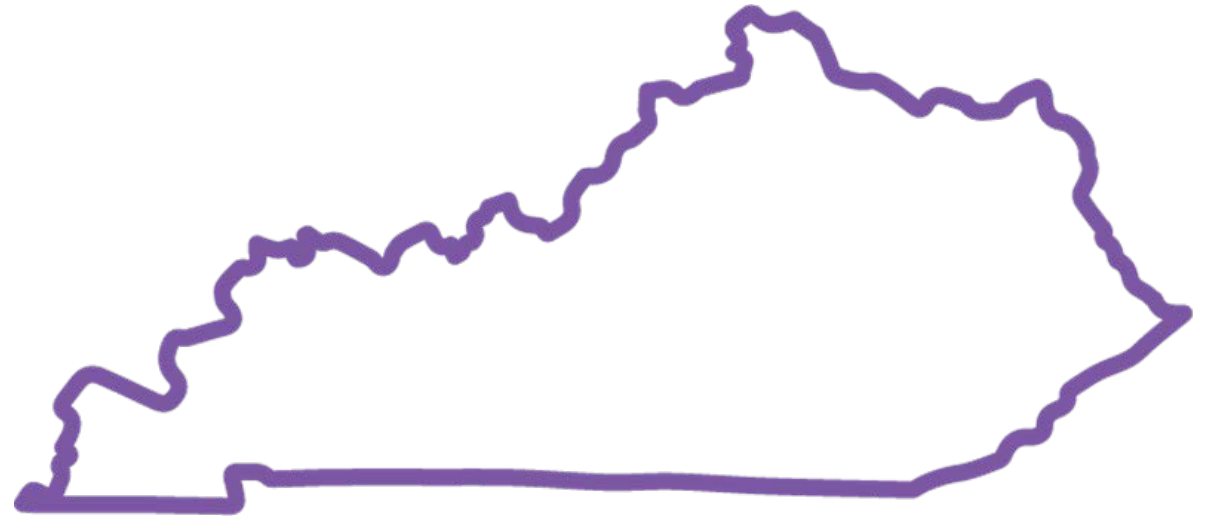
Across the Sectors

- Managed Care Organizations
- Hospitals
- School Districts
- Educational Cooperatives
- Health Departments
- Child Welfare Agencies
- Youth Serving Organizations
- Other People-Serving Non-Profits

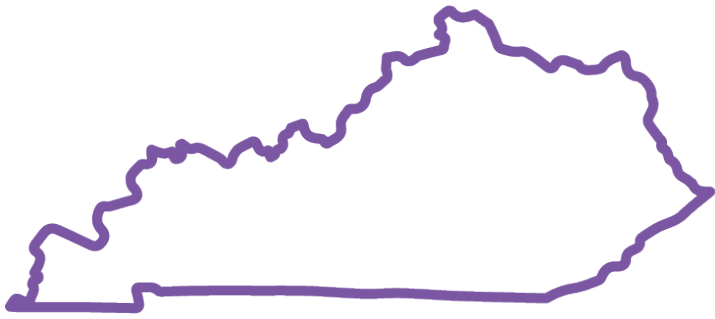


Across the Commonwealth

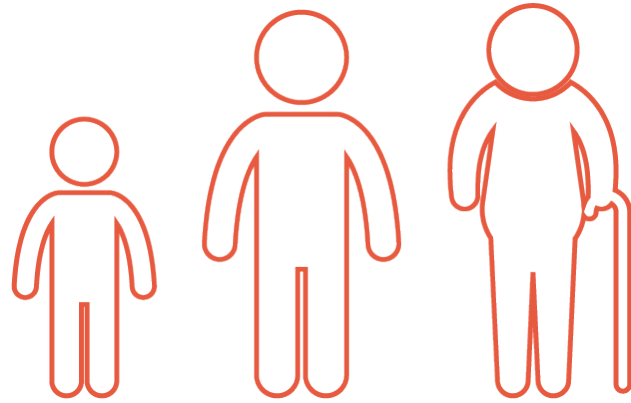
- Gallatin County
- Lake Cumberland Health District
- Whitley County
- Jefferson County
- Todd County
- Knox County
- 31 School Districts Across the State



What we know about Adverse Childhood Experiences (ACEs)



ACEs are common. More than 24% of Kentucky kids have experienced at least two ACEs—the 8th highest rate in the country.



ACEs have **lifelong effects** on health and overall success and well-being.



There are **steps we can take** to reduce the impact of ACEs so that Kentuckians grow up healthy and hopeful.





The Original ACEs Study

(Felitti & Anda, 1997)

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

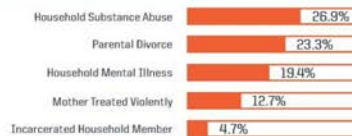
ABUSE



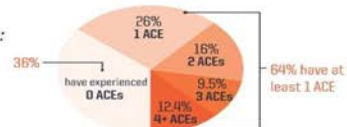
NEGLECT



HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

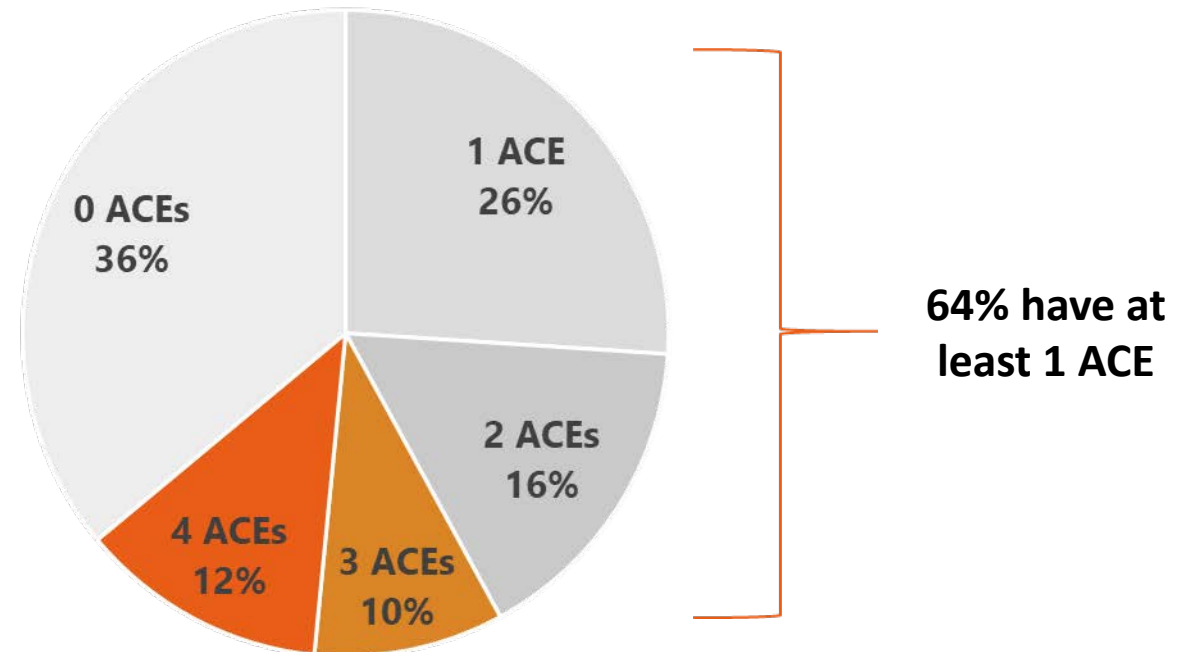
WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



HOW PREVALENT ARE ACEs?

Of 17,000 ACE study participants...



Relationship between early childhood trauma and health and well-being problems later in life.

Source: World Health Organization

Death

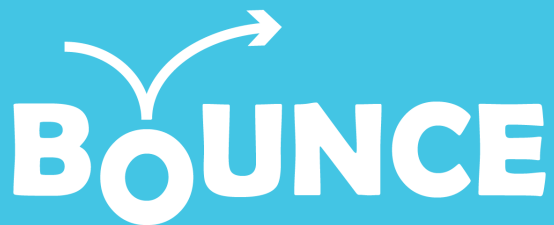


Birth

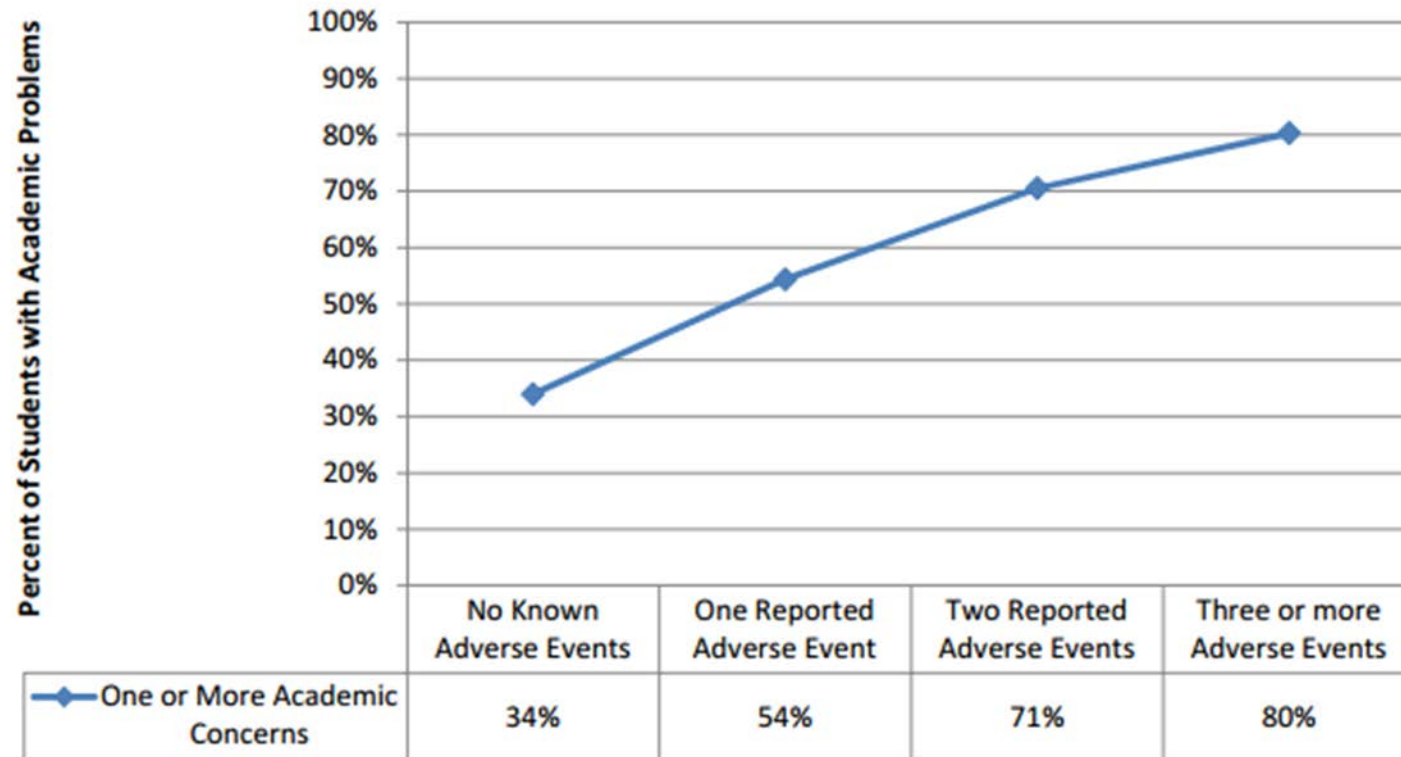


SAMHSA Data on Children's Mental Health and Trauma

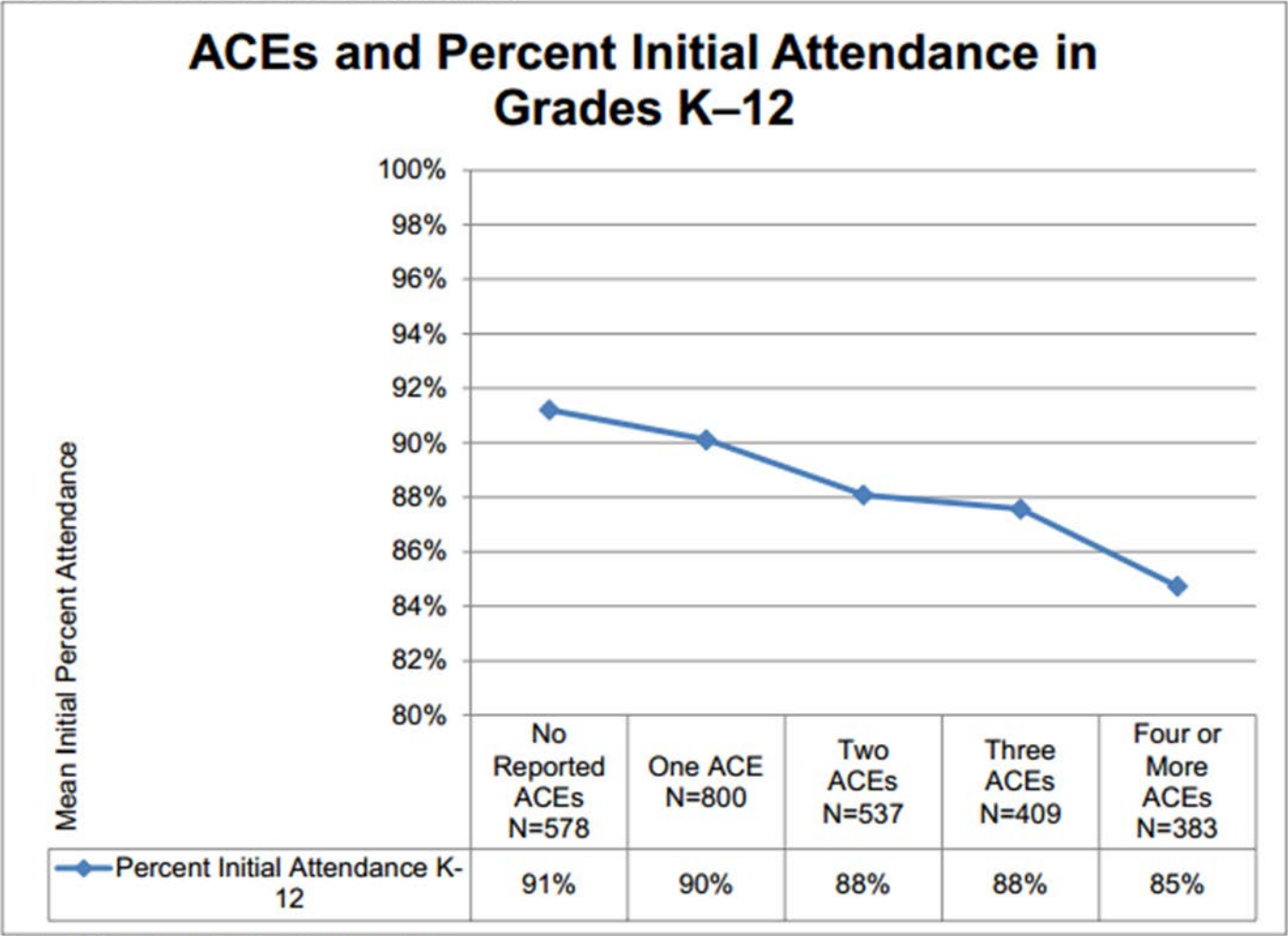
- Majority of adults and children in psychiatric treatment have trauma histories.
- National survey of 12 to 17 year olds- 39% witnessed violence, 17% physical assault, 8% lifetime prevalence of sexual assault
- More than 35% of children exposed to a **SINGLE** traumatic event will develop serious mental health problems.
- Juvenile detention sample- 93% males and 84% females exposed to a traumatic experience; 11% males and 15% females met criteria for PTSD
- More than 60% youth age 17 and younger have been exposed to crime, violence and abuse (directly and indirectly)
- Young children exposed to 5 or more significant adversities in the first 3 years are 76% more likely of having one or more delays in cognitive, language, or emotional development.



Percent of Students with One or More Academic Concerns by ACE Exposure



ACEs and Percent Initial Attendance



Main Effect: $F(4, 2689) = 16.6, p < .001$

Odds Ratios for School and Behavioral Referral Problems with Increasing ACEs in the RTL Population

	Poor Attendance	School Behavior	Behavioral Health Problems
Four or More ACEs N=663	5.3	3.1	6.5
Three ACEs N=756	3.0	1.5	2.0
Two ACEs N=1,141	2.5	1.6	1.8
One ACE N=1,612	1.6	1.2	1.2
No Reported ACEs N=1,020	1.0	1.0	1.0



What's Missing From the ACEs Assessment?

- Original ACEs study done on a mostly white, college educated, middle class group
- Missed items that may be serious sources of trauma
- There are “expanded” ACEs surveys that include new items like racial discrimination

Witness Violence	How often, if ever, did you see or hear someone being beaten up, stabbed, or shot in real life?
Felt Discrimination	While you were growing up...how often did you feel that you were treated badly or unfairly because of your race or ethnicity?
Adverse Neighborhood Experience	Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
Bullied	How often were you bullied by a peer or a classmate?
Foster Care	Were you ever in foster care?

An Example: Philadelphia Expanded ACEs Survey Items

- **Philadelphia Survey Results**
- **70% Have At least 1 ACE**
- **20% have at least 4 ACEs**
- **40% had experienced 4 or more of the ACEs on the expanded survey**
- **Comparison to other studies is difficult**

Racial Injustice is a Significant Source of Trauma... And a Major Concern Today

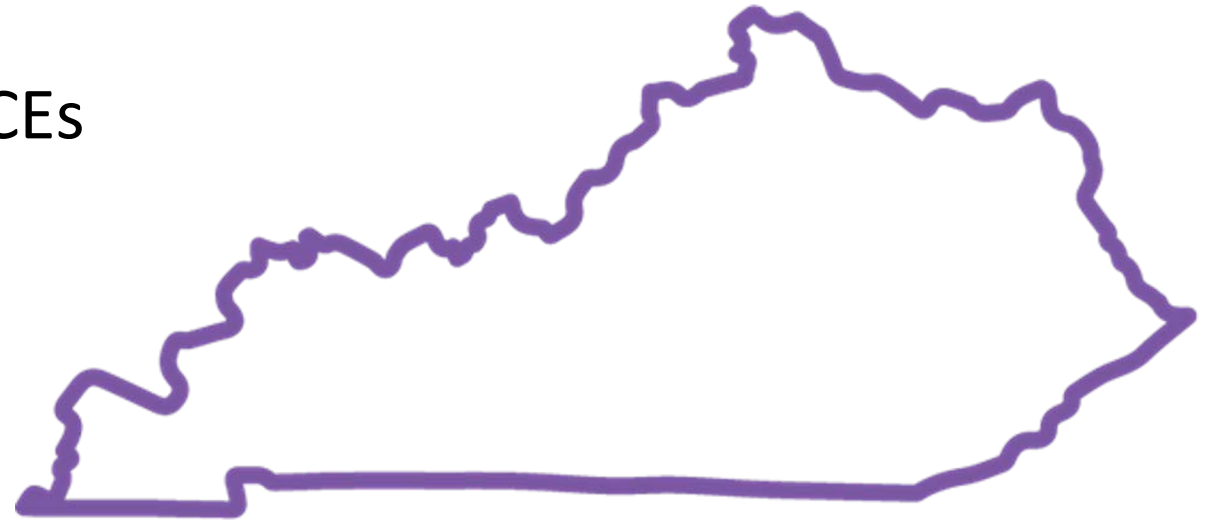
- Overt discrimination
- Micro-aggressions
- Economic inequality
- Criminal justice
- Child welfare



Photo by Brett Sayles from Pexels

ACEs in Kentucky

- 64% of Americans have at least 1 ACE
- 64% of Kentuckians have at least 2 ACEs



Source: Behavioral Risk Factor Surveillance System 2014

Most Common ACEs in Kentucky

- Child Abuse
- Divorce
- Incarcerated Relative
- Substance Abuse

*What does ACEs look like
for Child Welfare involved
youth?*

ACEs in Child Welfare Population

- Burskas and Tessin (2013)
 - Interviewed adult women who had been in the child welfare system
 - In many ways, replicated the original ACEs study
- As ACEs increased, general health outcomes decreased
- 97% reported 1 or more ACE
- 70% reported 5 or more ACEs
- 33% reported 8 or more ACEs

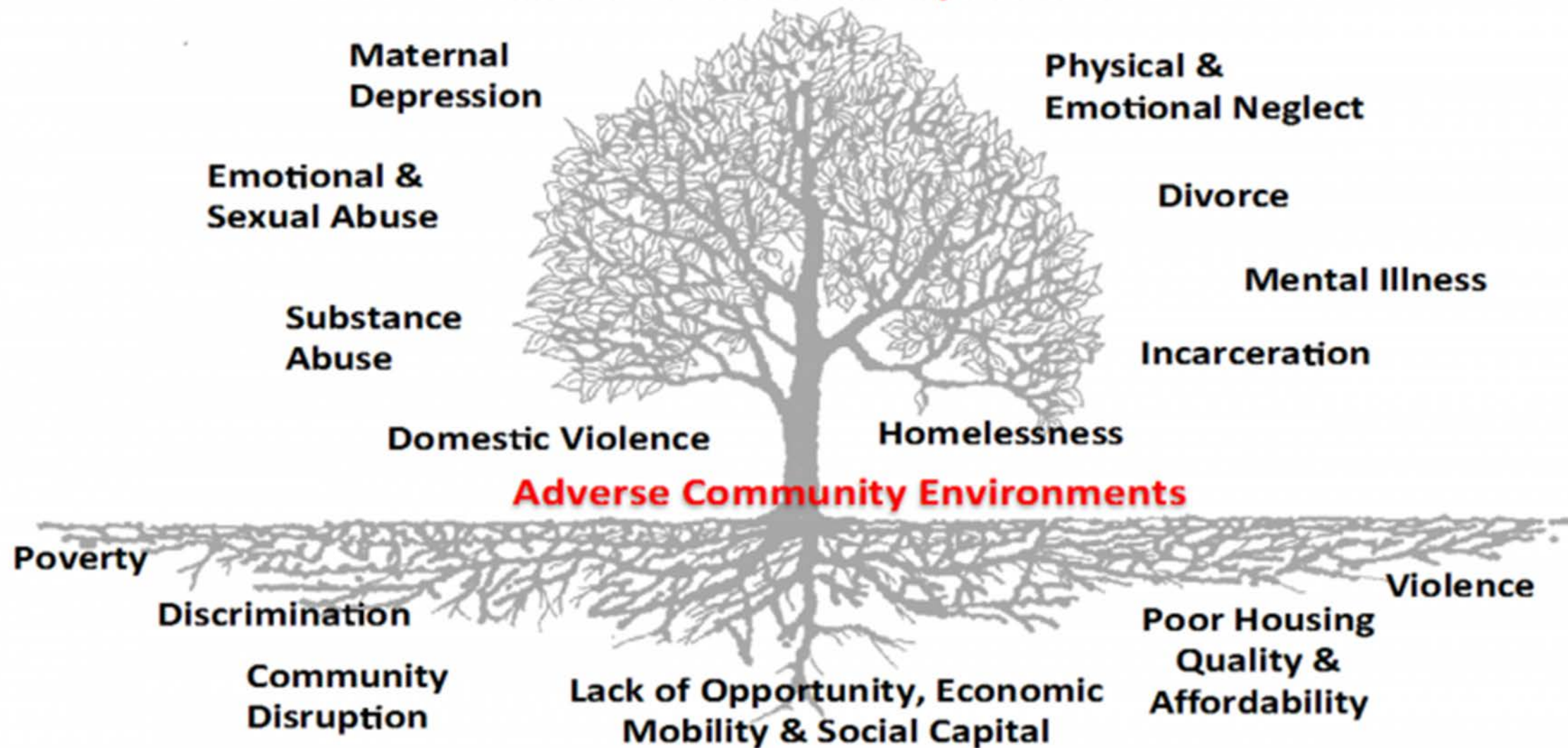
Outcomes of Child Welfare Involved Youth

- Midwest Evaluation of the Adult Functioning of Former Foster Youth (2011)
 - 25% had no HS Diploma, as compared to 7% of general population
 - 25% attended a 4-year college as compared to 42% of general population
 - 2.5% completed a 4-yr degree, as compared to 23.5% of general population
 - 4.4% completed a 2-yr degree, as compared to 2.5% of general population
 - Conviction rates 3-6 times higher than general population – conviction rates gap increases at age 26
 - Earn \$10K less than peers at 23/24. Increases to \$18K by 26



The Pair of ACEs

Adverse Childhood Experiences

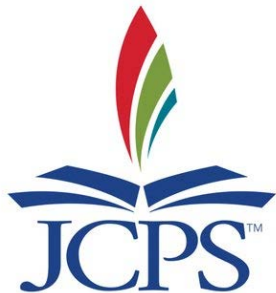


Let's break out of this depressing data and do something about it!!



- Families First Prevention Services Act (FFPSA, 2018)
 - Qualified Residential Treatment Program (QRTF)
 - Create a Trauma-Informed Care (TIC) model of treatment
 - SAMSHA pillars
 - Safety
 - Trustworthiness and Transparency
 - Peer Support
 - Collaboration and Mutuality
 - Empowerment
 - Cultural Sensitivity
 - Is TIC a model or a mindset
 - Is it for the kids or the staff

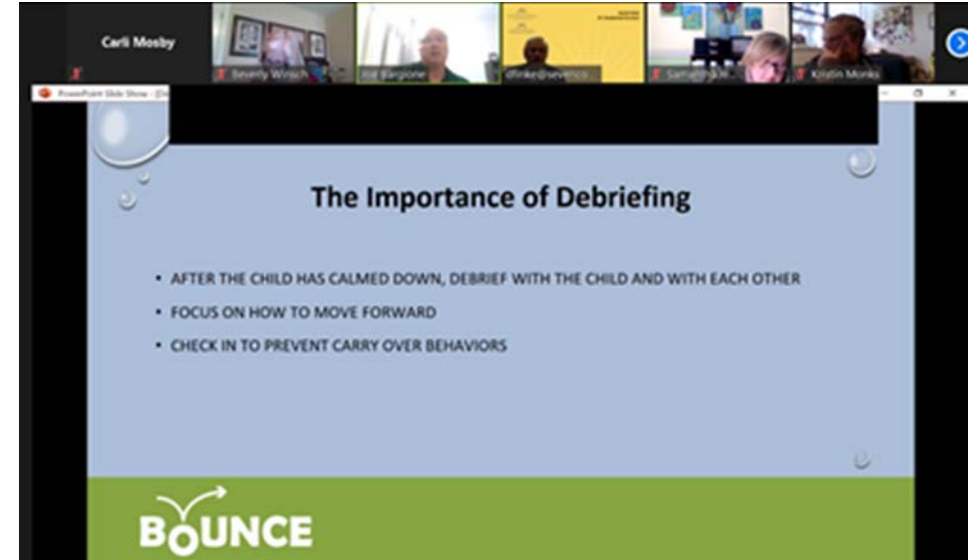
Building a Trauma-Informed System of Care for Louisville's Youth



- Jewish Heritage Fund for Excellence
 - Partnership among:
 - Bounce Coalition
 - Bellewood and Brooklawn
 - Boys and Girls Haven
 - Jefferson County Public Schools
 - St. Joseph's Childrens' Home
- Overarching goal of grant: Support the treatment providers in their journey of creating a trauma-informed environment for their staff and youth

Key Elements of the Grant

- Bounce University
 - 2-day Train the trainers workshop – 25 trainers certified
 - Those trainers have trained 157 staff to date*
 - Training for Foster Parents (14 thus far)
- Organizational Readiness and Climate Surveys
 - Completed by youth and staff
 - Facilitated development of organizational action plans
 - Focus groups



Key Elements of the Grant

- Youth Voice
 - Peer supports attended the Bounce U
 - Youth will be utilized as co-trainers for ACEs training and self-care
 - Youth will participate in Focus Groups
- Learning Collaboratives
 - To support on-going inter-agency professional development and sharing of best practices in the residential treatment settings
 - Agenda set by agencies needs
 - Have included de-escalation strategies
 - Case presentations for discussions of best practices
 - Review organizational action plans
 - 34 attendees
 - Additional Trainings (Racial Trauma and Healing) as requested



JHFE Grant – What is Working

- Bounce University receives high marks from participants
- Sustainability – providers have their own team of trainers
- Follows TIC model – participant drive the agendas for Learning Collaboratives
- Meets part of the QRTP requirements
- **Youth voice**
- Pandemic forced pivot to teleconferencing which has made delivery of Bounce curriculum more efficient



JHFE Grant – What Needs More Work

- Pandemic wreaked havoc on timelines
 - Pivoted from in-person to virtual training format
 - Staffing issues related to the pandemic delayed activities
- Weaknesses of virtual format (“What happened to you” game)
- Do we have the right people at the table for the Organizational Action Plans
 - This is both an issue for the grant and highlights some barriers to full TIC implementation
- Hiring of staff during pandemic
- Continuing to meet the needs for agencies that have wide-ranging age groups



Questions?

Stay in Touch!

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