



# Foundations in Juvenile Healing to Wellness Court Coordination

Module Three: Trauma-Informed Care  
as presented by the  
National Native Children's Trauma Center



Tribal Youth Resource Center  
[www.TribalYouth.org](http://www.TribalYouth.org)

# ▶ BEFORE WE GET STARTED...

*This project was supported by Grant #15PJDP-21-GK-04048-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.*

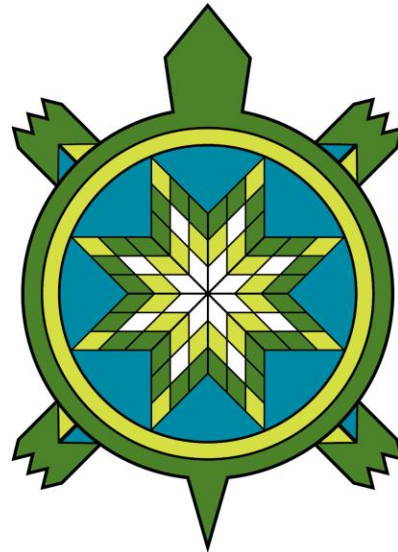
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# TRAUMA-INFORMED CARE

JHWC Foundations Training  
August 29, 2022  
Presented by Veronica Willeto DeCrane

# NATIONAL NATIVE CHILDREN'S TRAUMA CENTER



UNIVERSITY OF MONTANA

## WHO WE ARE

We co-facilitate trauma-focused healing for Native children, families, and communities with understanding, respect, and honoring of tribal sovereignty, specific community needs, and the use of traditional healing practices.

# Learning Objectives

1. Understand SAMHSA's four assumptions of a trauma-informed program, organization, or system.
2. Reflect on the need and benefit of trauma-informed care for Juvenile Healing to Wellness Courts.
3. Identify SAMHSA's six key principles of a trauma-informed program, organization, or system.
4. Describe practices that align with these trauma-informed principles and how they apply to Juvenile Healing to Wellness Courts.

# Why talk about trauma?

- Our most pressing health issues can be attributed to traumatic childhood experiences
- Trauma is preventable
- People can heal from trauma
- Asks the right question



# Trauma

The experience of a real or perceived threat to life or safety

Or to the life or safety of a loved one

Causes an overwhelming sense of terror, horror, helplessness, and fear.

# Types of trauma

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Acute

Single event

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Chronic

Multiple different types of events or same type of event experienced repeatedly

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Complex

Ongoing or repeated trauma exposure AND long-term AND developmental effects

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Historical

Events with ethnocidal or genocidal intent experienced by a people based on their collective identity

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# Why Trauma-Informed Care?

The Tribal Juvenile Healing to Wellness Court supports youth through ***holistic and comprehensive case management***.

To support ***identifying necessary treatment and reducing recidivism***, it is important for teams to recognize and address the impacts of childhood exposure to trauma.

By understanding the short-term and long-term impacts, wellness court teams can ***provide safe environments*** and ***prevent re-traumatization***.

# Why Trauma-Informed Care?

Research indicates a high range (75%-93%) of justice involved youth are exposed to multiple types of violence and traumatic events before contact with the juvenile justice system. <sup>1</sup>

Trauma informed care provides an environment created on a foundation of safety, empowerment, collaboration, trust, and respect. <sup>2</sup>

Many young people who have been abused use alcohol and other drugs for “self-medication” to avoid dealing with the trauma they have experienced. <sup>3</sup>

# Why Trauma-Informed Care?

Most substance abuse clients have histories of traumatic events - such as molestation, attachment disorder, abuse, and lack of a stable environment or capable guardians - that occur before adulthood.

Wellness court teams have a unique opportunity to provide highly individualized case management, support, and referral to treatment.

Teams can develop protocols/policies to identify unique youth strengths/needs through early screening and ongoing support.

# What is a Trauma-Informed Organization?

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices;
- Seeks to actively **resist re-traumatization**



What is  
trauma-  
informed  
care?

Link to video:

[https://youtu.be/  
dF20FaQzYUI](https://youtu.be/dF20FaQzYUI)

# Six Principles of Trauma-Informed Organizations

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical and Gender Issues



# SAFETY

**Trauma-Informed Principle #1**

# Healing Through Felt Safety

- At the root of trauma is the unpredictable violation of physical, social and emotional safety
- Sense of safety = a belief that you are protected from harm and that those around you will stay safe; a belief that your needs and those of family and friends will be met now and in the future
- Establishing, maintaining and restoring safety is a high priority
- It's defined by those served





# TRUSTWORTHINESS & TRANSPARENCY

Trauma-Informed Principle #2

# Healing Happens in Relationship

- At the root of traumatic experiences is the loss of trust
- Trust is broken within relationships and must be restored within relationships
- Healthy connections at all levels helps to build, maintain, and restore trust
- It's imbedded in organizational operations and decisions



# PEER SUPPORT

Trauma-Informed Principle #3

# Healing Through Connection

- At the root of traumatic experiences is isolation
- Peer = individuals with lived experiences of trauma (trauma survivors)
- The supportive relationships with peers are built on mutual respect, empathy, and equal ground
- Personal stories and lived experiences are utilized to promote recovery and healing



# COLLABORATION & MUTUALITY

Trauma-Informed Principle #4

# Healing Happens in Equal Partnership

- At the root of traumatic experiences is abuse of power
- The healing that comes from leveling power differences
- Partnership is a high priority across the organization
- Acknowledge that every individual has value




# EMPOWERMENT, VOICE & CHOICE

Trauma-Informed Principle #5

# Healing is Empowering

- At the root of traumatic experiences are loss of power and control that can lead to feeling helpless and hopeless
- Opportunities to rebuild control is a high priority
- Individual experiences are acknowledged and validated
- Individual strengths are recognized, valued, and built upon





# CULTURAL, HISTORICAL, & GENDER ISSUES

Trauma-Informed Principles #6

# Healing is Culture-Bound



- At the root of traumatic experiences are prejudice and discrimination
- Equity and social justice are high priorities

How can we apply these principles to a tribal JHWC setting?

How is your tribal JHWC practicing trauma-informed care?

## **Think and Share**

Unmute yourself or use the chat feature

# Practice: Attunement

- Being aware of, responsive to, and in harmony with another human being
- Sensitivity to non-verbal communication (i.e., behavior)
- Honoring emotions
- Validating experiences
- Connecting



# Practice: Peer Youth Mentoring Program

- Indigenous youth are paired with each other in a school or community organization
- Participants increase feelings of cultural connectedness
- A strategy for youth who:
  - Cannot access their cultural community due to distance
  - Are not showing interest in participating in cultural events or practices



# Practice: Restorative Justice

- Most impacted is centered
- Focused on establishing responsibility to repair harm
- Those responsible and those impacted create agreement to make things right
- Reintegration into community
- To learn from behavior and teach new skills

# Practice: Talking Circles





# QUESTIONS



# Thank you!

**NATIONAL  
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# CLOSING THOUGHTS...

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**Today**

**3:30 pm – 4:45 pm Module 4:**

**“Developing and Solidifying  
Partnerships to Support Juvenile  
Healing to Wellness Court  
Operations”**



Thank you



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