

# Office of Juvenile Justice & Delinquency Prevention

## Tribal Youth Resource Center

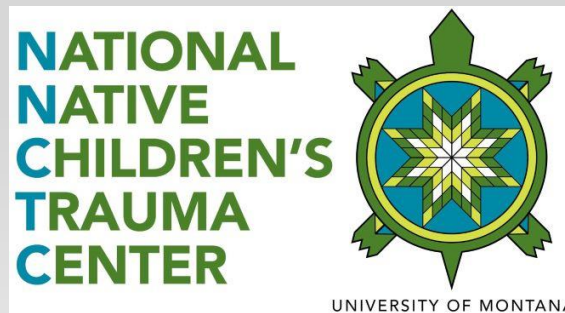
FY 2018 Cohort Strategic Planning Meeting

# Supporting Indigenous Youth and Families Through a Trauma-Informed Lens Approach

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National Native Children's Trauma Center

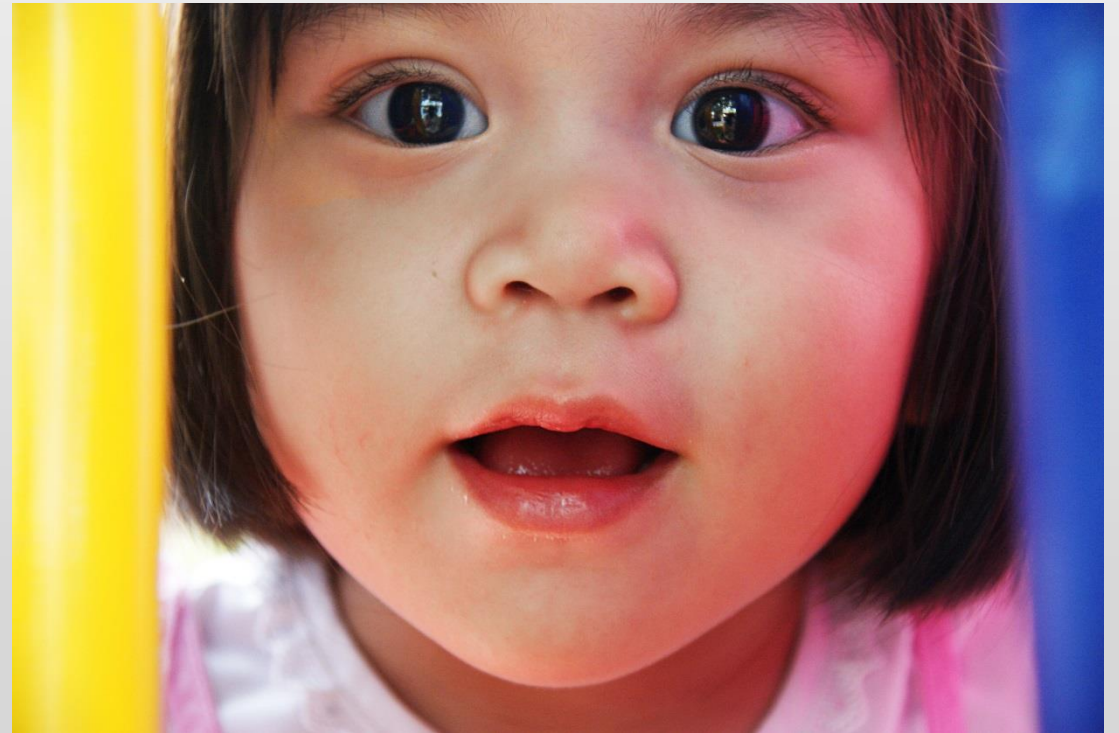


# National Native Children's Trauma Center

- **Established** in Fall 2007 to serve as a Treatment and Services Adaptation Center (Cat II) within the National Child Traumatic Stress Network (NCTSN)
- **Represents** a national expansion of the previously funded Montana Center for Childhood Trauma (BOR approved, 2004)
- **Mission:** *In respectful partnerships with tribes, NNCTC will implement, adapt, evaluate and disseminate trauma interventions to decrease the social, emotional, spiritual and educational impact traumatic experiences have on American Indian and Alaska Native children.*

# Why do we need to talk about trauma?

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



# Concepts of Trauma (3 E's)

A single **event**, multiple events, or a set of circumstances that is **experienced** by an individual as physically and emotionally harmful or threatening and that has lasting adverse **effects** on the individual's physical, social, emotional, or spiritual well-being.

## Event(s)

Isolated

Chronic

Random or  
Predictable

## Experience

Vulnerabilities

Protective Factors

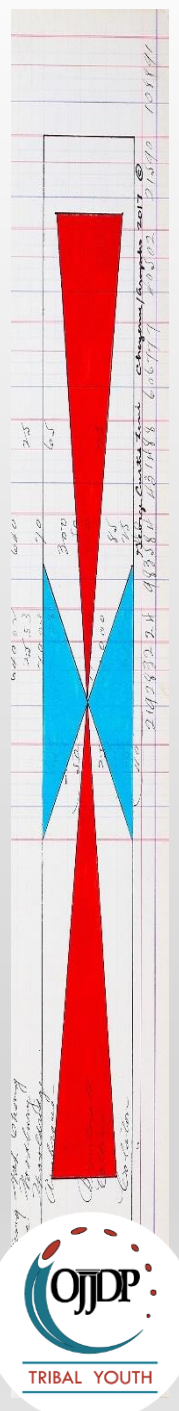
## Effect

Physical

Social

Emotional

Behavioral





# Types of Trauma



Acute



Chronic



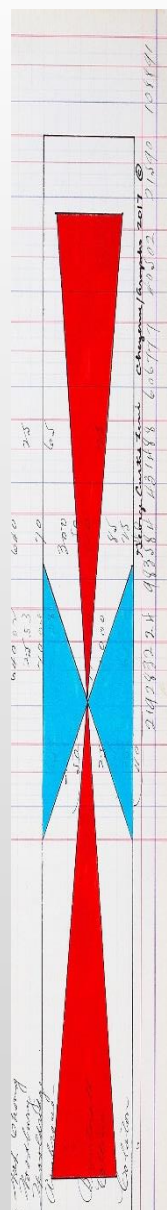
Complex



Historical



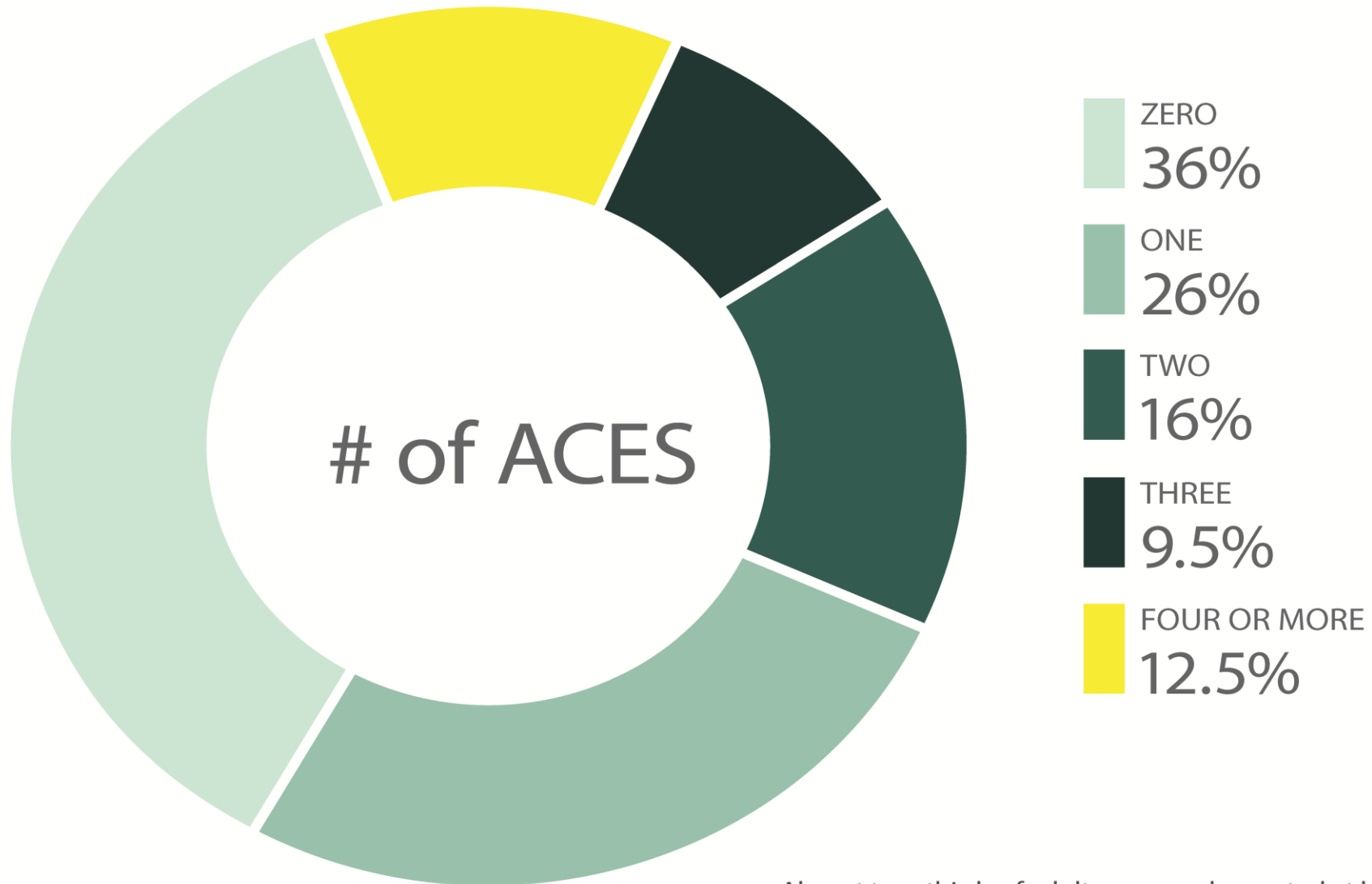
Secondary



# Traumatic Situations

- Automobile accidents
  - Life-threatening illness
  - Witnessing or experiencing community violence (shootings, stabbings, robbery, fighting at home, in the neighborhood, or at school)
  - Natural disasters
  - Terrorism
  - Traumatic death
- 
- Physical or sexual abuse
  - Abandonment
  - Witnessing domestic violence
  - Bullying
  - Neglect
  - Living in a chronically chaotic environment
  - Military deployment

# HOW COMMON ARE ACES?

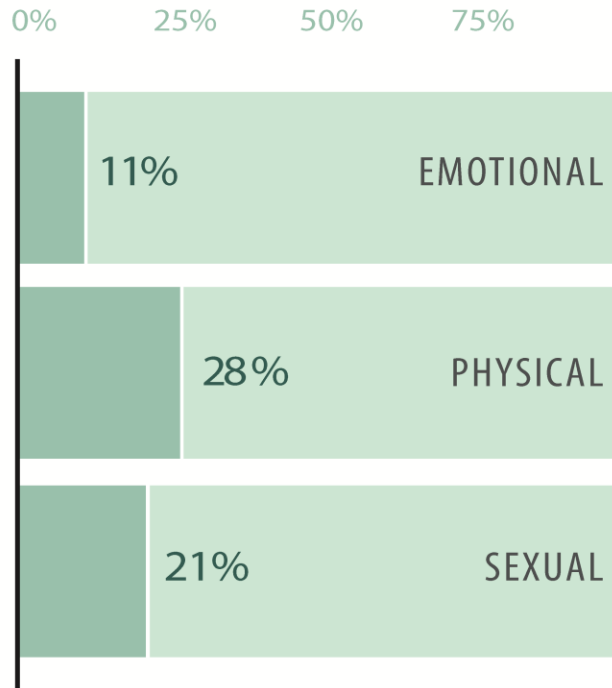


Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

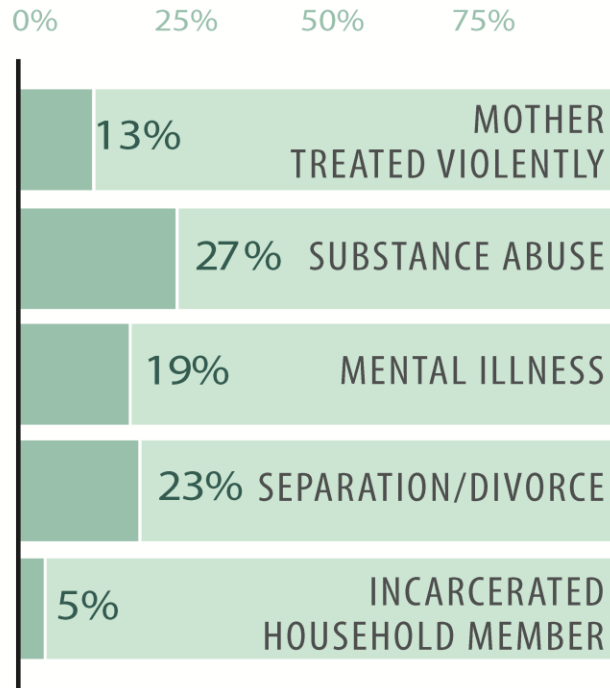
# TYPES of ACES

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.

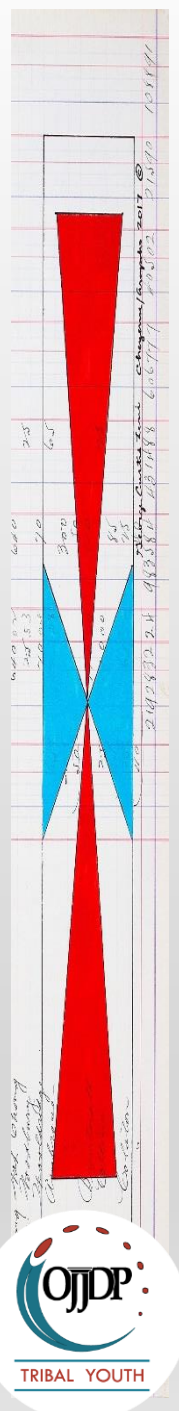
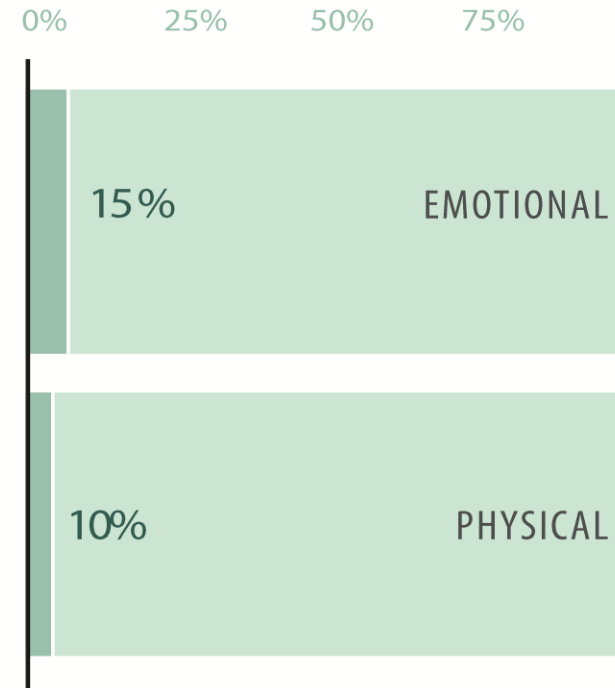
## ABUSE



## HOUSEHOLD CHALLENGES



## NEGLECT

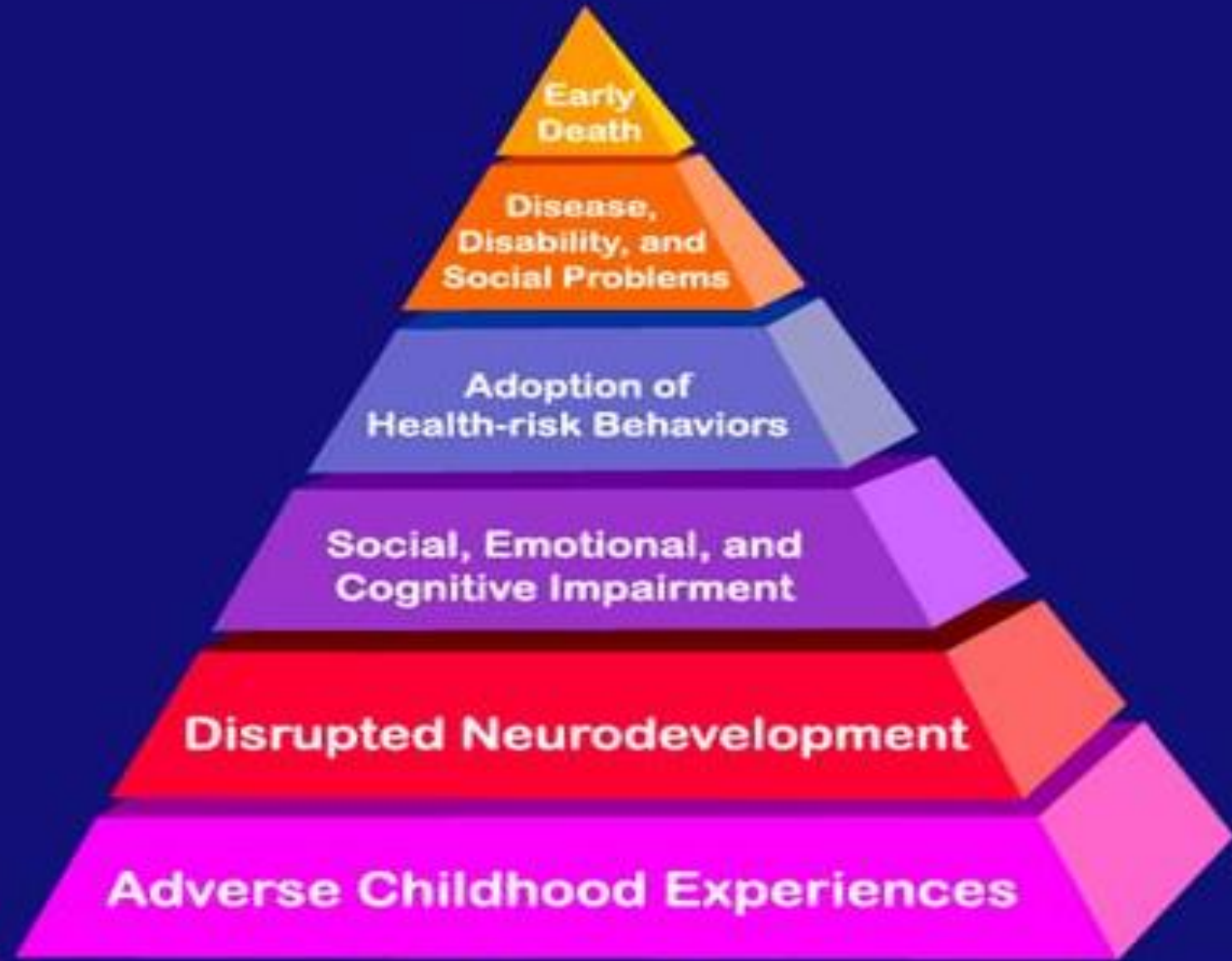




Death



Conception



**Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**



# HOW DO ACES AFFECT OUR LIVES?

ACES CAN HAVE LASTING EFFECTS **ON** BEHAVIOR & HEALTH...

## PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDs
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

## BEHAVIORS

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK







**Table I. Percentage Frequency of Perceived Losses**

Whitbeck, Adams, Hoyt, & Chen (2004)	Yearly or special times					
	Never	Yearly or special times	Monthly	Weekly	Daily	Several times a Day
Loss of our land	25.2	32.7	13.8	10.1	10.7	7.5
Loss of our language	11.9	21.3	15.0	15.6	27.5	8.8
Losing our traditional spiritual ways	11.3	18.9	15.1	21.4	25.2	8.2
The loss of our family ties because of boarding schools	44.3	26.6	11.4	5.1	8.2	4.4
The loss of families from the reservation to government relocation	52.2	23.3	8.8	6.3	5.7	3.8
The loss of self respect from poor treatment by government officials	29.1	22.2	19.6	7.0	14.6	7.6
The loss of trust in whites from broken treaties	28.7	28.7	12.1	7.6	15.3	7.6
Losing our culture	10.6	20.0	21.3	14.4	25.6	8.1
The losses from the effects of alcoholism on our people	7.5	13.2	15.7	17.6	30.2	15.7
Loss of respect by our children and grandchildren for elders	8.8	10.0	16.3	27.5	28.1	9.4
Loss of our people through early death	9.4	15.6	20.6	21.3	24.4	8.8
Loss of respect by our children for traditional ways	11.9	18.2	17.0	17.6	25.8	9.4



**Table II.** Percentage Frequency of Emotional Responses to Losses

Whitbeck, Adams, Hoyt, & Chen (2004)	Always	Often	Sometimes	Seldom	Never
Often feel sadness or depression	4.4	11.3	44.0	22.0	18.2
Often feel anger	6.9	16.9	38.1	22.5	15.6
Often anxiety or nervousness	1.3	8.1	23.1	24.4	43.1
Uncomfortable around white people when you think of these losses	11.3	10.1	22.6	20.1	35.8
Shame when you think of these losses	5.0	9.4	18.8	27.5	39.4
Loss of concentration	1.3	5.0	25.6	29.4	38.8
Feel isolated or distant from other people when you think of these losses	3.1	5.0	21.3	25.6	45.0
A loss of sleep	0.0	1.3	10.0	23.8	65.0
Rage	3.1	1.9	11.9	14.4	68.8
Fearful or distrust the intentions of white people	8.8	6.9	18.9	20.8	44.7
Feel like it is happening again	5.0	3.8	22.6	17.0	51.6
Feel like avoiding places or people that remind you of these losses	3.8	4.4	22.8	15.2	53.8

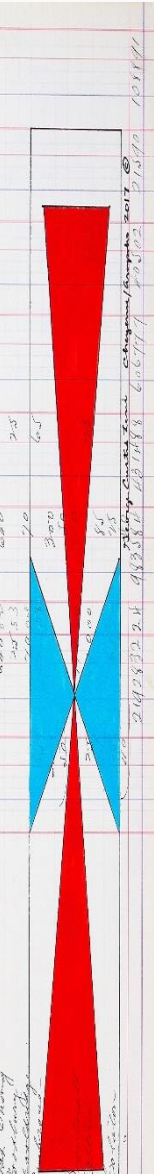
# Historical Trauma

## **Whitbeck, Walls, Johnson, Morrisseau, & McDougall, 2009**

- “The historical losses experienced by North American Indigenous people are not ‘historical’ in the sense that they happened long ago and a new life has begun. Rather, they are ‘historical’ in that they originated long ago and have persisted.”

## **Ehlers, Gizer, Gilder, Ellingson, & Yehuda, 2013**

- People younger than 30 had similar historical trauma scores to those of people older than 30.
- Individuals with substance dependence experience more distress related to historical losses than people who are not dependent on alcohol or drugs.



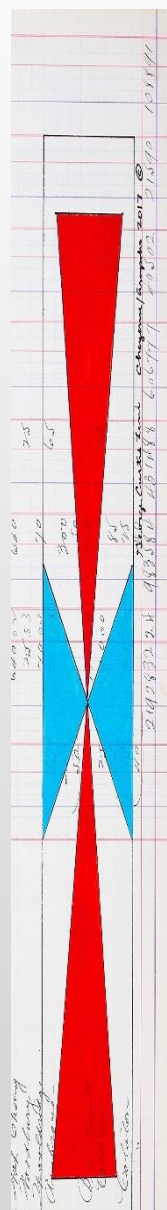
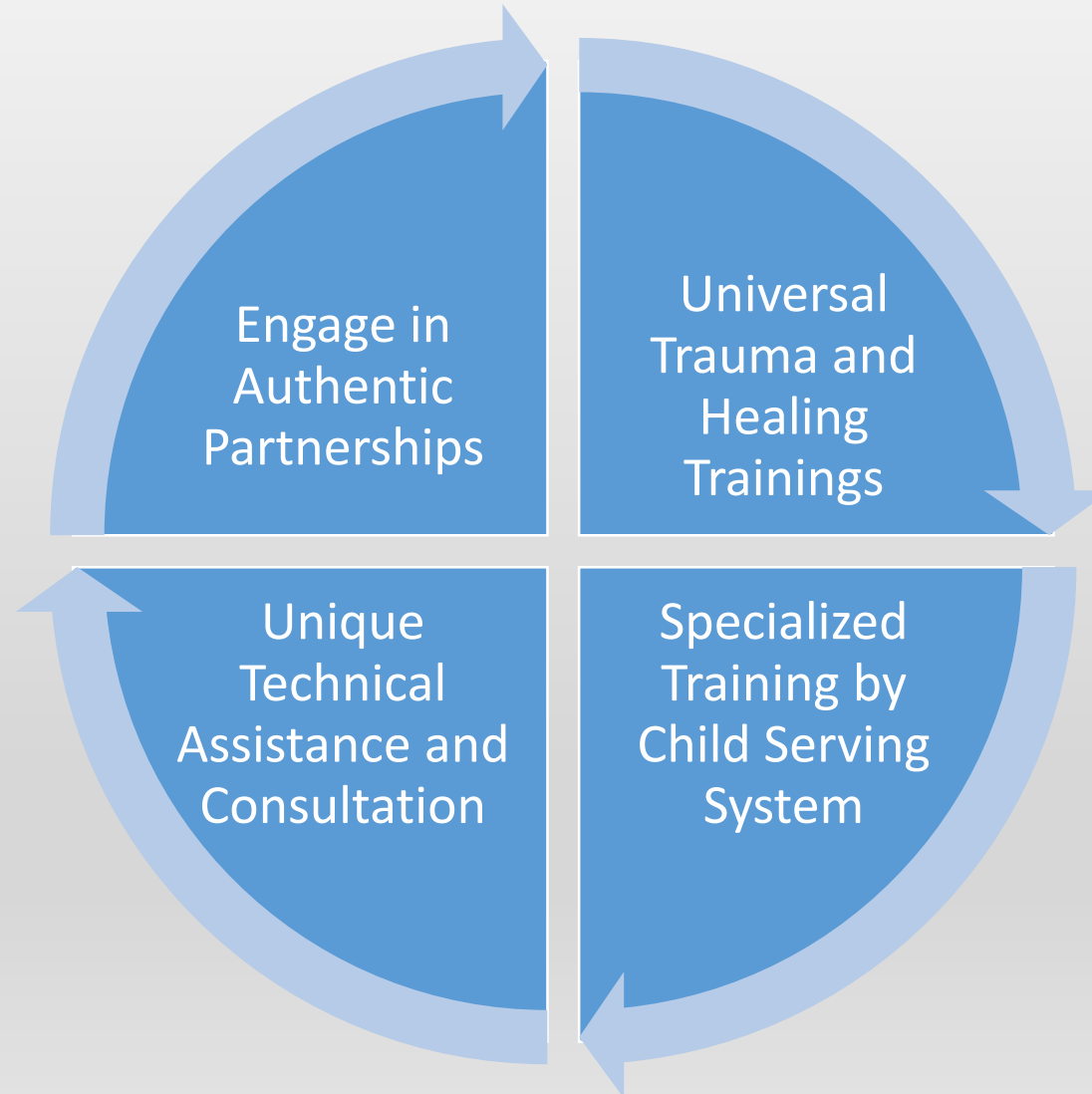
# Trauma Lens

- Trauma affects the way people approach potentially helpful relationships.
  - Not surprisingly, those individuals with histories of abuse are often reluctant to engage in, or quickly drop out of, many human services.
- Trauma has often occurred in the service context itself.
  - Involuntary and physically coercive practices, as well as other activities that trigger trauma-related reactions, are still too common in human serving organizations.
- Many trauma survivors do not seek mental health services, but look for help in primary care settings, presenting with physical symptoms.
  - Neither provider or patient/client may be aware that current physical complaints may be connected to past traumas.

Sources: <http://www.publichealth.va.gov/docs/vhi/posttraumatic.pdf> Schumann, L. and Miller, J. L. (2000), Post-Traumatic Stress Disorder in Primary Care Practice. Journal of the American Academy of Nurse Practitioners, 12: 475–482. doi: 10.1111/j.1745-7599.2000.tb00159.x



# TTA



# Engage in Authentic Partnerships

Respect Tribal Sovereignty

Collaborative Effort

- Leadership Team
- Cross Sector
- Multidisciplinary

Open and Ready for Change

Engage in  
Authentic  
Partnerships



# Universal Trauma, Healing and Resilience

- Childhood Exposure to Trauma: For Tribal Communities
- Current Impacts of Historical Trauma
- Secondary Traumatic Stress and Self-Care
- Trauma- Informed Court Self-Assessment
- THINK Trauma
- Resource Parent Curriculum
- Family Group Conferencing
- Family Engagement

Universal  
Trauma and  
Healing  
Trainings



# Specialized Training by Child Serving System

**Child Welfare**  
**Juvenile Justice**  
**Education**  
**Health Care**

Specialized  
Training by  
Child Serving  
System



# Unique Technical Assistance and Consultation

## Heterogeneity

- Over 560 tribes
- Urban and Rural
- Reservation and non-Reservation
- State, Tribal, and National Requirements
- Program Policy & Procedures

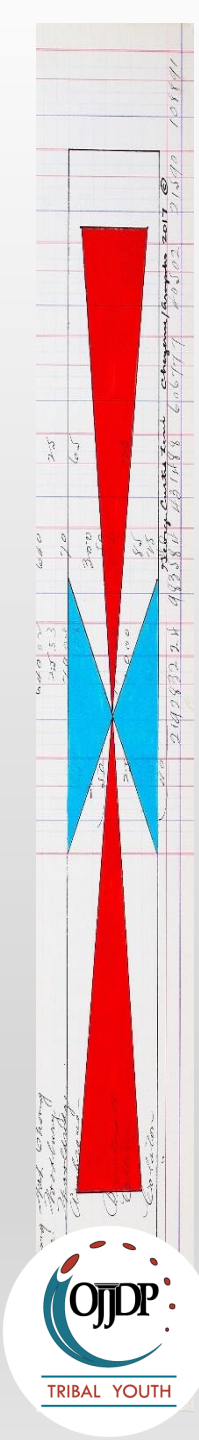
## SAMHSA Trauma-Informed Approach

- 4 R's
- 6 Principles
- 10 Domains

Unique  
Technical  
Assistance and  
Consultation



# Questions?



Thank you for your participation

