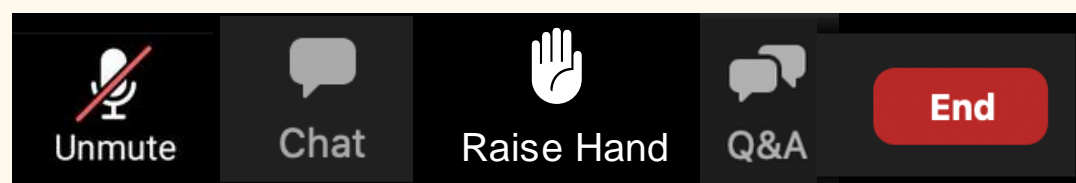


Before We Begin

Here are some friendly housekeeping reminders

Your control panel will appear at the bottom of your user screen.

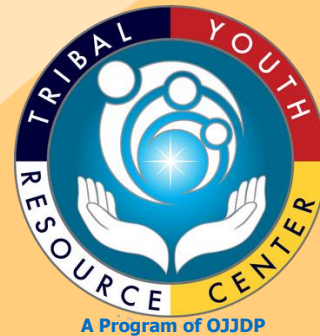


All attendees will be muted during the presentation.



Use the Q & A box on your panel to submit questions and view responses.





Before We Begin

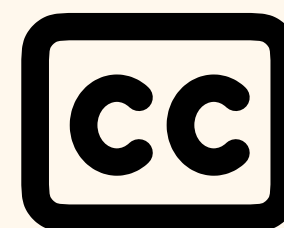
Here are some friendly housekeeping reminders

Use the Chat box to submit a comment to “All Presenters” or “Presenters & Everyone”



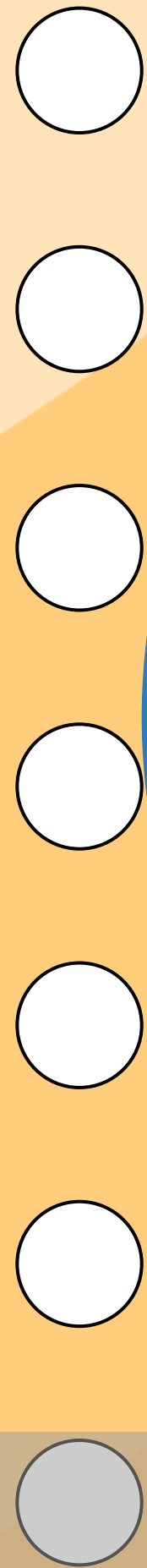
CHAT

Closed Captioning is available during the session. Please let us know if it is not available to you by sending a message in the chat box to “All Presenters.”

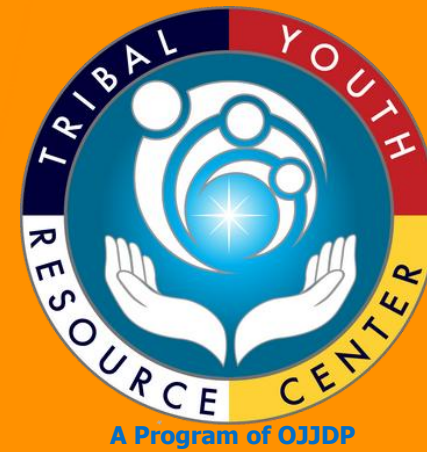


This Online Learning Event will be recorded and a copy will be emailed to all participants.





Please complete our
evaluation survey following
the session.

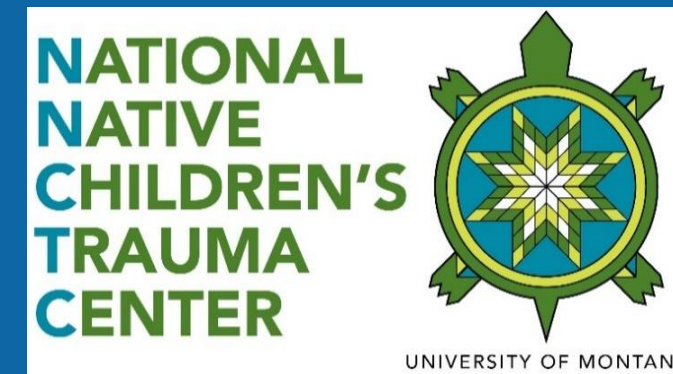


We appreciate
your feedback!

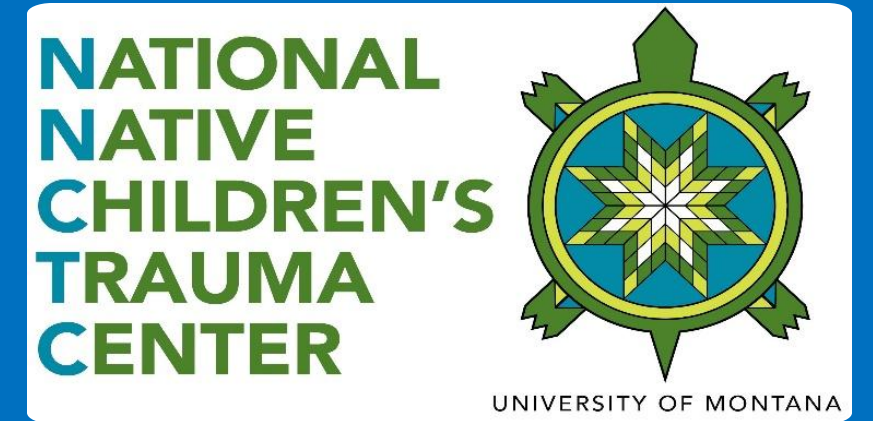
Tribal Youth Resource Center | www.TribalYouth.org

Trauma ScreenTIME Part 2

Debra Hallos, LCPC
Interventions Manager
The National Native Children's Trauma Center



National Native Children's Trauma Center



- NNCTC utilizes current research in Indian Country and *tribal* best practices and approaches to support *tribal* children, youth, and families who have experienced traumatic events and those who work in the *tribal* justice system.
- As a Category II Trauma Center in the Network our mission is to co-facilitate trauma focused healing for Native children, families, and communities.



Deanna Chancellor

Project Director,

deanna.chancellor@mso.umt.edu

www.nativecac.org

We believe that Multidisciplinary Teams and Child Advocacy Centers are a powerful way to care for and protect our children.

Whether you are a Native nation considering starting an MDT or CAC, or you are a non-Tribal CAC interested in better serving Native children and families, we are here to support you.

We provide:

- ❑ T/TA on the formation and accreditation of Tribal MDTs and CACs;
- ❑ guidance on building authentic partnerships with Native nations;
- ❑ connection with a peer network of CACs/MDTs run by Native nations and partners.

Before We Get Started...

This project was supported by Grant 15PJDP-24-GK-02602-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.

This resource was prepared by the Native Child Advocacy Resource Center with support from the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention(OJJDP), award #2020-CI-FX-K012. T

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Part I Agenda

Why Screen for Traumatic Stress

How to Develop a Screening Process for your Program

How to Choose Screening Measures for your Program

Part II Agenda

How do you screen a child for trauma

How to screening results to understand behavior and guide interactions

How to use screening results to support connections with other organizations

How to use screening results to improve programming and maintain screening



How do you Screen a Child for Trauma?

U P L I F T

U Understand

P Prepare


L Listen and Validate

I Instill Hope

F Find a Path Forward

T Take the Next Step


Resource: UPLIFT Guide




UPLIFT

A Guide to Trauma Screening

Key Considerations



U Understand	<ul style="list-style-type: none">Reflect on your biases and assumptions about the child/familyReview what is already known about the child and familyRecognize the unique identity, culture, and perspective of the child/family	<ul style="list-style-type: none">Consider the meaning of trauma and trauma screening for the child/familyBe open to hearing what the child/family has to sayReflect on your own comfort level with asking about trauma
P Prepare	<ul style="list-style-type: none">Find a private, quiet spaceExplain why screening is being doneProvide child/caregiver with a sense of controlBriefly describe trauma exposure and trauma effectsBriefly explain the screening process and next steps	<ul style="list-style-type: none">Explain that screening is brief, details are not needed, and they can skip questionsDescribe confidentiality, including limitsAsk if they would like help reading the questionsAsk if they have any questionsAsk for permission to screen
L Listen & Validate	<ul style="list-style-type: none">Focus attention on the person rather than the formPause to give them time to think about their responsesListen about what is unsaidSummarize what you hear to make sure you "got it right"	<ul style="list-style-type: none">If you notice a strong reaction, consider asking how they are feeling. Then validate their feelings.Be alert to any suggestions of self-harm or suicide, and make safety plan
I Instill Hope	<ul style="list-style-type: none">Explain that trauma experiences and effects may be upsetting and difficult to talk about, but that telling somebody is an important first step for recoveryAcknowledge the child's trauma experiences and effects without minimizing themLet them know that most children who experience trauma will feel better, especially with support	<ul style="list-style-type: none">Explain how the child's reactions may be ways of coping, and that these are common and understandable reactions after a traumatic eventExplain that there are many effective strategies for recovering, healing, and thrivingAcknowledge the important role of caregivers, parents and other family resources for supportConsider asking about existing supports that the child and family may have
F Find a Path Forward	<ul style="list-style-type: none">Review trauma screening results together with any other relevant measures/informationProvide feedback or a summary of results and recommendations in family-friendly languageReiterate that screening indicates whether the child may benefit from trauma-focused behavioral health assessment or treatment, or other types of supportIf identified, discuss concerns and follow-up about self-harm, suicide, or suspected child abuseExplain how to support the child's sense of safetyMake a "warm hand-off" referral, if possible	<ul style="list-style-type: none">Encourage child-caregiver communication about the child's stressful experiences and related difficultiesOffer choices, including for assessment, treatment, services, support services, interventions, self-help resources, or parenting support, that are easily accessibleConsider sharing resources like apps or books if appropriateAttempt to provide at least one simple, concrete resource or strategy that can be taken home and usedAsk if they have any questions about the screening or next steps
T Take the Next Step	<ul style="list-style-type: none">Document the screening and results appropriately for your organizationCheck that any planned follow-up or referrals after the screening happen on timeShare information with others outside of your system, as necessary and with permission	<ul style="list-style-type: none">Check with the family to see if they connected with referrals or have questions, and address barriers together

The National Child Traumatic Stress Network

Learn more at: traumascreentime.org



UPLIFT

A Guide to Trauma Screening

Sample Language



This is sample language for talking with a child individually; language may be adapted for group screening.

U Understand	<ul style="list-style-type: none">Not applicable - this step is done before you meet with the child and family
P Prepare	<ul style="list-style-type: none">I'd like to ask you some questions about stressful or scary things kids sometimes experience. Sometimes these stresses can cause changes in how we think and feel. I'm asking these questions because [we ask them of all kids/somebody was concerned about you]. This is usually pretty quick, and we don't need to discuss details. What you share is confidential or private, and will only be shared with [describe general information sharing and mandated reporting requirements]. After we're done, we'll talk about any next steps. Do you have any questions for me? Would you like any help reading the questions? Is it okay if we continue?
L Listen & Validate	<ul style="list-style-type: none">That seemed like a tough question. How are you feeling? [Validate feeling]You've told me about some very stressful experiences and you've told me how those experiences have affected you, including [reported experience].It seems like you have been through a lot.I appreciate the courage it took to share that with me.I can understand why you'd feel angry thinking about what happened.Given what you've been through, it makes sense that you're [e.g., not sleeping/feeling sad/having trouble paying attention].
I Instill Hope	<ul style="list-style-type: none">It is so important that you are able to share this. Are these things you might like some help with?I really appreciate that you let me know what happened and how it's been stressful for you. Now let's see how to help you feel better. What can you think that might help you feel better/safe?Most people do feel better, and we can talk about some supports and services that can really help.Won't it be great to [e.g., sleep better? Feel less scared?]. That's something that therapy or other support services could help with.I can see how much you care about your child. That makes a big difference in helping them to feel better.
F Find a Path Forward	<ul style="list-style-type: none">We did this screening to see whether it might be helpful for you to talk with a therapist about some of the stressful things you experienced or to take part in other support services.I'm glad that [you/your child] have not experienced any of these difficulties. Is there anything that [you/this organization] can do to help you with any other kinds of stress?The results of the screening show that you experienced some stressful events that are affecting [e.g., sleep, fear, anxiety, behavior].It can really help to get help from someone who knows how to help when something stressful like this is bothering you. Would you be willing to talk with somebody who has a lot of experience with these things?What are some things that help you to feel more safe? Then let's talk with [mom/dad/caregiver] about they can help you feel safe.Let your [mom/dad/caregiver] know when you're feeling scared or upset.Your support is the most important thing. I'd encourage you and your child to check in with each other about how they are feeling occasionally, and if needed help them to feel more safe.The stress you have experienced can make your body tense and feeling upset can make it feel worse. But there are ways to relax your body. There is this [mobile app/book etc.] that may help you to relax. It may be particularly helpful when you are having trouble [link to child's concerns].
T Take the Next Step	<p>Have you been able to speak with [name of referral]?</p> <ul style="list-style-type: none">If child/caregiver has been able to access services, you can ask "Has that been helpful?"If the child/caregiver has not been able to access services, you can ask "Is there anything I can do to help?" or "What can I do to help you make that connection"

The National Child Traumatic Stress Network

Learn more at: traumascreentime.org

U Understand

P Prepare

L Listen and Validate

I Instill Hope

F Find a Path Forward

T Take the Next Step

Understand

P

L

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ATTEMPT

- Consider your own biases and reflect on any assumptions you have about the child and family
- Review what is already known about the child and family, if anything

Understand

P

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ATTEMPT

- Recognize and affirm the unique identity, culture, and perspective of the child and family
- Consider the meaning of trauma and trauma screening for the child and family

Understand

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ATTEMPT

- Approach screening with openness to hearing what the child and family have to say
- Reflect on your own comfort or discomfort asking questions and talking about trauma

U Understand

P Prepare

L Listen and Validate

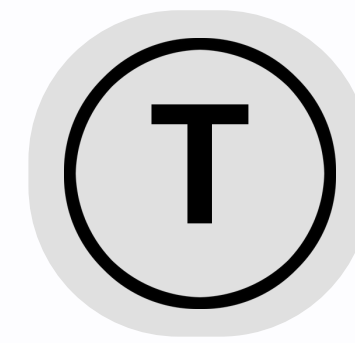
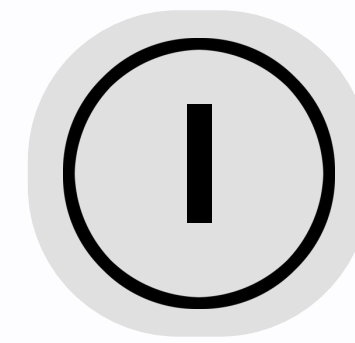
I Instill Hope

F Find a Path Forward

T Take the Next Step



Prepare



Find a private, quiet space



- Find a private, quiet space
- If there is a group, make sure they have enough space



- As private as possible
- Comfortable

U

Prepare

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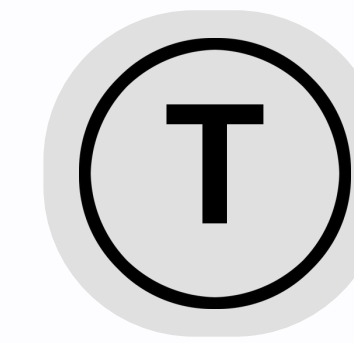
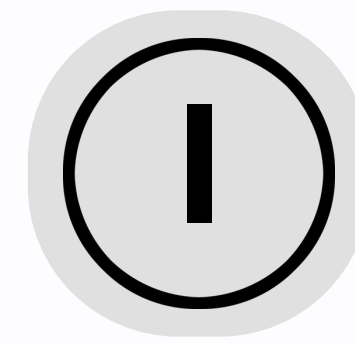
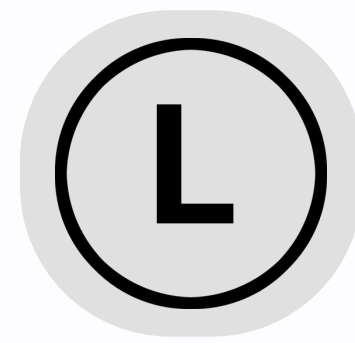


Explain why screening is being done

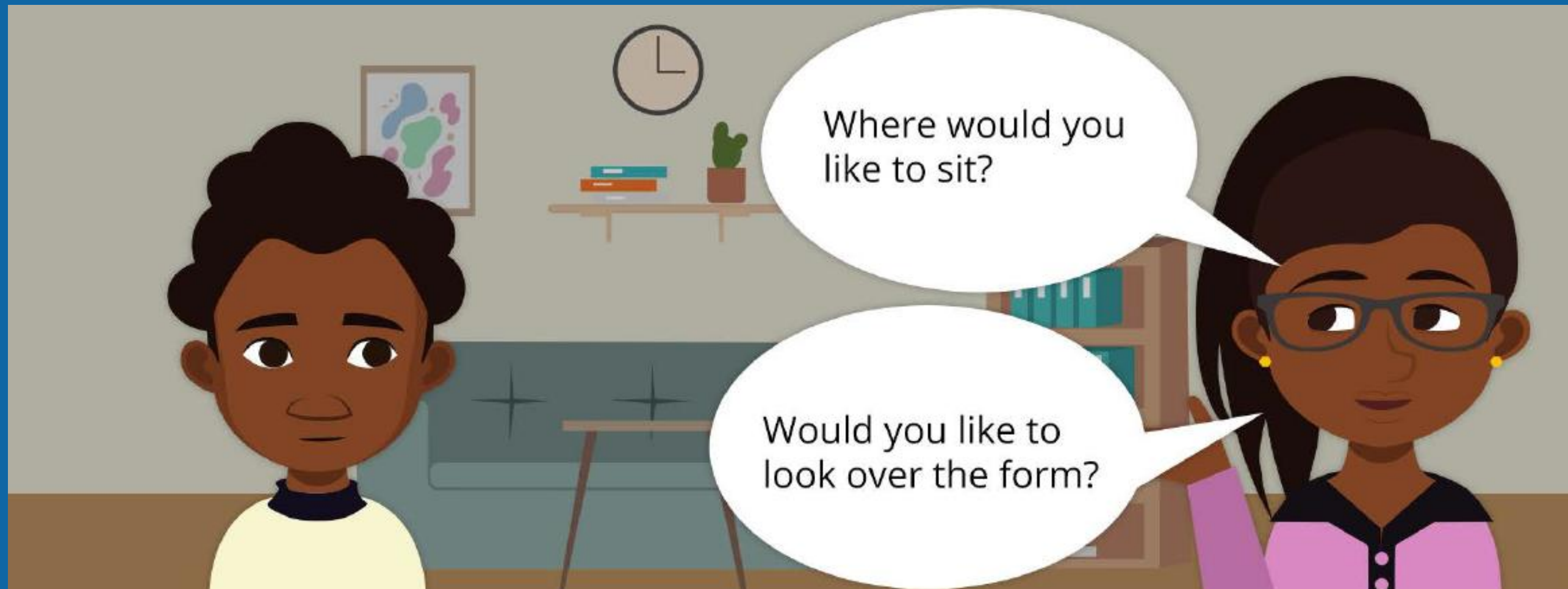




Prepare

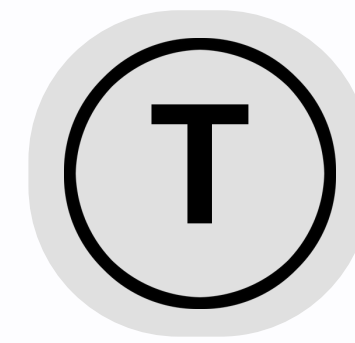
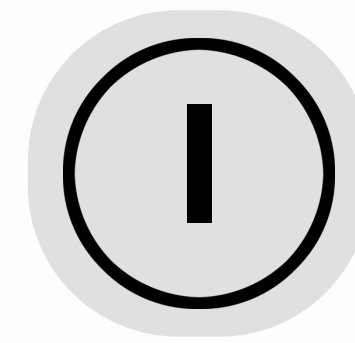
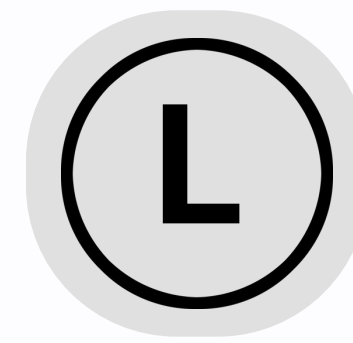


Provide a sense of control

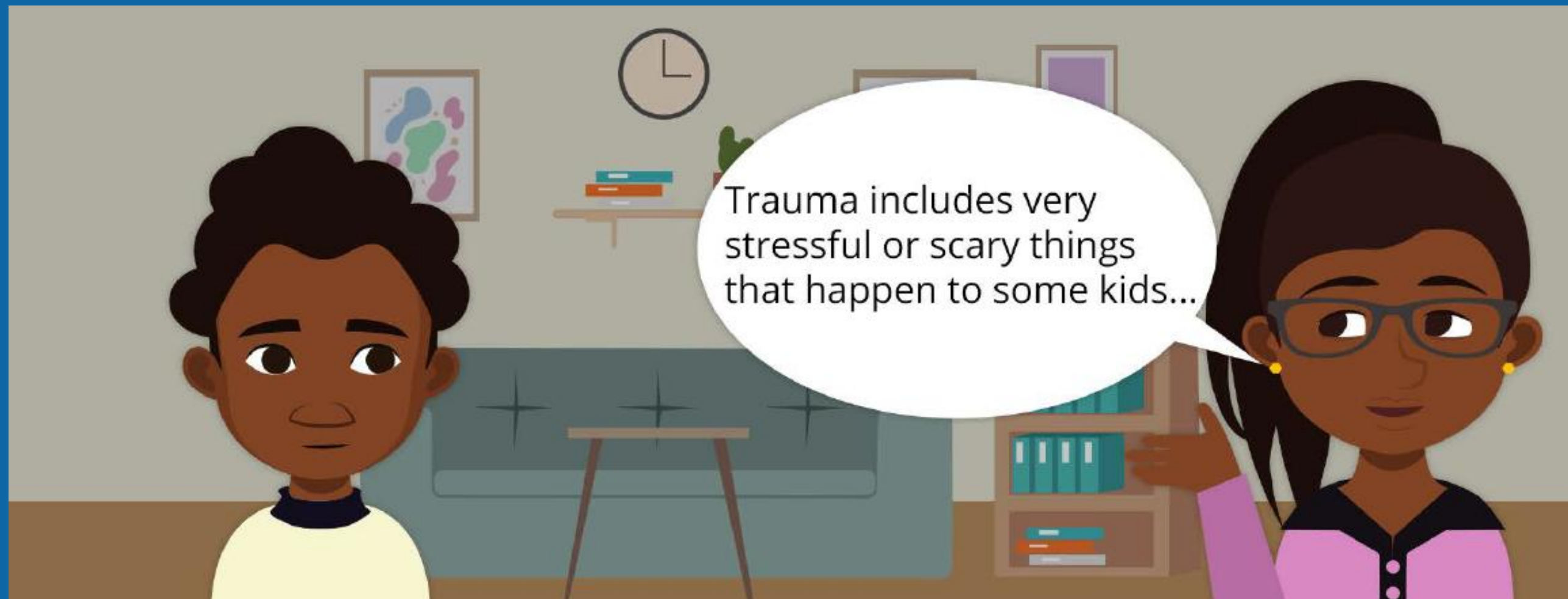




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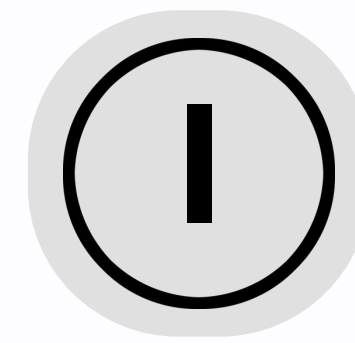
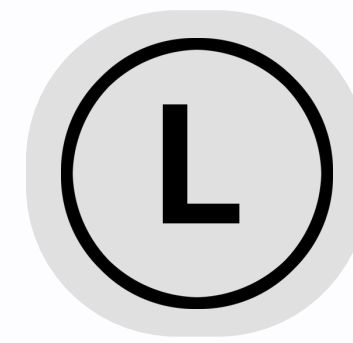


Describe what trauma exposure and trauma effects are

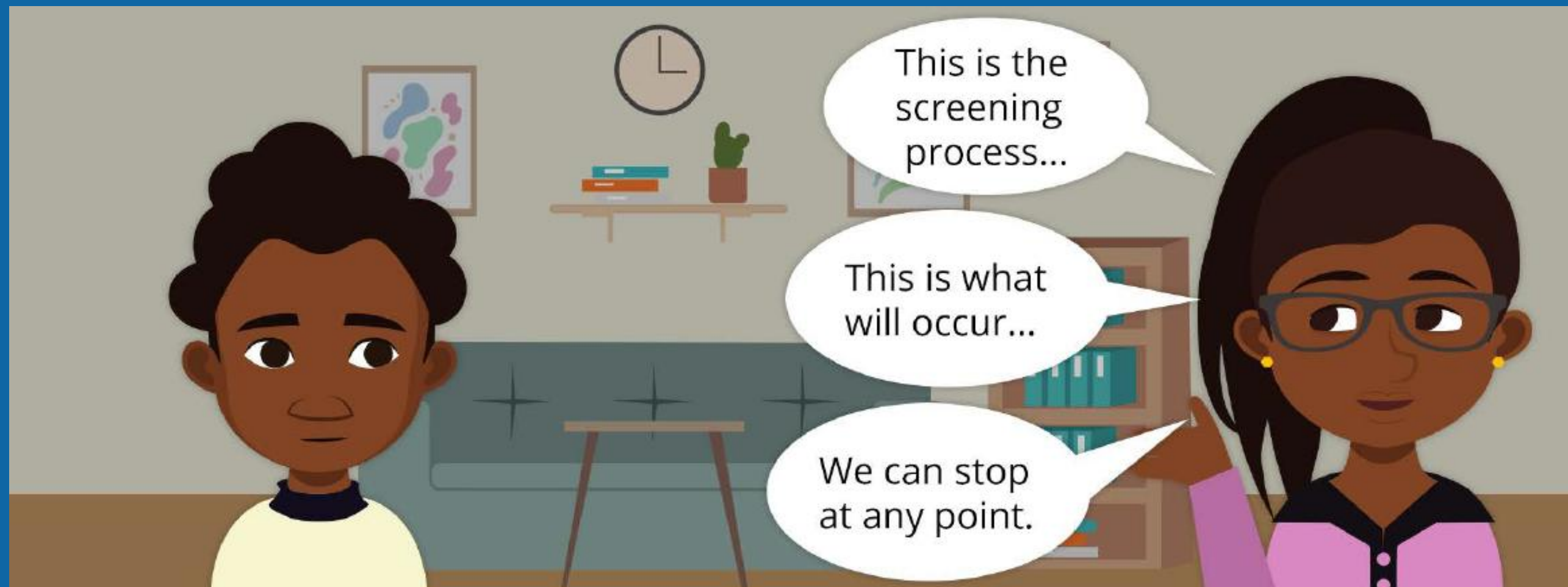




Prepare

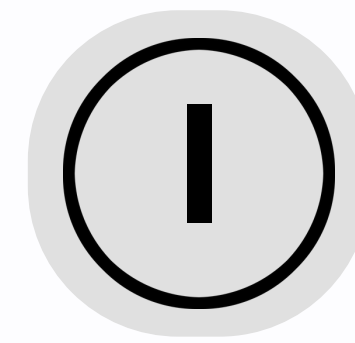


Explain the screening process

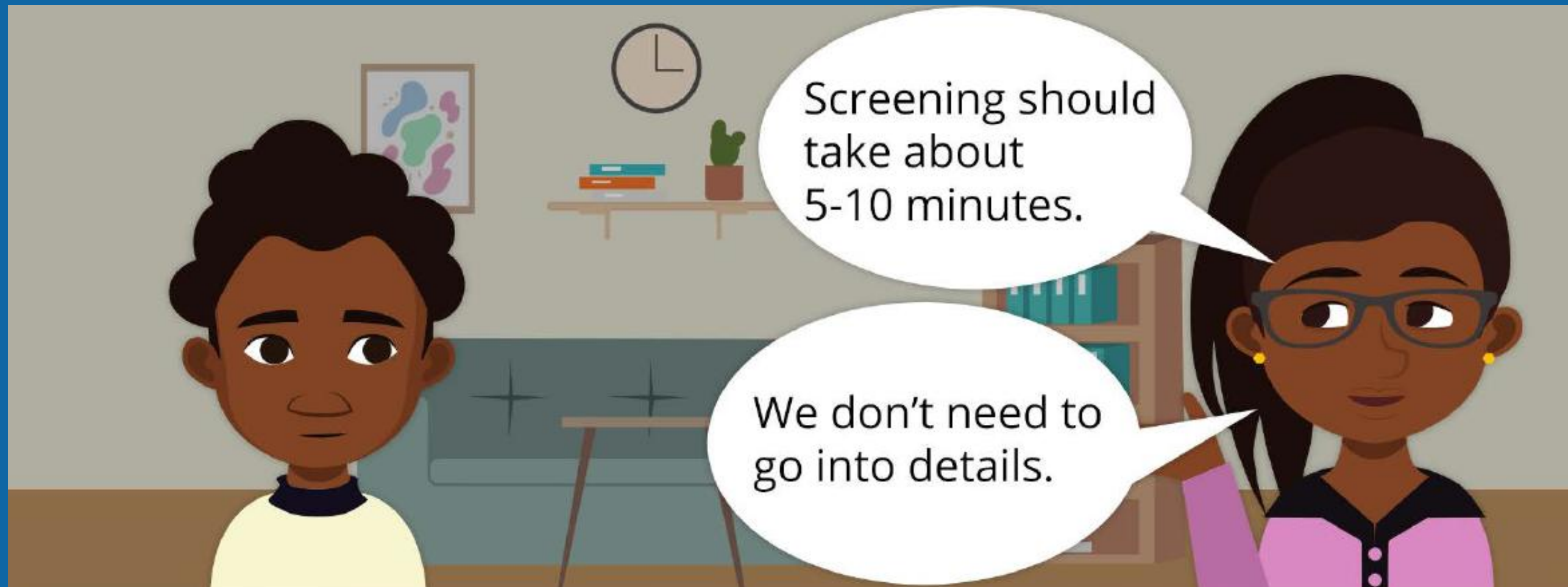




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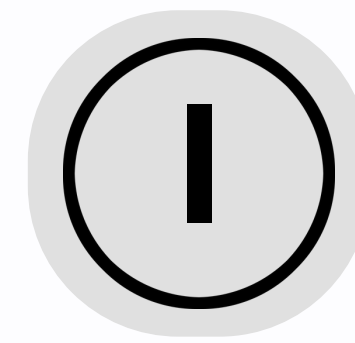
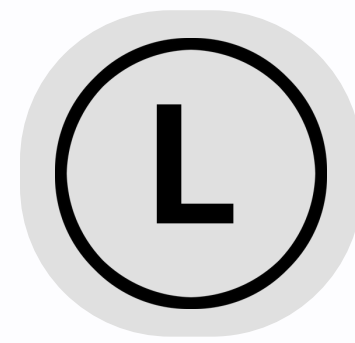


Explain that screening should be quick

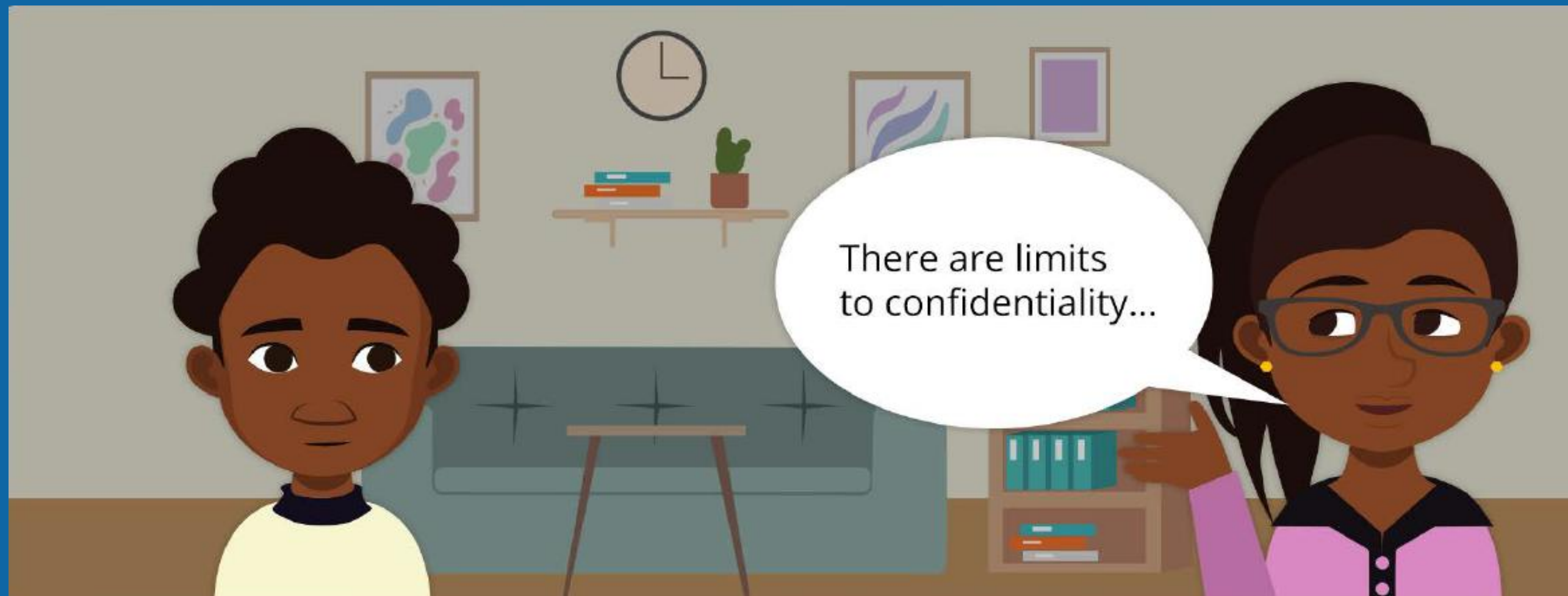




Prepare



Go over confidentiality



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Prepare

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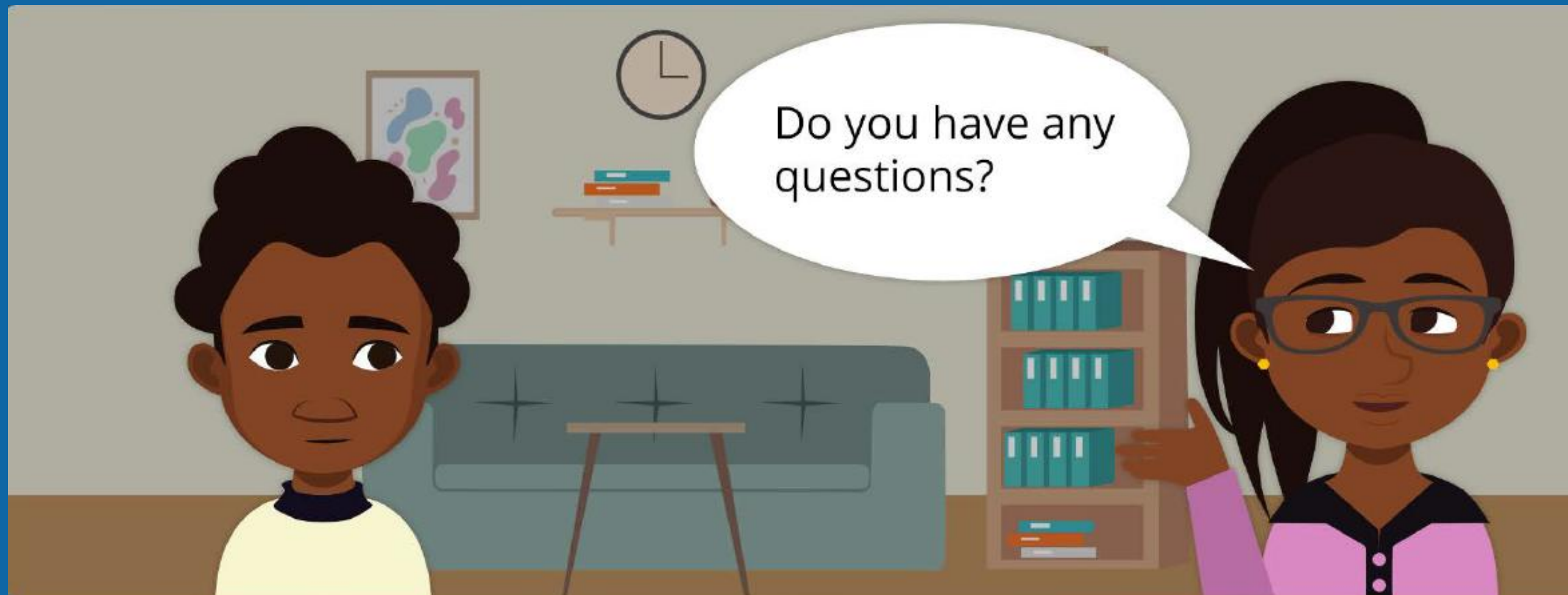
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Ask if they have questions



Resource: Caregiver Questions about Trauma Screening




Caregiver Questions About Trauma Screening


When preparing a caregiver for trauma screening, you should always ask if they have any questions about the process. Common questions from caregivers, along with suggested responses to these questions, can be found below. *These responses are meant to be used as a guide;* your responses to questions should also take into account unique aspects of your setting, your experience and knowledge, the screening measure and process you are using, the child and family, and local policy and law.

Question	Potential Response
How long will screening take?	Screening is usually brief. There are only (#) questions so this usually takes about 5-10 minutes.
What types of questions will you ask?	[Will vary depending on the measure]. I will ask some questions about stressful or scary things children sometimes experience, such as <i>(can give examples from the specific screening measure being used)</i> . Sometimes these stresses can cause changes in how children think and feel, so I will ask some questions about this as well.
Who will you share the results of the screening with?	<p>I will share the results of screening with you [and your child]. Your child's results will be used in our organization/program with [state if shared with others internally]. The results will only be shared outside of our organization with your permission. For example, you might want to share the results with your child's pediatrician. Or if the result suggest that your child has experienced stressful or scary things that are really affecting them, it may be helpful for them to talk with a therapist. In that case, with your permission, I would share the screening results with the therapist.</p> <p>[Mandated reporting law and language will vary by state and possibly context]. The one exception to sharing information is that if I learn about something that makes me concerned about the safety of your child or another child. In that case, I am required by law to share information with [appropriate child protective services organization] to make sure that everybody is safe.</p>

A PARTNER IN



The National Child Traumatic Stress Network

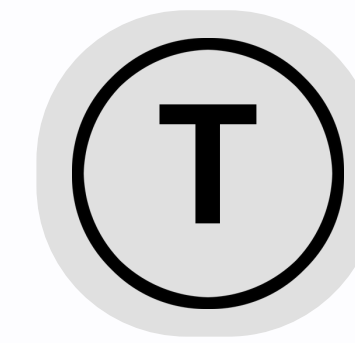
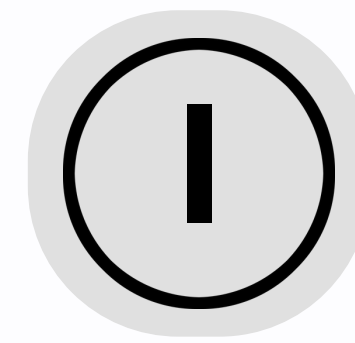


Child Health and Development Institute

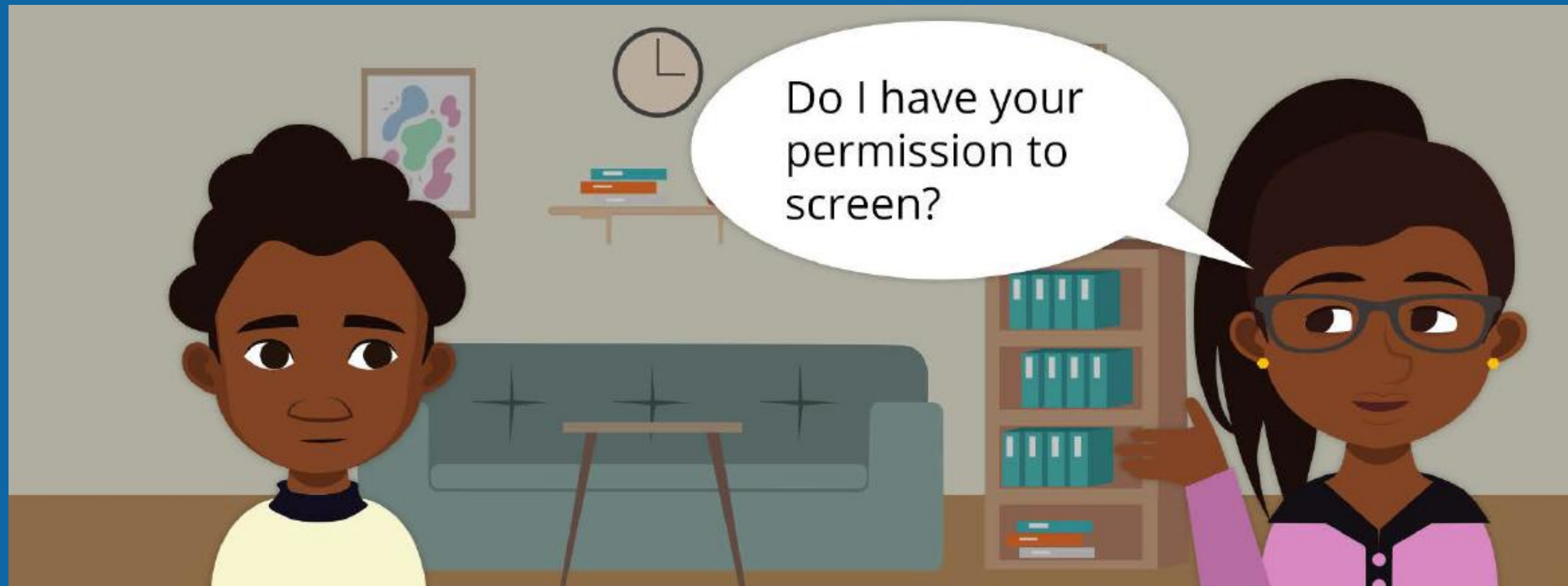
ScreenTIME is funded through a grant from SAMHSA awarded to CHDI as part of the National Child Traumatic Stress Network









Prepare



Ask for permission



-  Understand
-  Prepare
-  Listen and Validate
-  Instill Hope
-  Find a Path Forward
-  Take the Next Step

U

P

Listen and Validate

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F

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Be fully present and listening carefully,
allow for pauses



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Listen and Validate

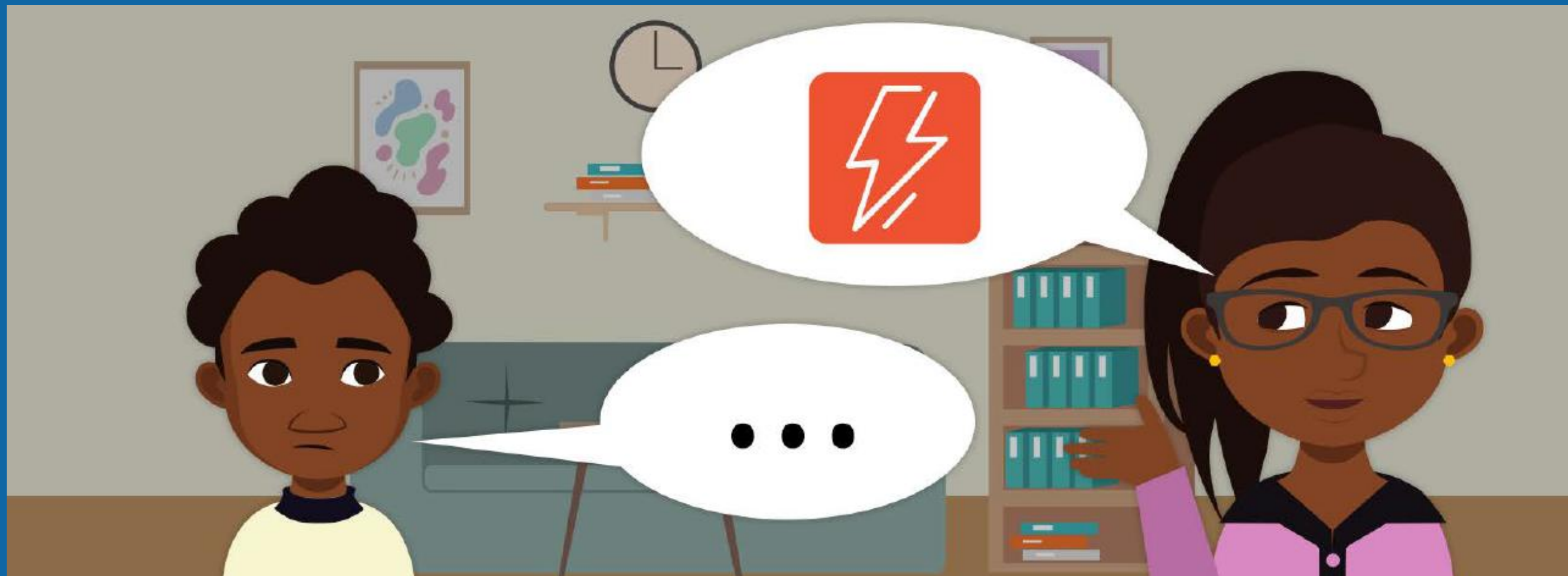
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Listen and look for clues of what is unsaid



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Listen and Validate

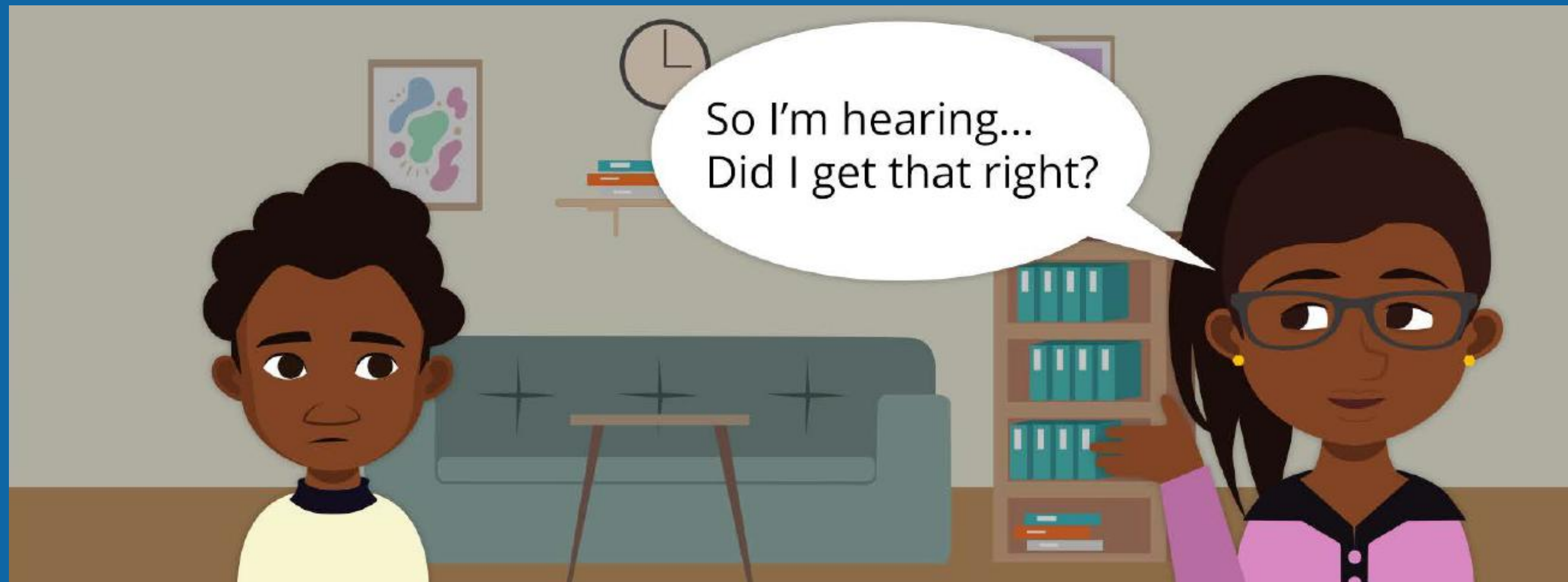
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Reflect back what you're hearing



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Listen and Validate

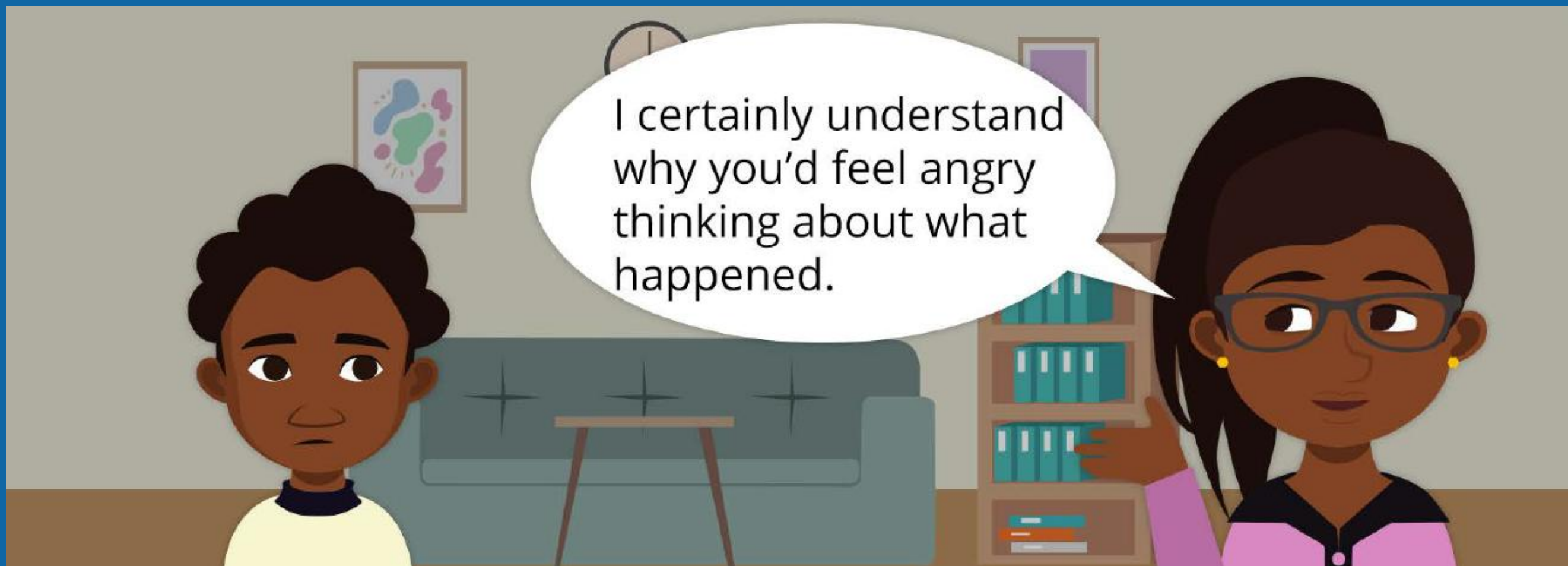
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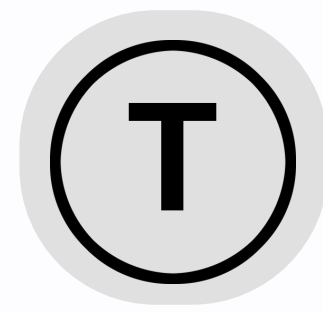
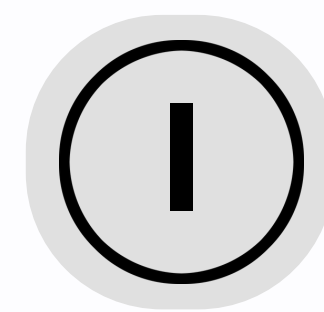


Validate the family's experiences





Listen and Validate



Pay attention to suggestions of self-harm or suicide

When concerns are identified:



Ensure the safety of the child and family during and after the screening



Follow your organization's policies and practices



Listen and Validate



Displaying overly negative reactions



- Less effective screening
- Harms your relationship with the family
- More difficult to support the child and family's recovery

U

P

Listen and Validate

I

F

T



Conveying judgment



U

P

Listen and Validate

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F

T



Making assumptions



U

P

Listen and Validate

I

F

T



Unnecessary questions



U

P

Listen and Validate

I

F

T



Making statements or promises



U

P

Listen and Validate

I

F

T



Sharing personal experiences



- U** Understand
- P** Prepare
- L** Listen and Validate
- I** Instill Hope
- F** Find a Path Forward
- T** Take the Next Step

U

P

L

Instill Hope

F

T



Explain that trauma may be upsetting
and difficult to talk about



U

P

L

Instill Hope

F

T



Acknowledge the child's experiences and
that most children will feel better






Instill Hope



Contextualize responses



Resource: Family Brochure



What Can I Do to Help My Child?

You are valuable to your child's healing process. After a traumatic event, you can:

- Help your child to feel safe, secure, and loved
- Help your child to return to typical routines as much as possible (e.g., sleep, school, being with friends)
- Talk with your child about their thoughts and feelings, but don't force your child to talk
- Be patient and accepting of your child's reactions, but keep enforcing household rules
- Reassure your child that the traumatic event was not their fault
- If concerned, have your child assessed by a mental health professional trained in trauma-focused treatment or other trauma-focused services

Additional Resources


Dial 211 for free referral assistance to get information, referrals or help during a crisis.

National Child Traumatic Stress Network
<http://www.nctsn.org/resources/audiences/parents-caregivers>

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/brss-tacs/recovery-support-tools/parents-families>

National Alliance on Mental Illness
<https://www.nami.org>

WHAT FAMILIES NEED TO KNOW ABOUT Trauma Screening



What Are Potentially Traumatic Events?

Potentially traumatic events are extremely scary or upsetting. For example:

- Physical or sexual abuse
- Potentially life-threatening accidents or natural disasters
- Unexpected death or prolonged separation from a primary caregiver or loved one
- Witnessing or experiencing severe violence

Children can also experience other forms of adversity, such as neglect, racism, discrimination, or homelessness.

What are the Effects of Potentially Traumatic Events?

Children respond to traumatic events in many different ways, including:

- Trouble sleeping or having nightmares
- Behavior problems or aggression
- Wanting to be alone or having a hard time being alone
- Getting upset when reminded about the traumatic event(s), or not wanting to talk about it
- Frequent thoughts about the traumatic event(s)
- Difficulty paying attention or focusing on ordinary tasks
- Physical problems such as stomach aches, headaches or problems with eating

Most children have some reactions for a short time if they experience potentially traumatic events – this is common and understandable. Many children start to feel better within a few weeks.

However, even with support from family and friends, a child may continue to struggle with trauma reactions, sometimes for many years.


What is a Trauma Screen?

Screening identifies what types of potentially traumatic events a child might have experienced and possible effects on the child. Often, children don't talk about these events or effects unless they are asked. If concerns are identified, families can be offered connections with mental health, community, and other resources.

During the trauma screen, you or your child will be asked about:

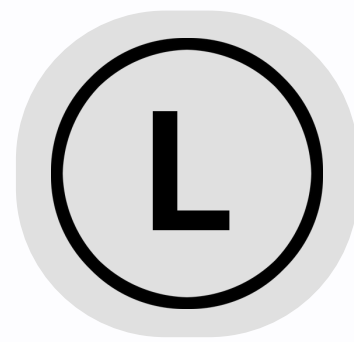
- Whether they experienced events that may have been traumatic
- Whether they are experiencing effects related to traumatic events

With support from caregivers and the community, children and families can recover. Without support, recovering from trauma exposure may be more difficult. Screening for traumatic events and potential trauma-related problems can show caregivers how to help their child and decide whether talking to a professional with experience in treating trauma-related problems would be helpful for the family.



What Will Happen After Trauma Screening?

- The results of trauma screening and recommendations will be shared with you and your child.
- If the results suggest your child may be having difficulties because of continuing reactions to traumatic events, you are not alone. There are things you can do, and effective treatments and services that can help.
- If the results suggest that trauma-focused services could help your child, you will receive recommendations for who can provide these services in your community. You can choose how you would like to move forward.
- The people providing trauma-focused services should include you in every step of the way. They should discuss your child's reactions and care with you. They should work with you so that you can help your child and family heal.



Instill Hope



Describe trauma-focused assessment, treatments, and other strategies



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Instill Hope

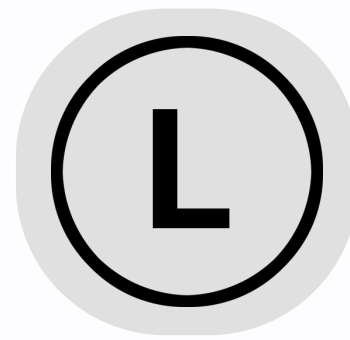
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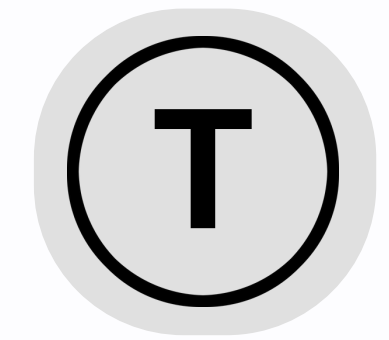


Acknowledge the role of caregivers,
parents, and other family resources

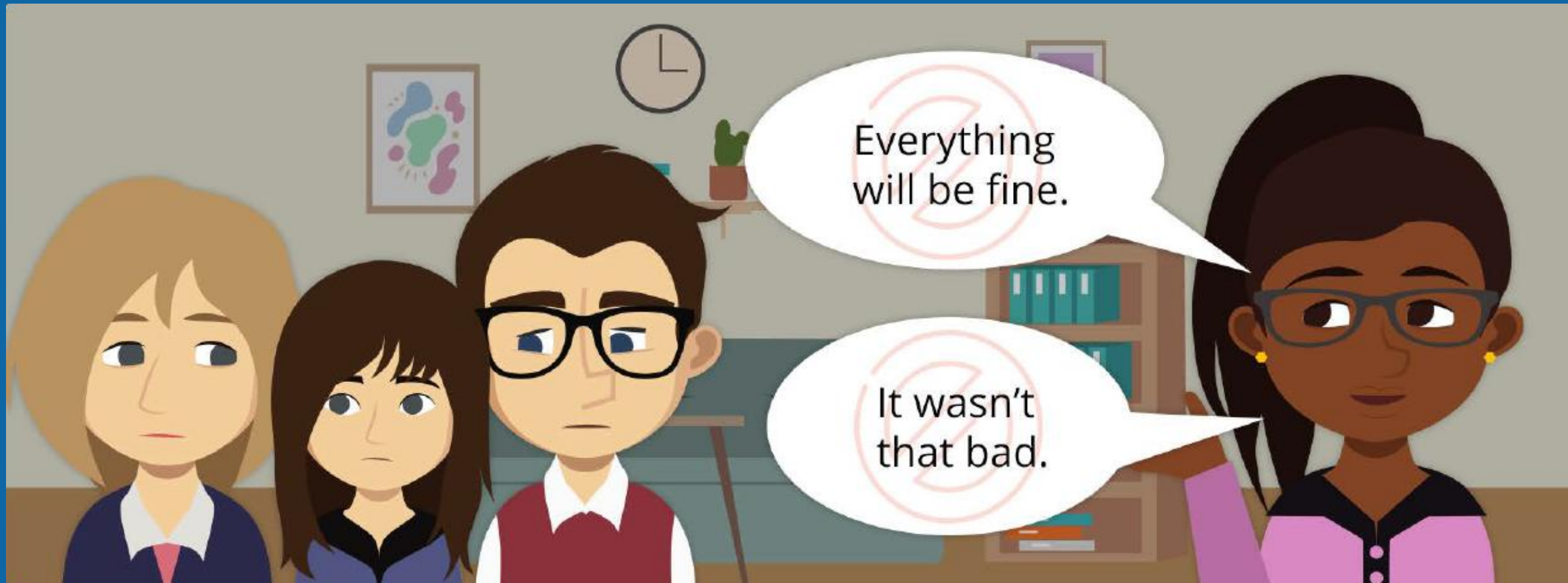




Instill Hope



Downplaying concerns



U

P

L

Instill Hope

F

T



Assuming a child's resilience



- U** Understand
- P** Prepare
- L** Listen and Validate
- I** Instill Hope
- F** Find a Path Forward
- T** Take the Next Step

U

P

L

I

Find a Path Forward

T



ATTEMPT

- Review trauma screening results
- Use easy to understand language
- Reiterate the purpose of screening

U

P

L

I

Find a Path Forward

T



ATTEMPT

- Discuss serious safety concerns and explain how to support safety
- Make a warm handoff referral
- Encourage communication
- Offer choices



Find a Path Forward



ATTEMPT

- Share self-help resources
- Provide at least one concrete resource or strategy
- Invite questions

U

P

L

I

Find a Path Forward

T



Diagnosis or treatment based on screening alone

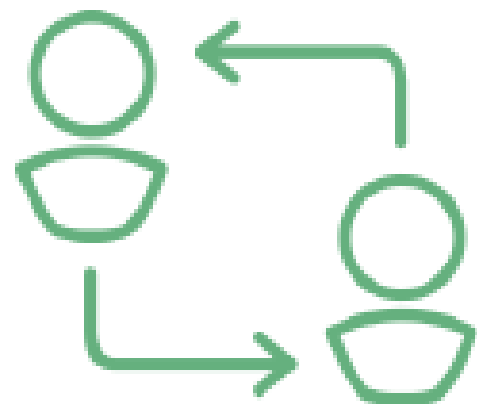




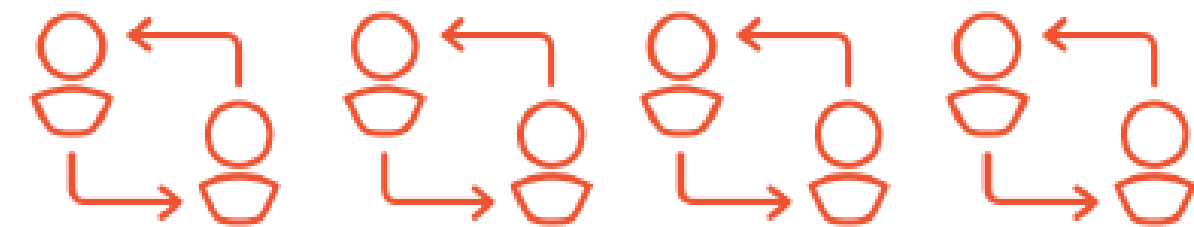
Find a Path Forward



Overwhelming the family

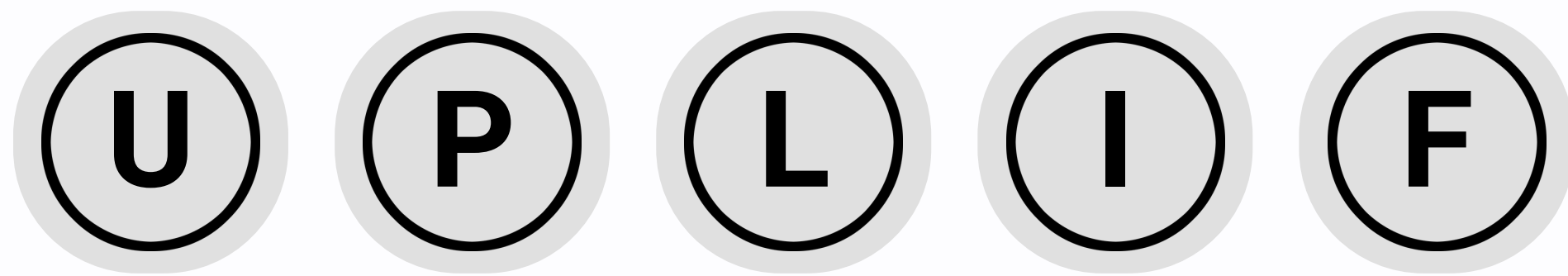


More likely with one strong referral



Less likely with multiple services or referrals

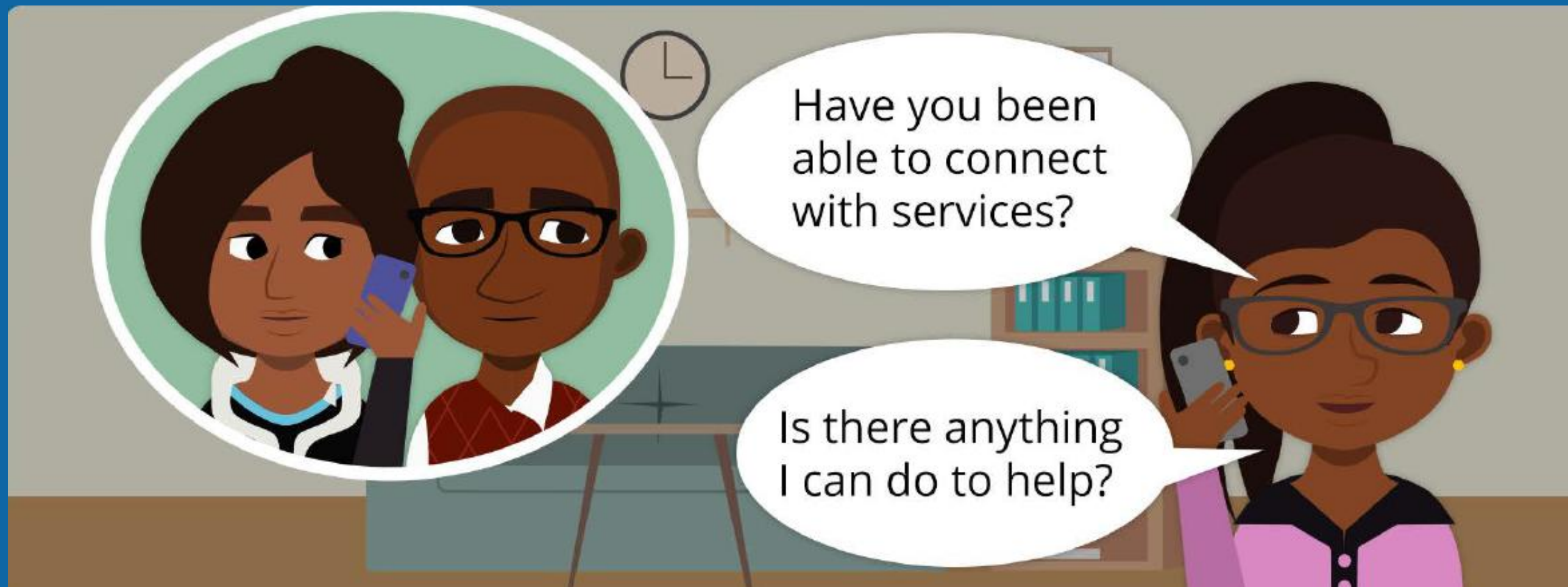
- U** Understand
- P** Prepare
- L** Listen and Validate
- I** Instill Hope
- F** Find a Path Forward
- T** Take the Next Step

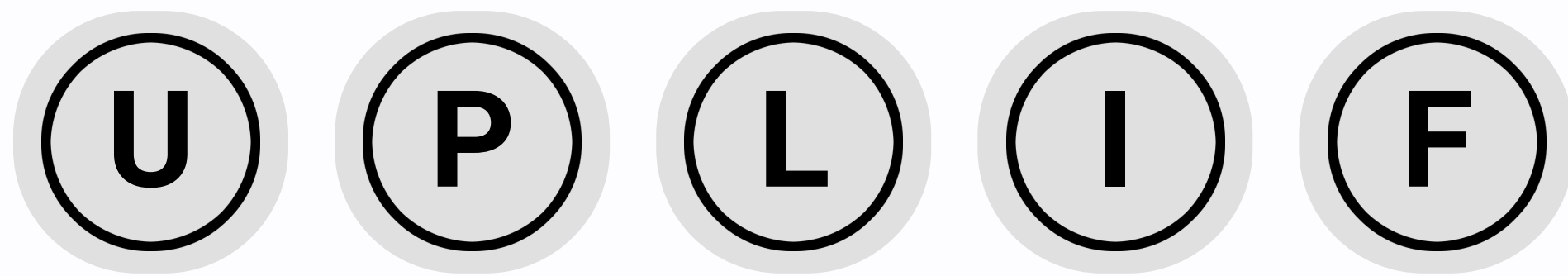


Take the Next Step



Ensure follow-up happens within the agreed upon timeframe

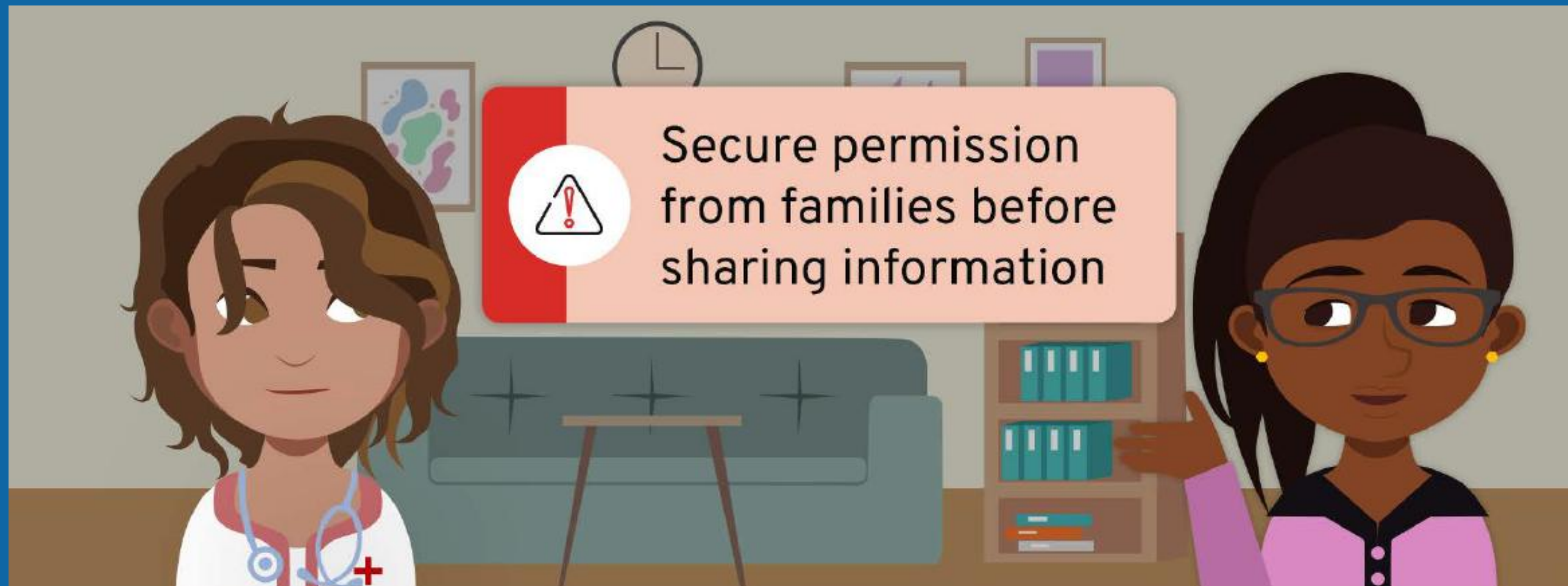




Take the Next Step



Share information with others outside
your system



***Any
Questions?*** ???



How do you use the Results of Trauma Screening?



Using Results of Trauma Screening within your Organization



Document Screening in a Child's Record



Consult with your organization to determine the best approach



- Brief summary of traumatic events and trauma reactions
- Recommended next steps

- Record a score with no interpretation or action plan
- Only record that a child does or does not have a certain diagnosis



Others are aware
screening was
completed



Use information in
future planning



Document changes
over time



Sharing info

- Do you have appropriate permissions, if needed or required?
- Who else is involved in the child or family's care?
- Will sharing results improve care for the child?
- Are there any risks with sharing information, and how will they be addressed?

Understand Behavior: All

Settings



Screening

Can help staff better understand a
child's concerning behavior

Understand Behavior: Child Welfare

EXAMPLE



Can reveal additional, previously
unknown trauma exposures

Understand Behavior: Child Welfare

Example

Multiple changes in placement due to:

- Talking back
- Destroying property
- Threatening caregivers

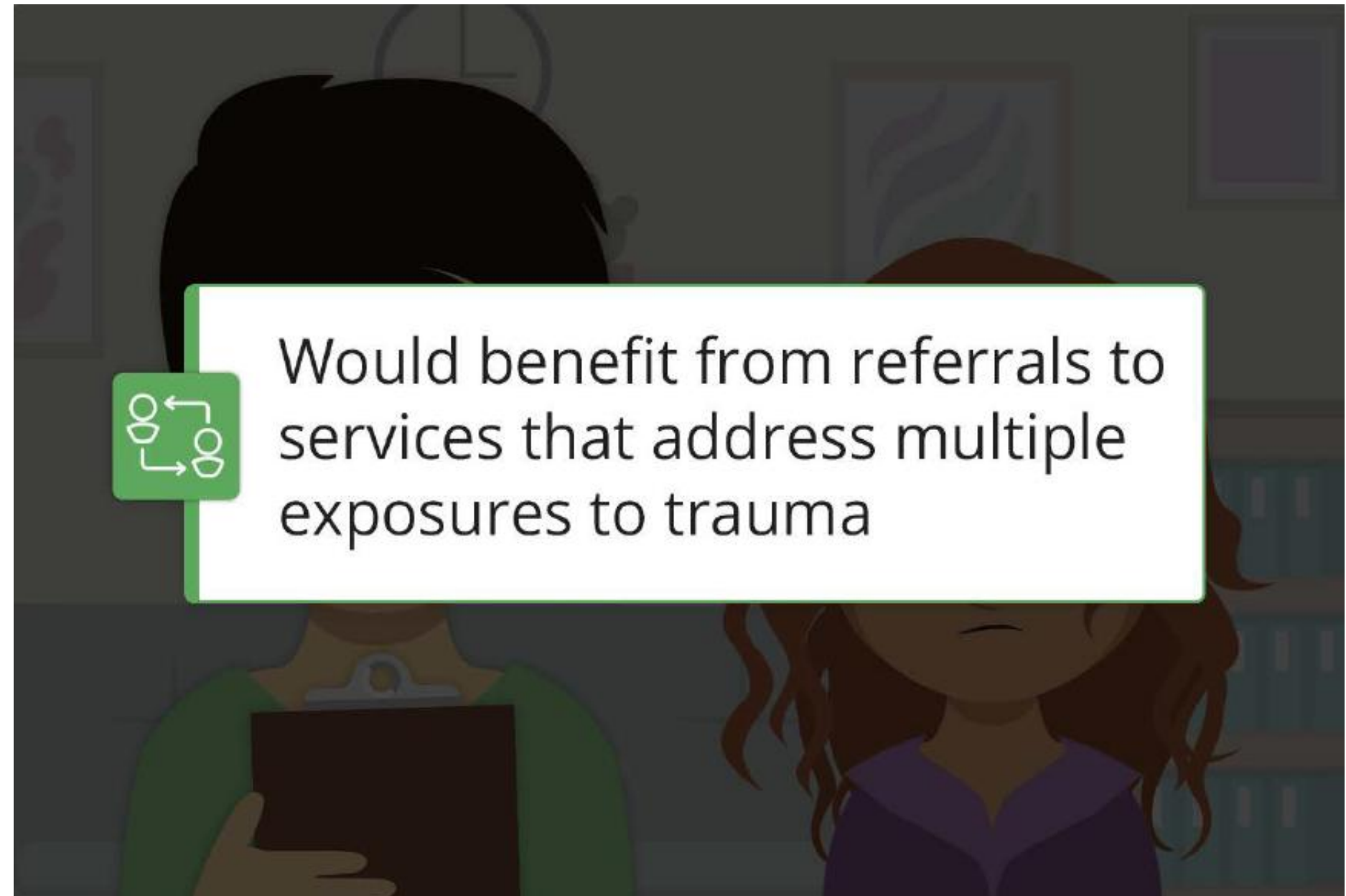


Understand Behavior: Child Welfare

EXAMPLE

Multiple changes in placement due to:

- Talking back
- Destroying property
- Threatening caregivers



Understand Behavior: Juvenile Justice

EXAMPLE



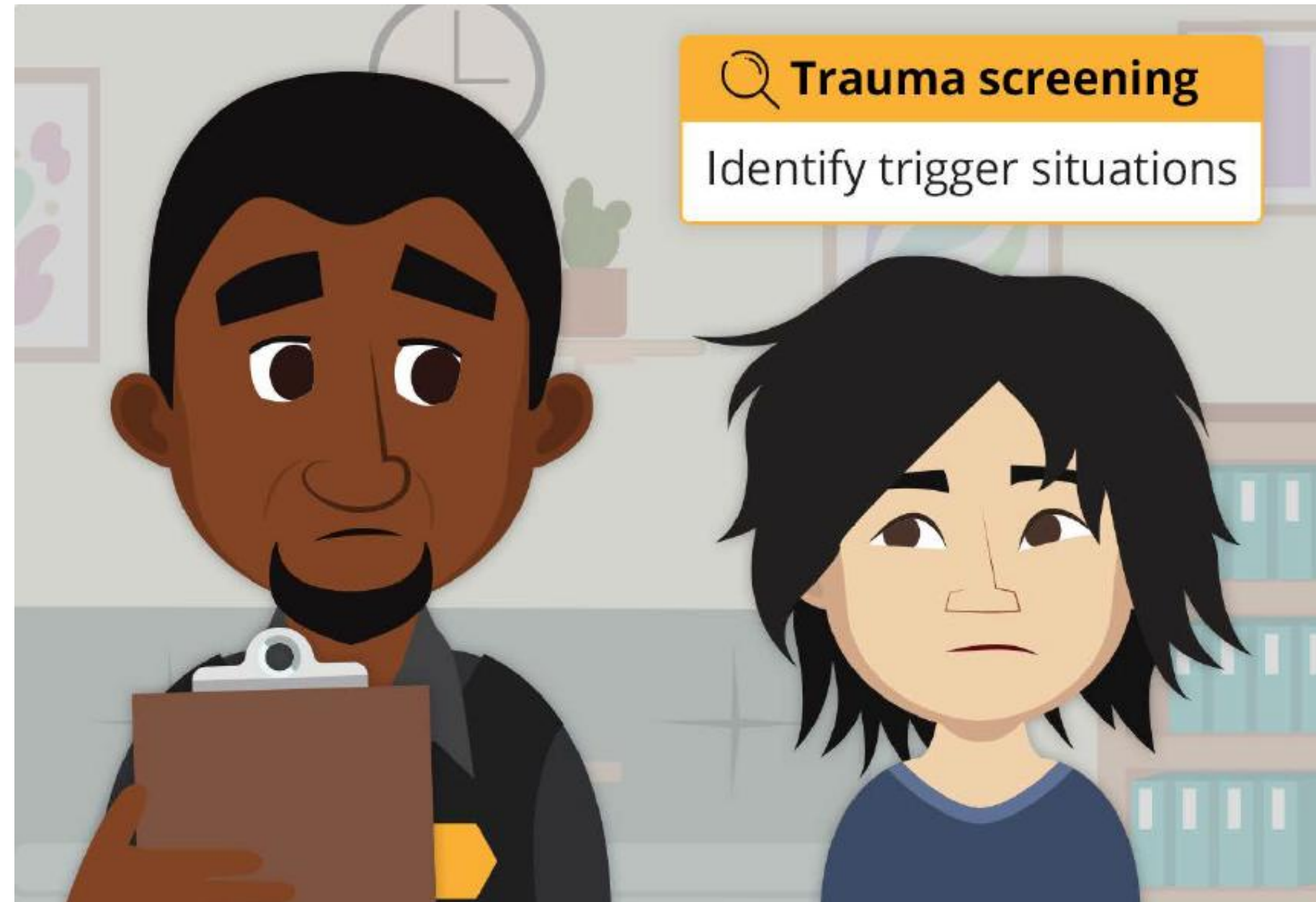
Screening

Can provide insights into how
to deal with activating situations

Understand Behavior: Juvenile Justice

EXAMPLE

- Multiple assault charges
- Attended anger management groups
 - Continued physical aggression



Understand Behavior: Juvenile Justice

EXAMPLE

Possible strategies

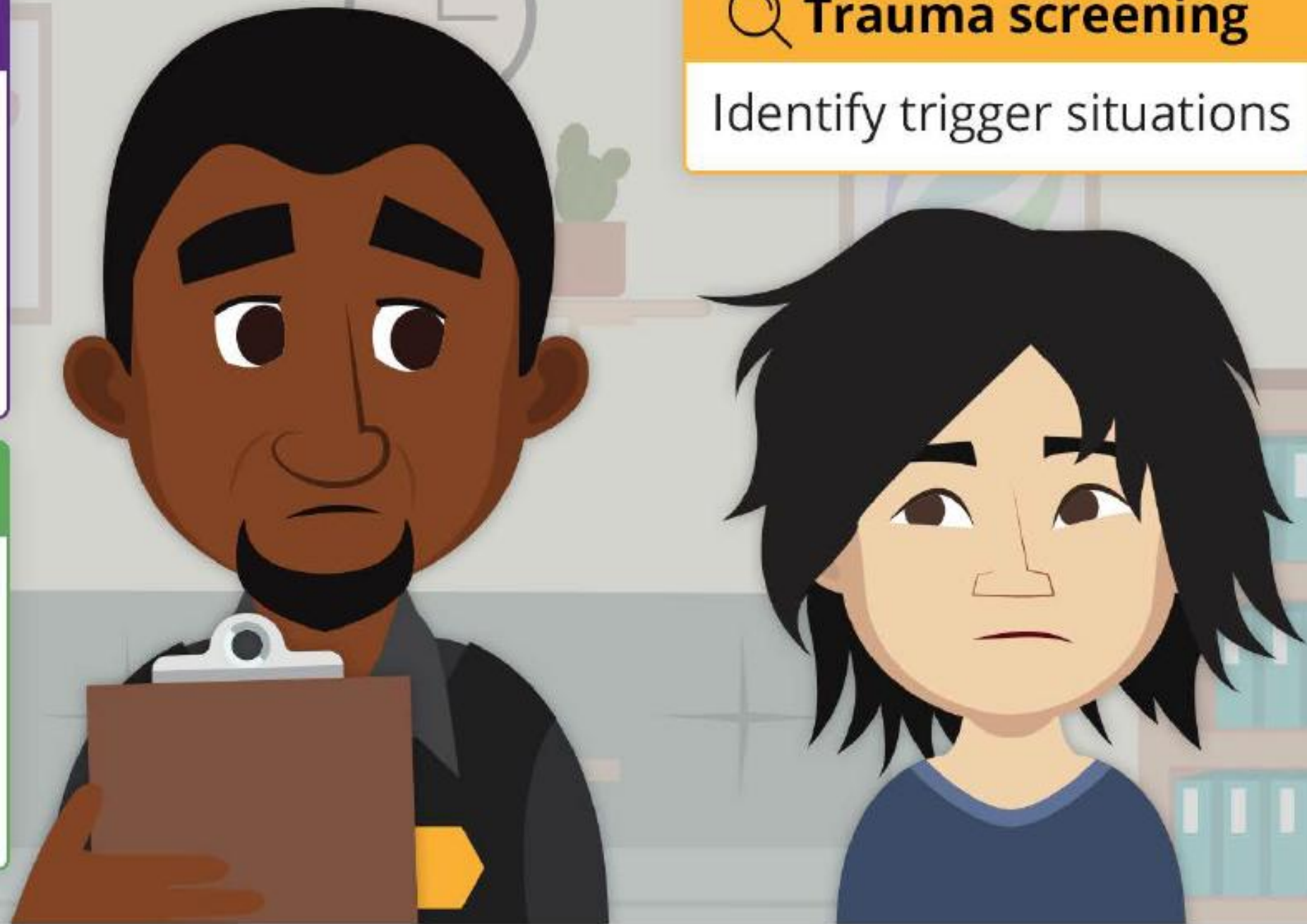
- Distinguish between perceived and real danger
- Plan for handling threats/harm that draw on strengths

Enables youth to:

- Feel more confident and capable
- Work on controlling behavior

🔍 Trauma screening

Identify trigger situations



Modify your Interactions: All

Settings



Screening

Can help staff modify their
interactions with a child

Modify Interactions: Child Welfare

EXAMPLE



Modify Interactions: Juvenile Justice

EXAMPLE

- Incarcerated father
- Violent step-father
- Has experienced multiple murders of friends/family
- High levels of traumatic stress



Modify Interactions: Juvenile Justice

EXAMPLE

- Incarcerated father
- Violent step-father
- Has experienced multiple murders of friends/family
- High levels of traumatic stress



Modify Interactions: Juvenile Justice

EXAMPLE

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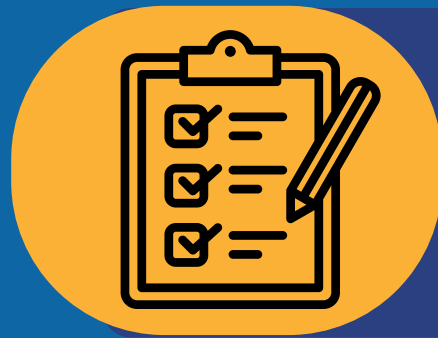
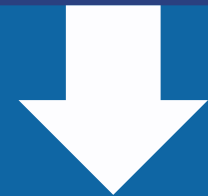




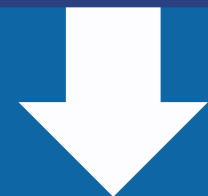
Using Results of Trauma Screening to Support Connections with other Organizations



Referral



Clinical assessment/evaluation



Discuss next steps



Inform clinician or referral



Share results, with permission



Clinical assessment/evaluation



**Evidence-based
trauma-focused treatment**

Evidence-Based Trauma-Focused Treatment

Components

- Psychoeducation, which includes information about how trauma affects children
- Relaxation skills to help when feeling anxious or distressed
- Skills to identify and manage strong feelings

Evidence-Based Trauma-Focused Treatment

Components

- Skills to identify and use helpful thoughts and reduce unhelpful thoughts
- Talking through past experiences of trauma exposure
- Strengthening caregivers' skills to support their child

Evidence-Based Trauma-Focused Treatment

Delivery

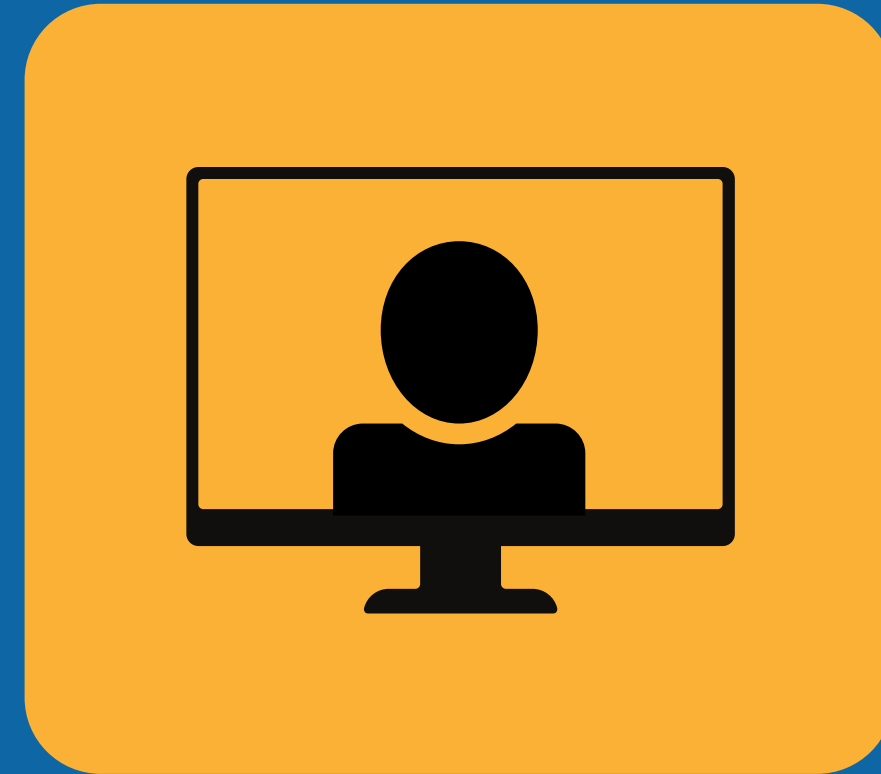
- Can vary in length
- Can be delivered individually or in a group setting



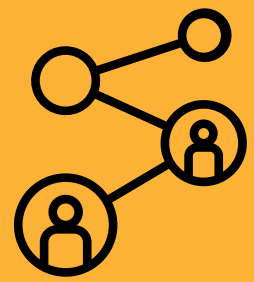
If evidence-based trauma-focused treatments are not available in a location, a routine mental health referral can be made, preferably with a therapist who has experience treating children suffering from trauma-related problems



Tele-mental
health



Virtual
therapy



Referrals

Referrals

- Family violence
- Food insecurity
- Safe housing
- Legal aid
- Advocacy groups
- Substance use



Using Results of Trauma Screening to Maintain and Improve Trauma Screening





Summarizing

- Help determine if screening is helping
- Inform efforts to improve, sustain, and scale up



Identify Service Needs

**Aggregated
results**



**Locate referral sources
for specific areas**



Reveal Gaps in the Process





Data Aggregation

- Keep data confidential or de-identify data
- Analyze data
- Integrate data with other data
- Summarize, report on, and use results



**Seeking input to
refine the process**



Seeking input

Ask Children and Families





Seeking input

Ask Staff





Seeking input

Ask Organizations



traumascreentime.org



Core
Course



Schools
Course



Pediatric Primary
Care Course



Early Childhood
Course

***Any
Questions?*** ???