Trauma ScreenTIME Part 1

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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 cofacilitate trauma focused healing for Native children, families, and communities.
- Partner with the Tribal Youth Resource Center to offer TTA



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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...

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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

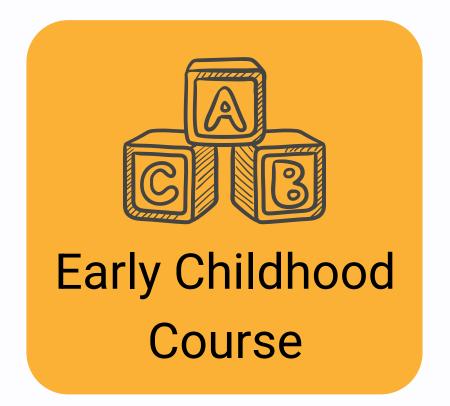


traumascreentime.org















Why Screen for Trauma and Traumatic Stress?





What are the three Es?





Experiences





Effects





Events

Difficult or stressful things that can happen to a child

- Potentially traumatic events (PTEs)
- Adverse childhood experiences (ACEs)
- Adversities



Direct exposure to violence, crime, or abuse in the past year



experienced at least one type of direct exposure





Direct exposure to violence, crime, or abuse in the past year

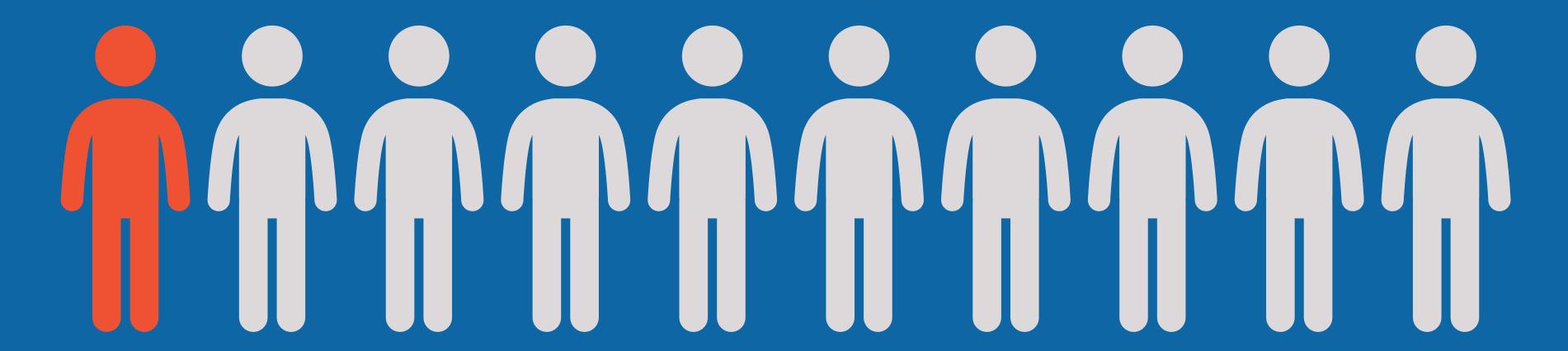


experienced multiple types of direct exposure





Direct exposure to violence, crime, or abuse in the past year

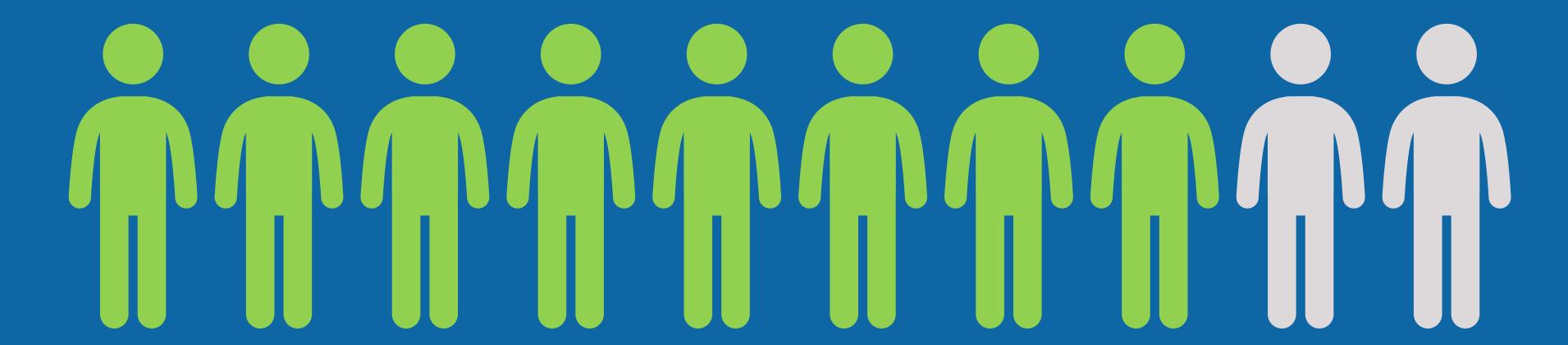


experienced six or more types of direct exposure





Juvenile Justice Involved Youth Report Experiencing Trauma



experienced at least one type of direct exposure







Experience

The child's subjective experience or understanding about what happened. An event that is very upsetting for one child may not be as traumatic or upsetting for another child.







Experience

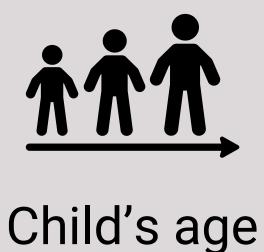
"How the individual labels, assigns meaning to, and is disrupted physically and psychologically by an event will contribute to whether or not it is experienced as traumatic."







Experience





Developmental level





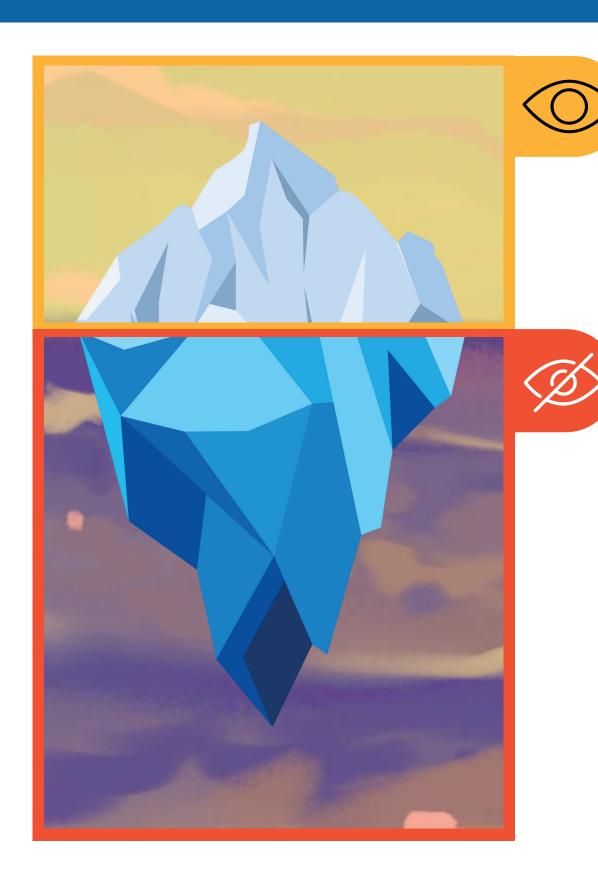








Effects



More observable concerns

- Withdrawal
- Irritability
- Inattention

Aggression

- Behavior problems
- Aches and pains
- Sleep problems

Less observable concerns

- Fear
- Anxiety
- Emotional numbing
- Flashbacks
- Hypervigilance

- Shame and guilt
- Negative thoughts
- Avoidance
- Intrusive thoughts







Effects



More observable concerns · Aggression

Withdrawal

Behavior problems

Traumatic Stress Reactions

Wide range of emotional, behavioral, and cognitive symptoms associated with exposure to potentially traumatic events

dpains blems

nd guilt thoughts

houghts

Hypervigilance





Screening for Trauma can be Useful for:



The child and family you're working with



You and the organization you work for









If a child is experiencing traumatic stress reactions, this distress may:

- Persist
- Worsen
- Lead to health and social concerns



Support the child's recovery and reduce effects of trauma exposure









Avoidance is common among people who experience trauma exposure

Talking about trauma exposure and reactions in the screening process:

- Helps to destigmatize discussions of trauma
- Helps the family feel understood









Screening provides important information on trauma exposure and reactions

- What types of events can be traumatic
- What the common effects are









Screening provides **strategies** to help families support a child at home:



Enhancing sense of safety



Communication about traumatic stress reactions



Additional supports or treatment









Screening helps:

- Understand children's behaviors
- Make better decisions
- Support caregivers









Opportunities to:

- Build resilience
- Enhance safety
- Reduce likelihood of future exposure









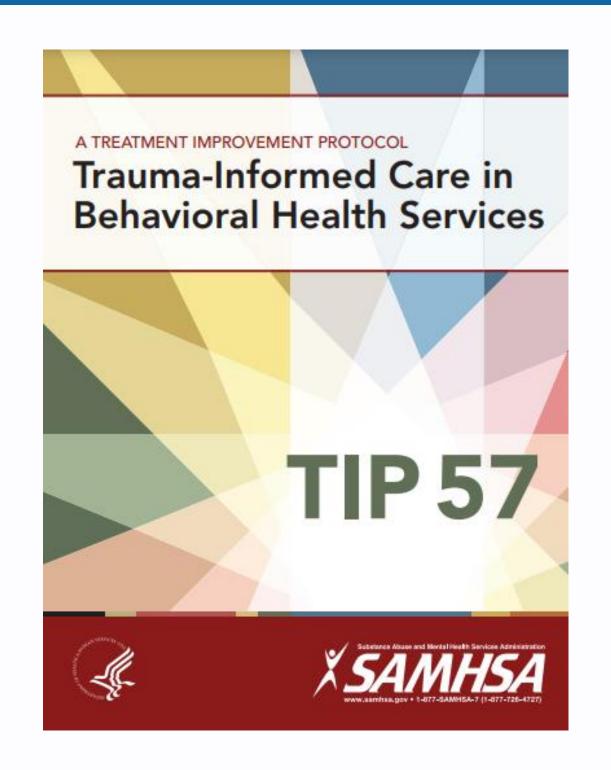
Discussion about trauma

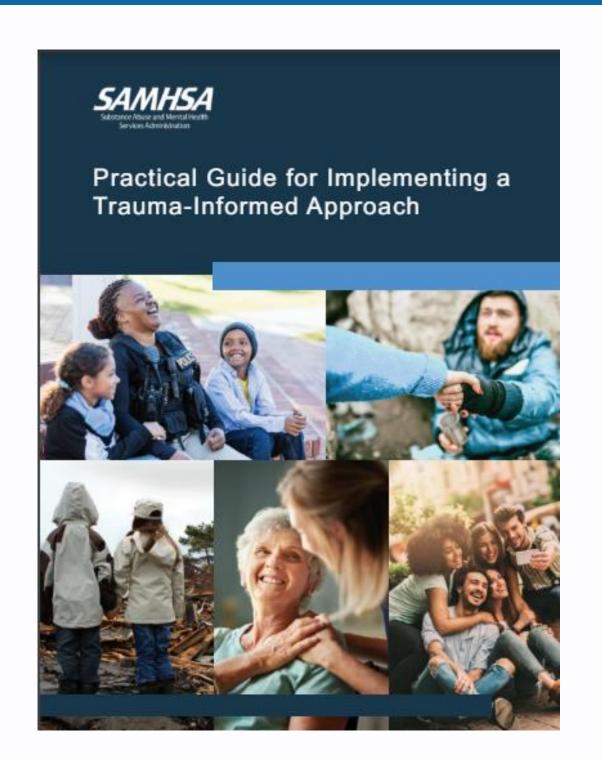
Provide strategies for getting immediate support





Resource: Trauma-Informed Organizations

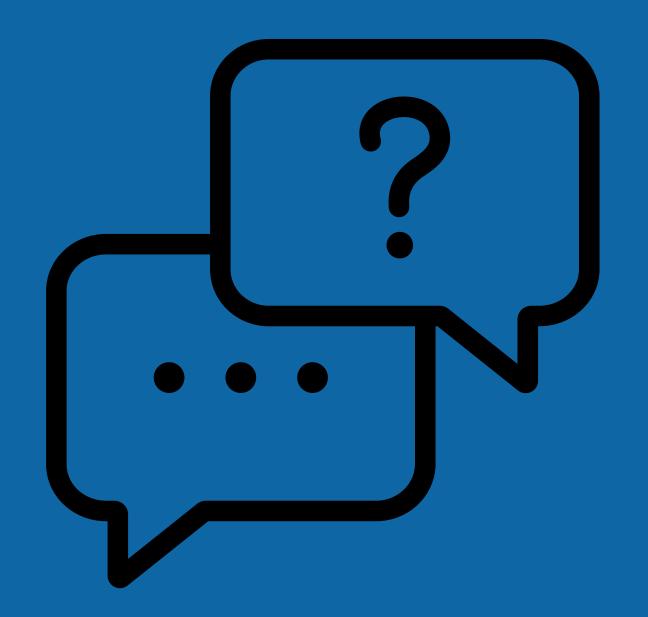








Common Questions







Is screening too time consuming?



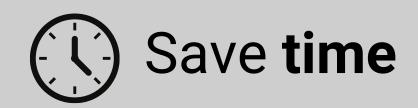
- Several measures can be completed in <10 minutes
- For children with little or no trauma exposure or reactions, screening will only take a few minutes

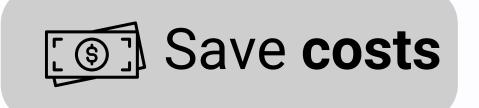


Is screening too time consuming?



In some instances, screening may take longer because a child has experienced more trauma exposure or traumatic stress reactions

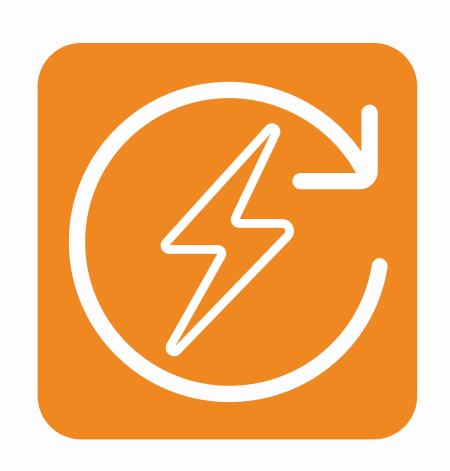








Will screening re-traumatize the child or family?

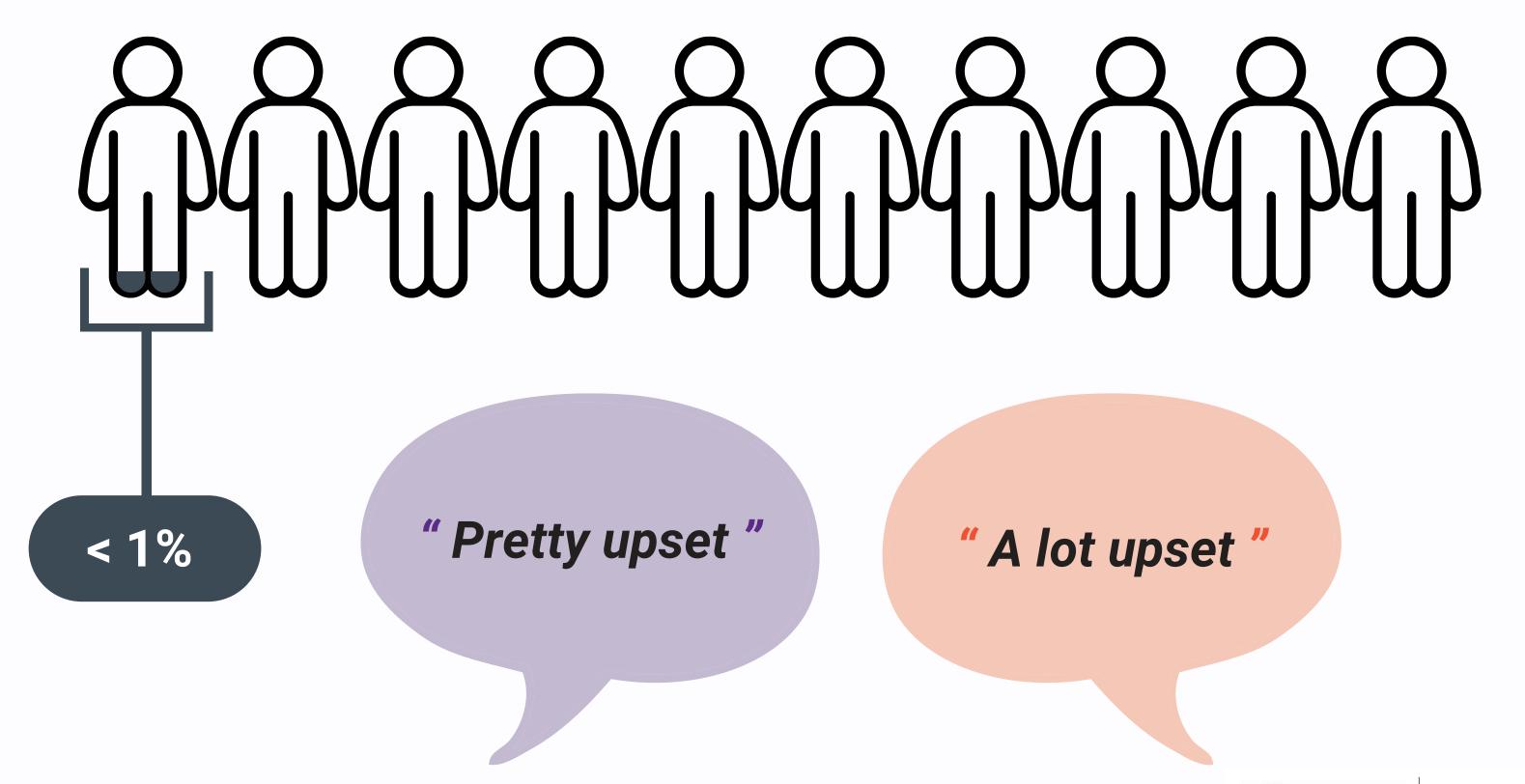


Extreme distress is very rare





Extreme Distress







Extreme Distress

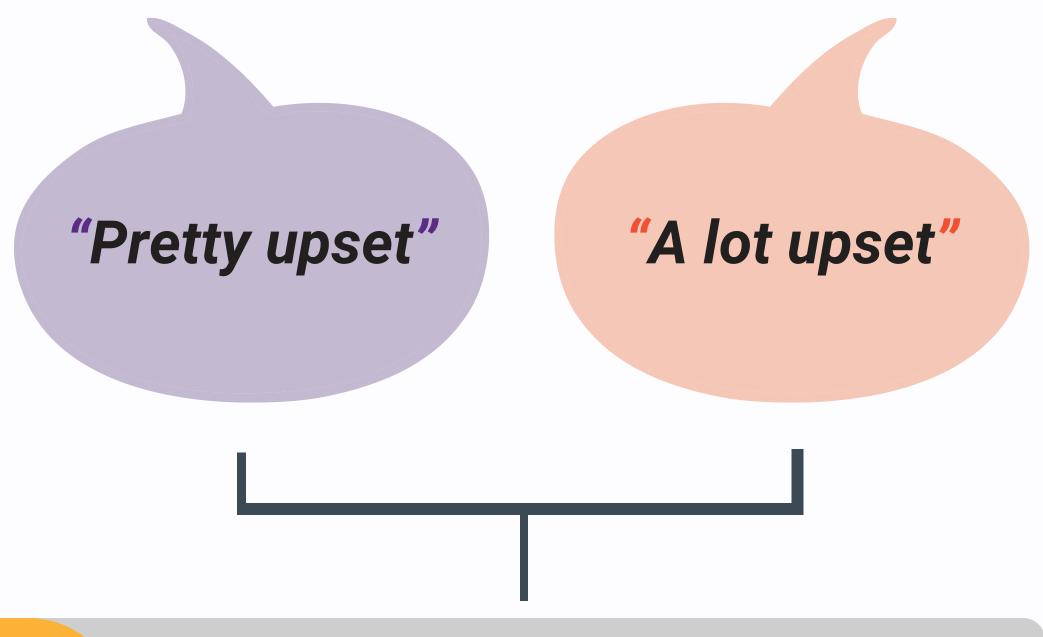


95% said they
would still
answer the
questions again
if asked.





Extreme Distress



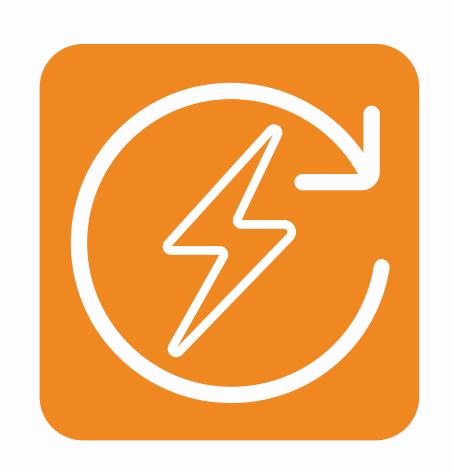


Who most needed trauma-focused services?



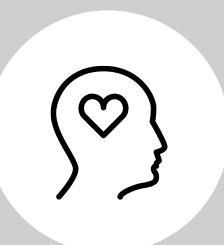


Will screening re-traumatize the child or family?





Distress can be minimized with support



Many feel relieved to be asked about trauma





Consider what happens if we don't screen a child experiencing distress

Do I have the skills to screen if I'm not a clinician or therapist?



- Trauma screening can be administered by people without clinical training
- Child serving staff without clinical training often conduct screening for a range of concerns, including:
 - > Autism
 - > Suicide
 - Maternal depression
- > Substance abuse
- > Learning disabilities





Do I have the skills to screen if I'm not a clinician or therapist?





Screening does not involve making a diagnosis

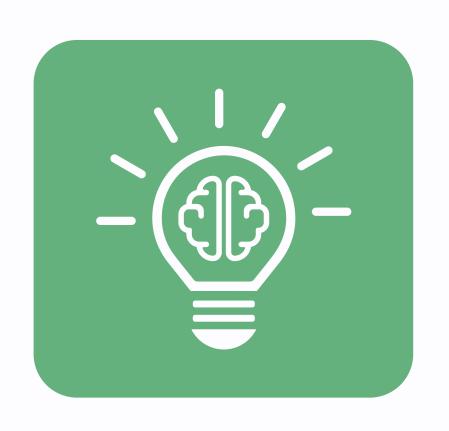


If screening identifies concerns, connect with a mental health professional





I already know the child's trauma history. Will I learn any new information?

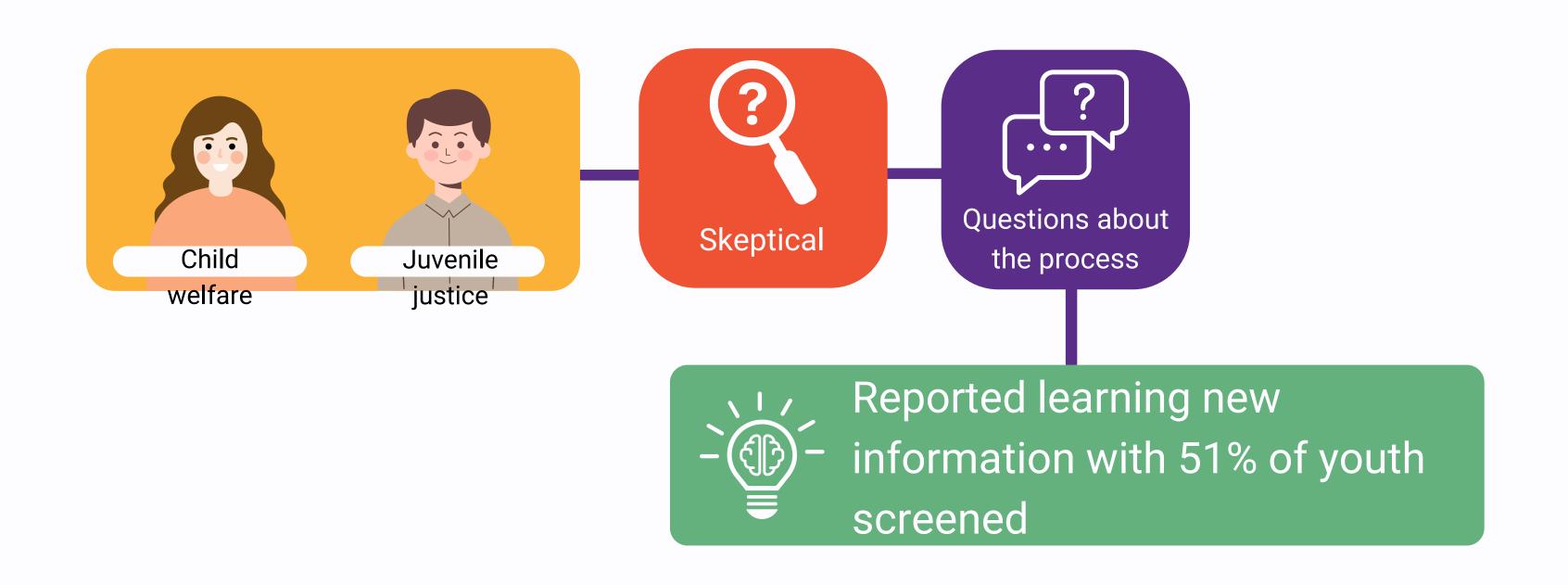


- Many people don't disclose information about trauma unless asked directly
- There may be other types of exposure you don't know about





I already know the child's trauma history. Will I learn any new information?







Any 729 Questions?







How do you Develop a Screening Process for your Program or Organization?







2 What

(S) When

9 Where









Who is being screened?







Universal screening



Selected cohort screening



Targeted screening







Universal screening

Screening all children in your setting







Selected cohort screening

Screening of all children of a certain age, grade, or cohort NOT based on identified concerns





(C) Targeted screening

Screening specific children for trauma exposure and reactions based on certain risk factors or concerns







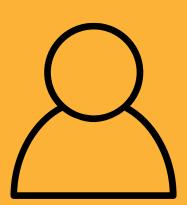
will answer the screening questions?







Screening a child alone



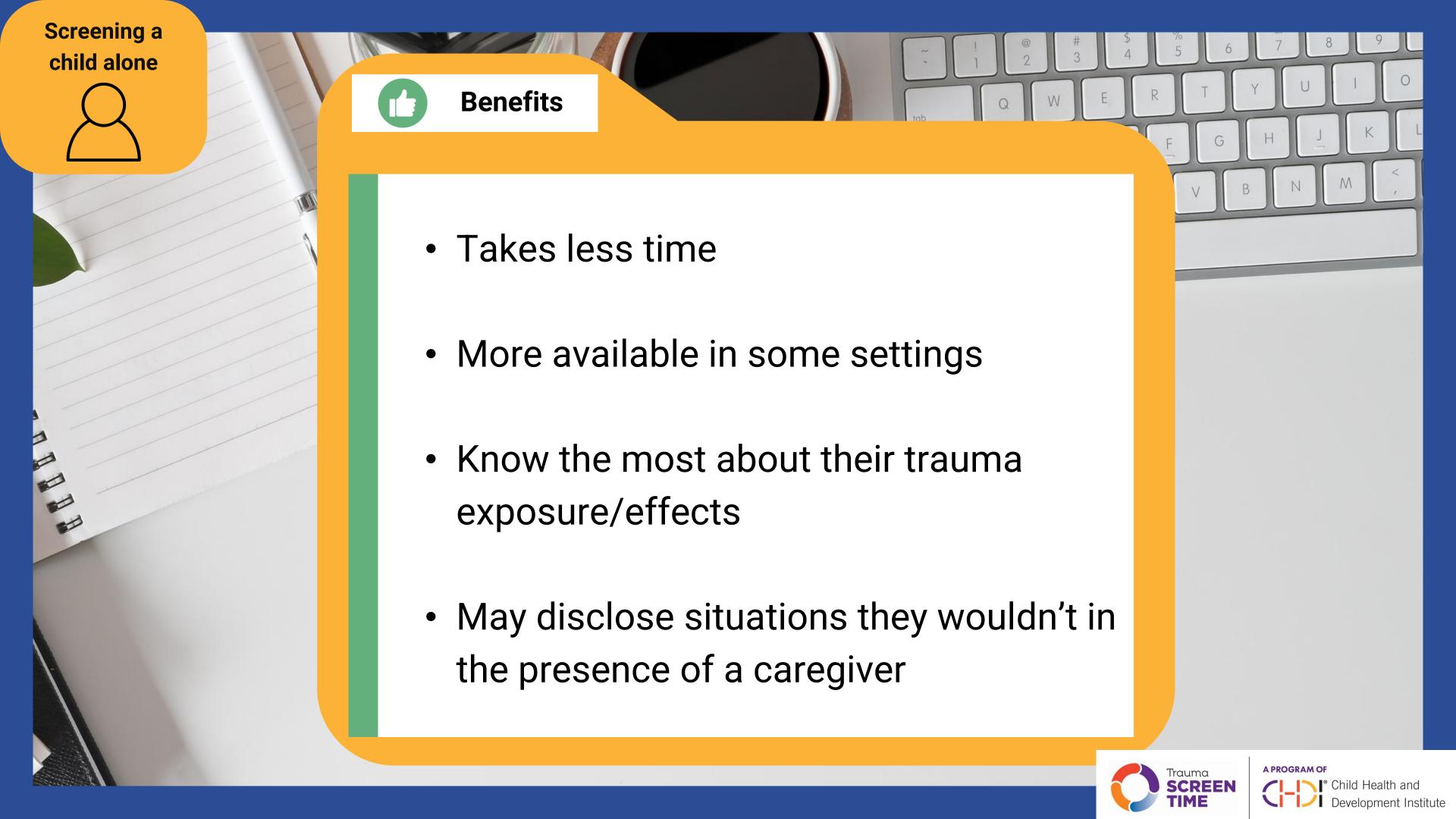
Screening a caregiver alone

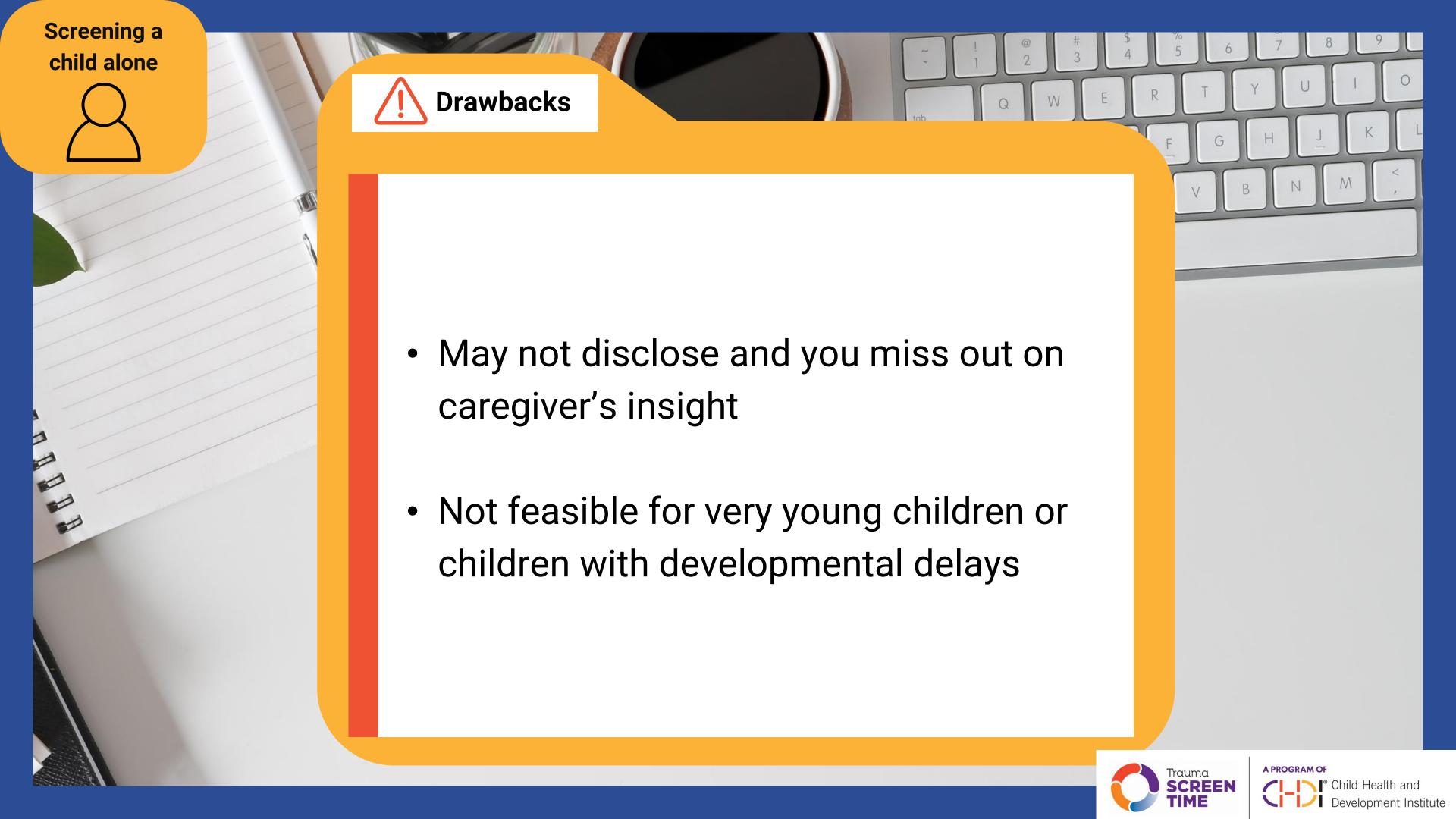


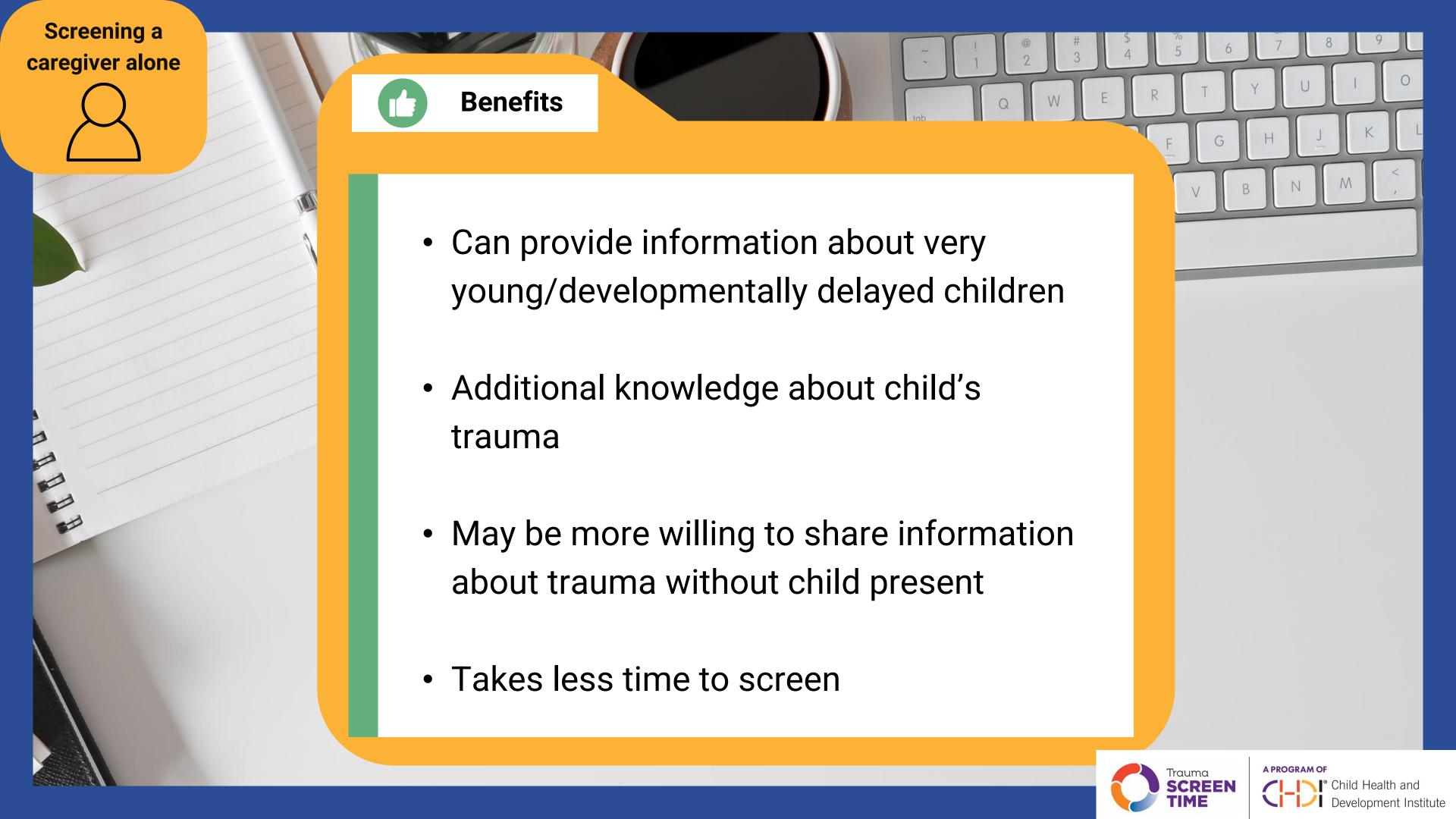


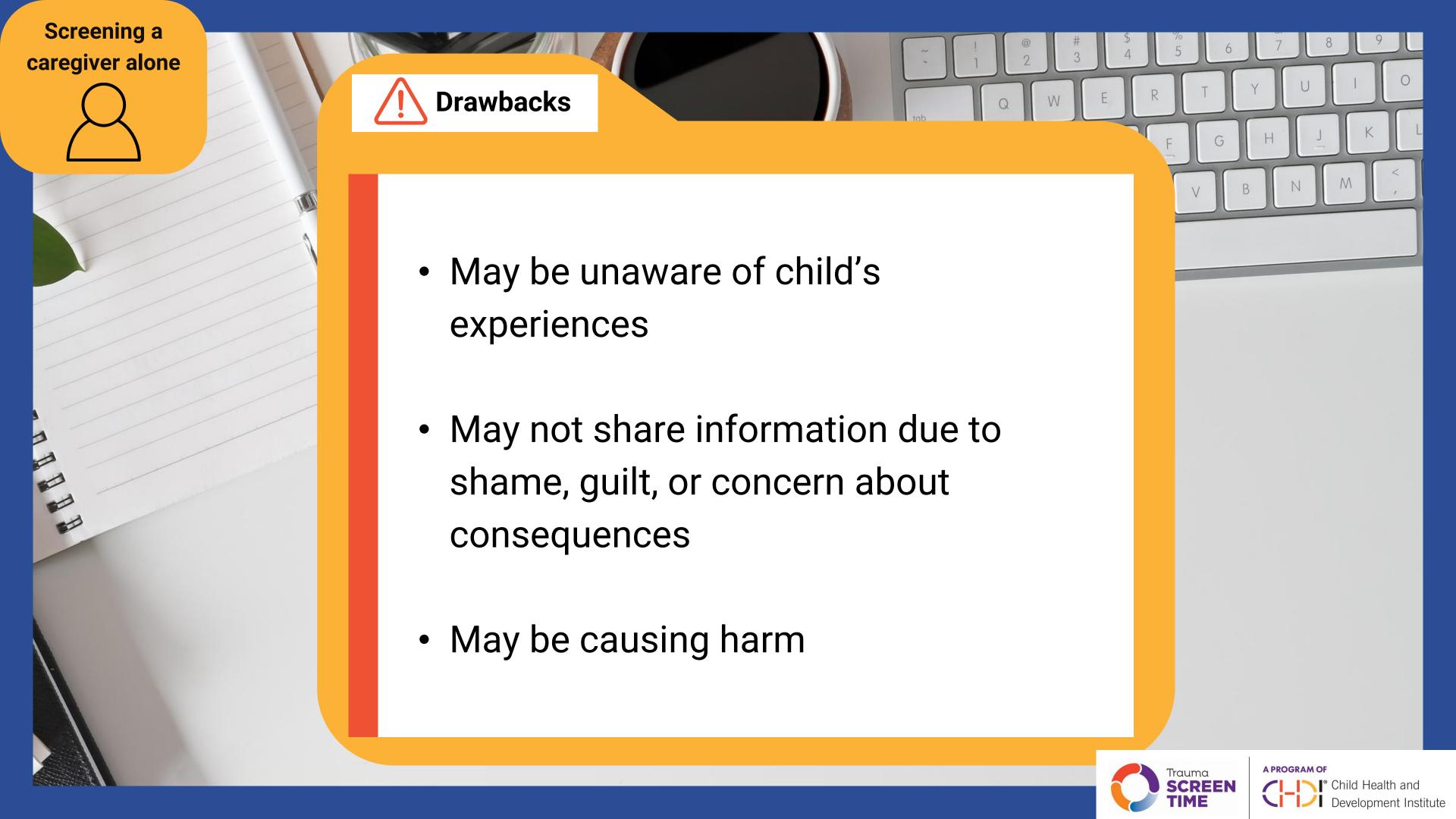


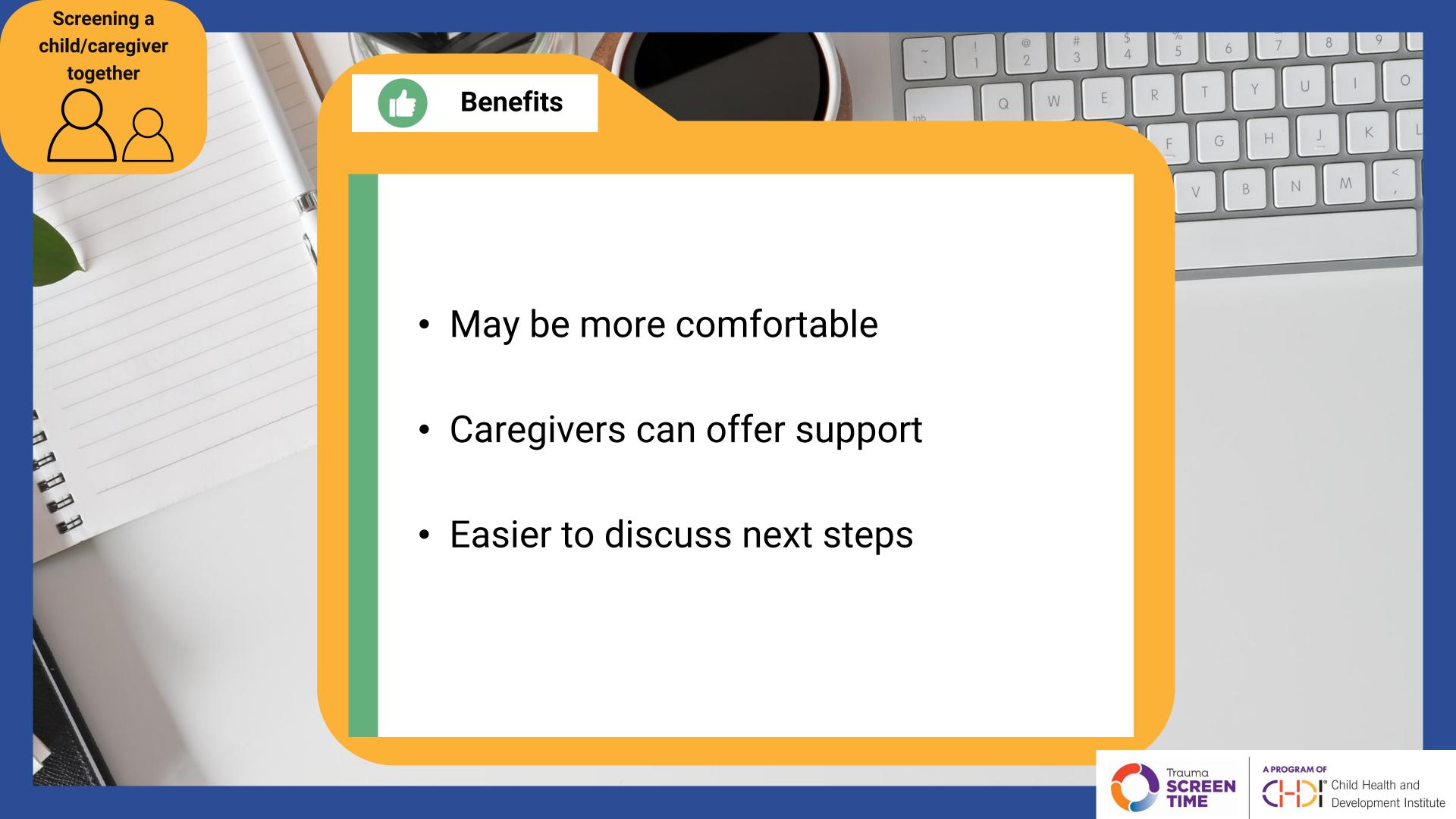


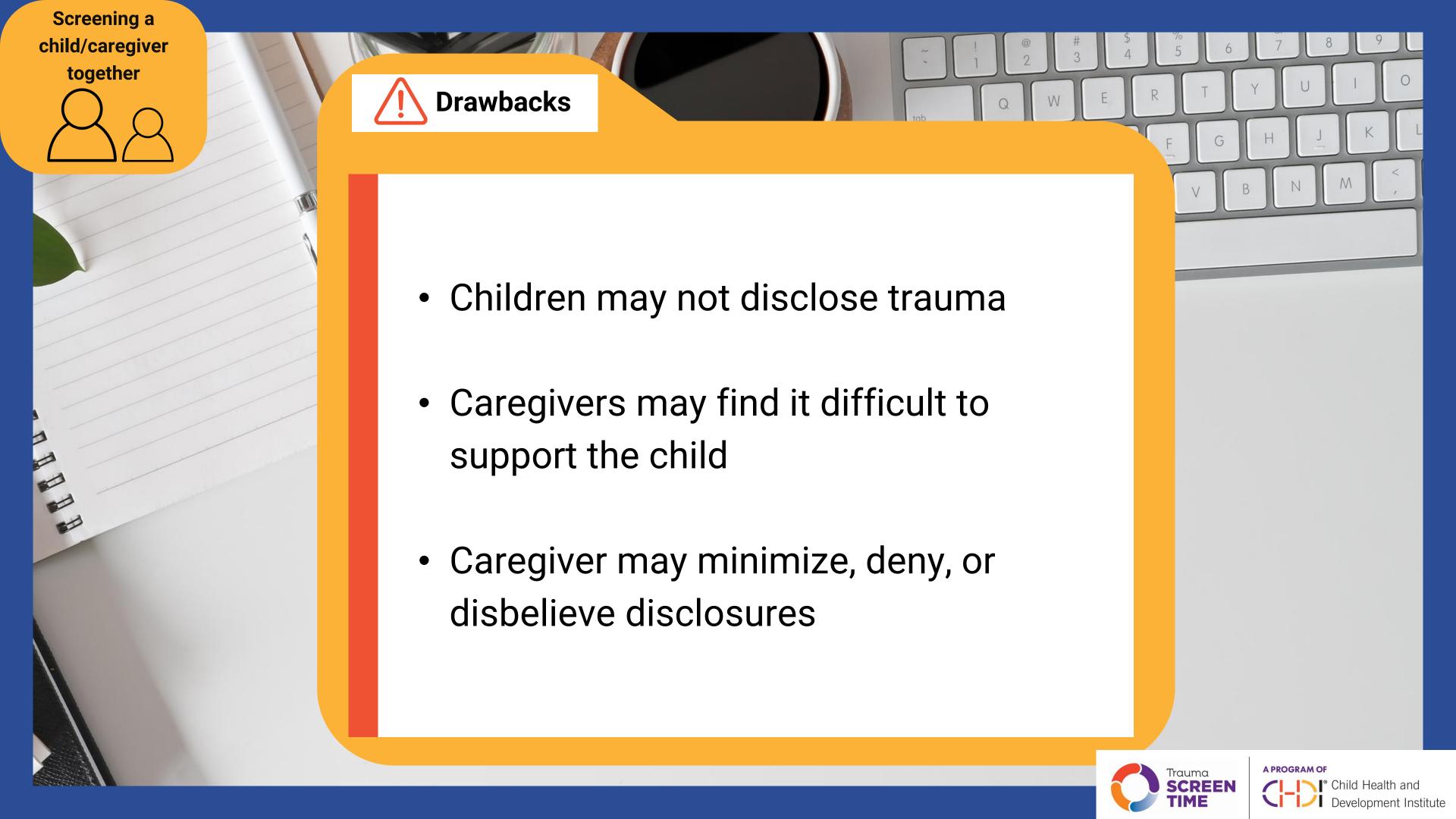


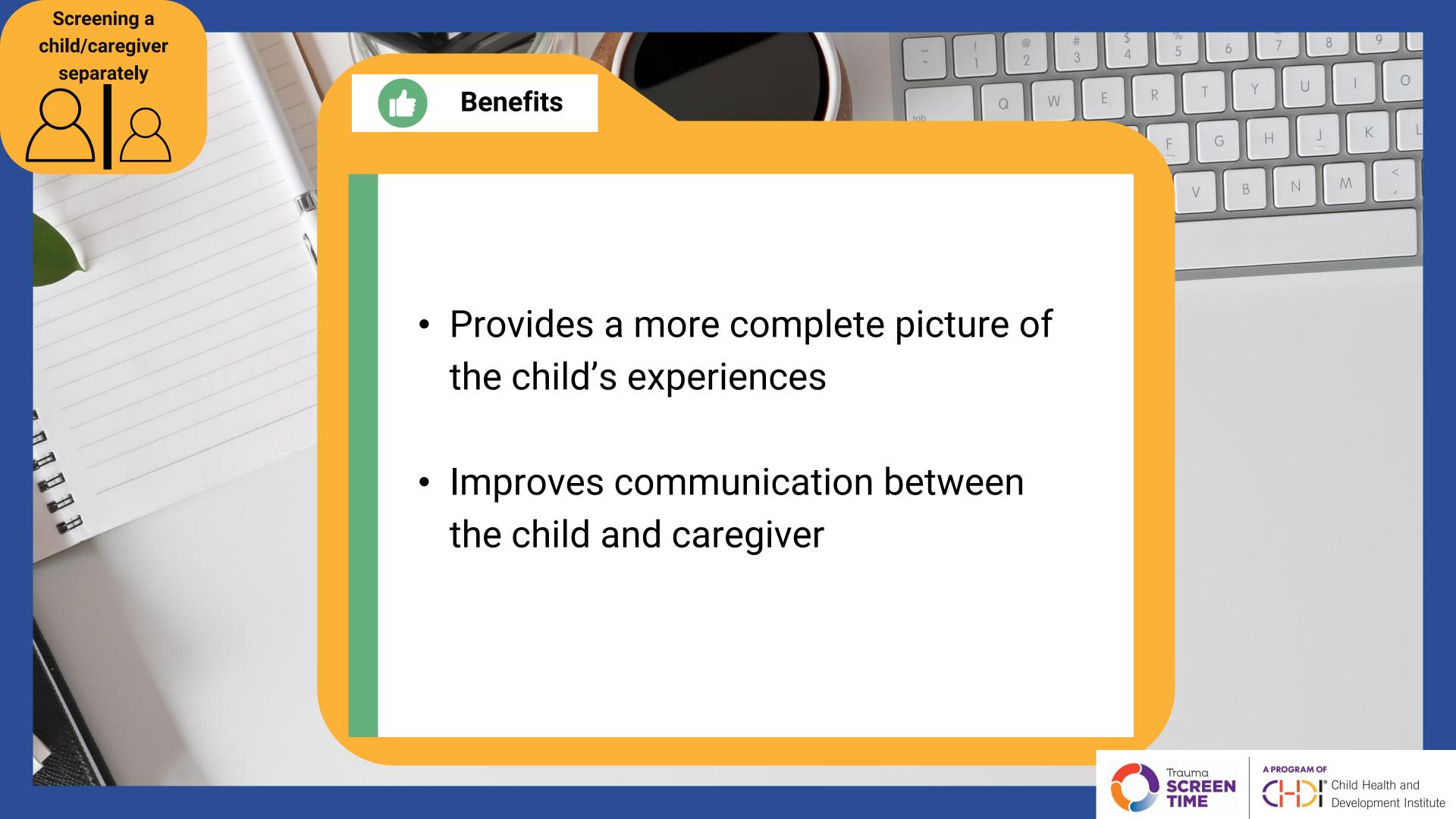


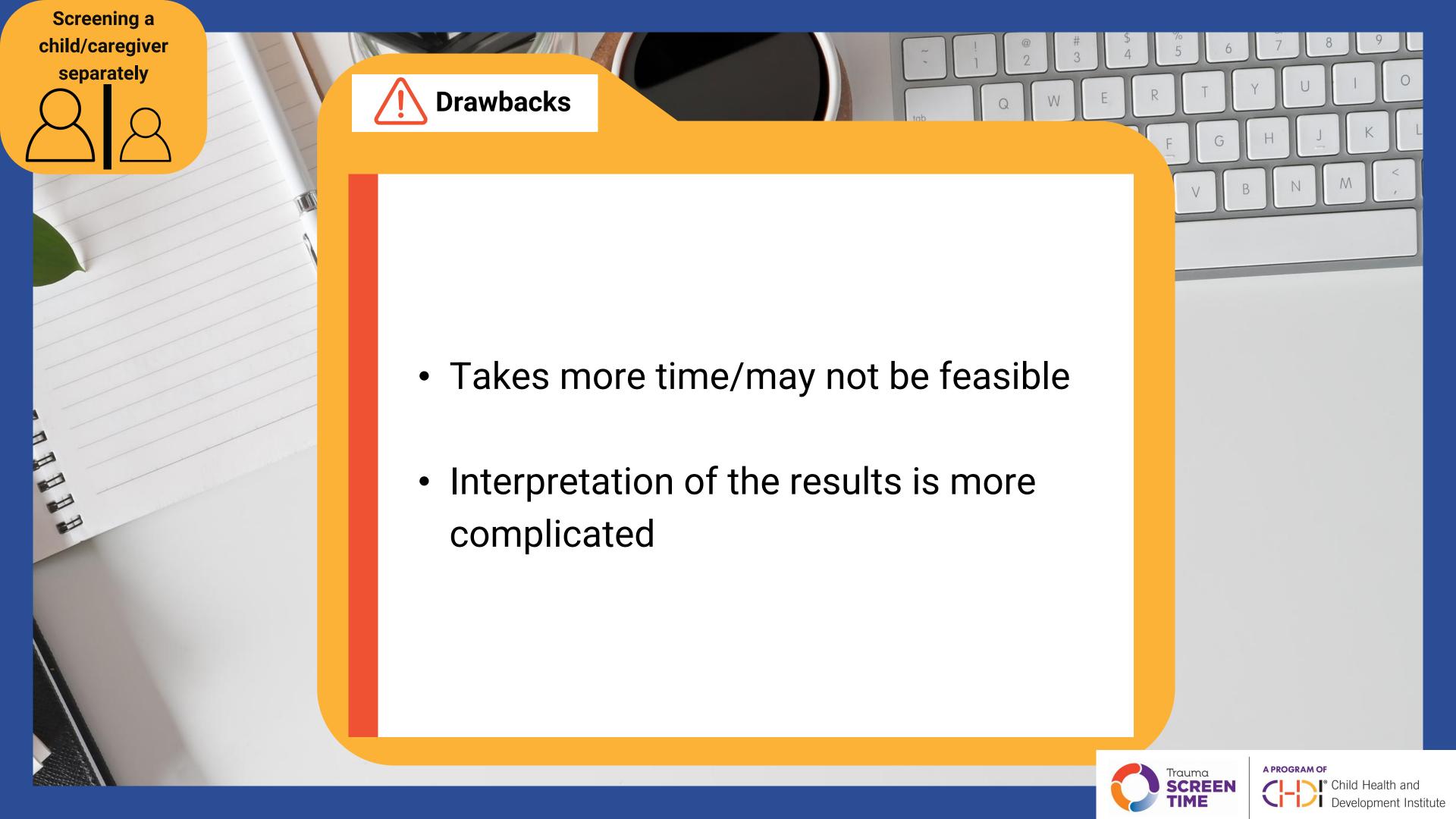














will conduct the trauma screening?





When determining who to screen, consider...



To what extent do they already know the child or family they'll be completing the trauma screening with?



Do they have general behavioral health knowledge?



What level of experience and training in trauma and/or trauma screening does the person have?





When determining who to screen, consider...

Do they have time to:



- Conduct screening
- Discuss results with families
- Make referrals
- Support the family with next steps



What is the availability of support or supervision to discuss training best practices and staff wellness?

Staff should receive training and supervision/consultation





What



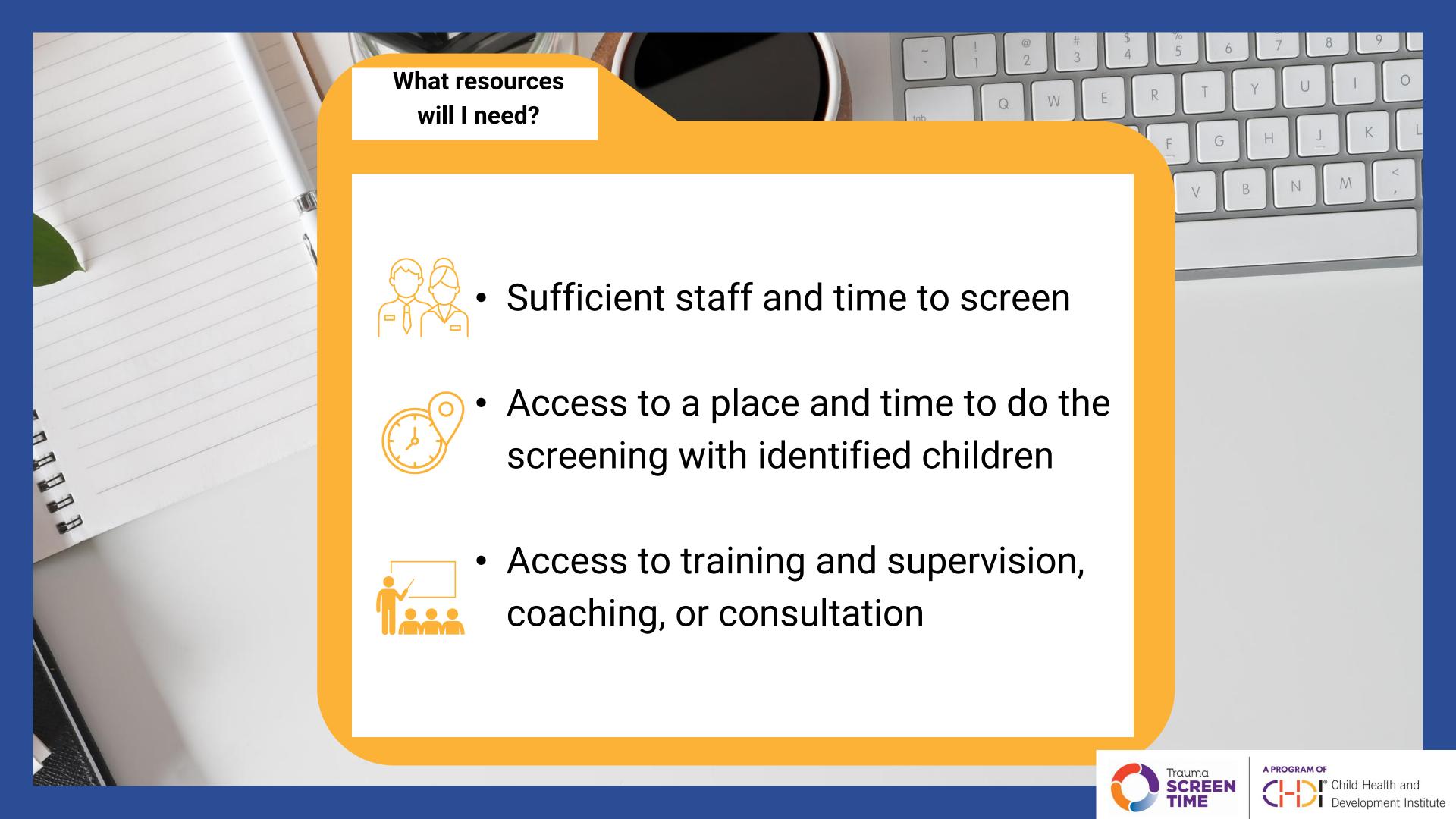


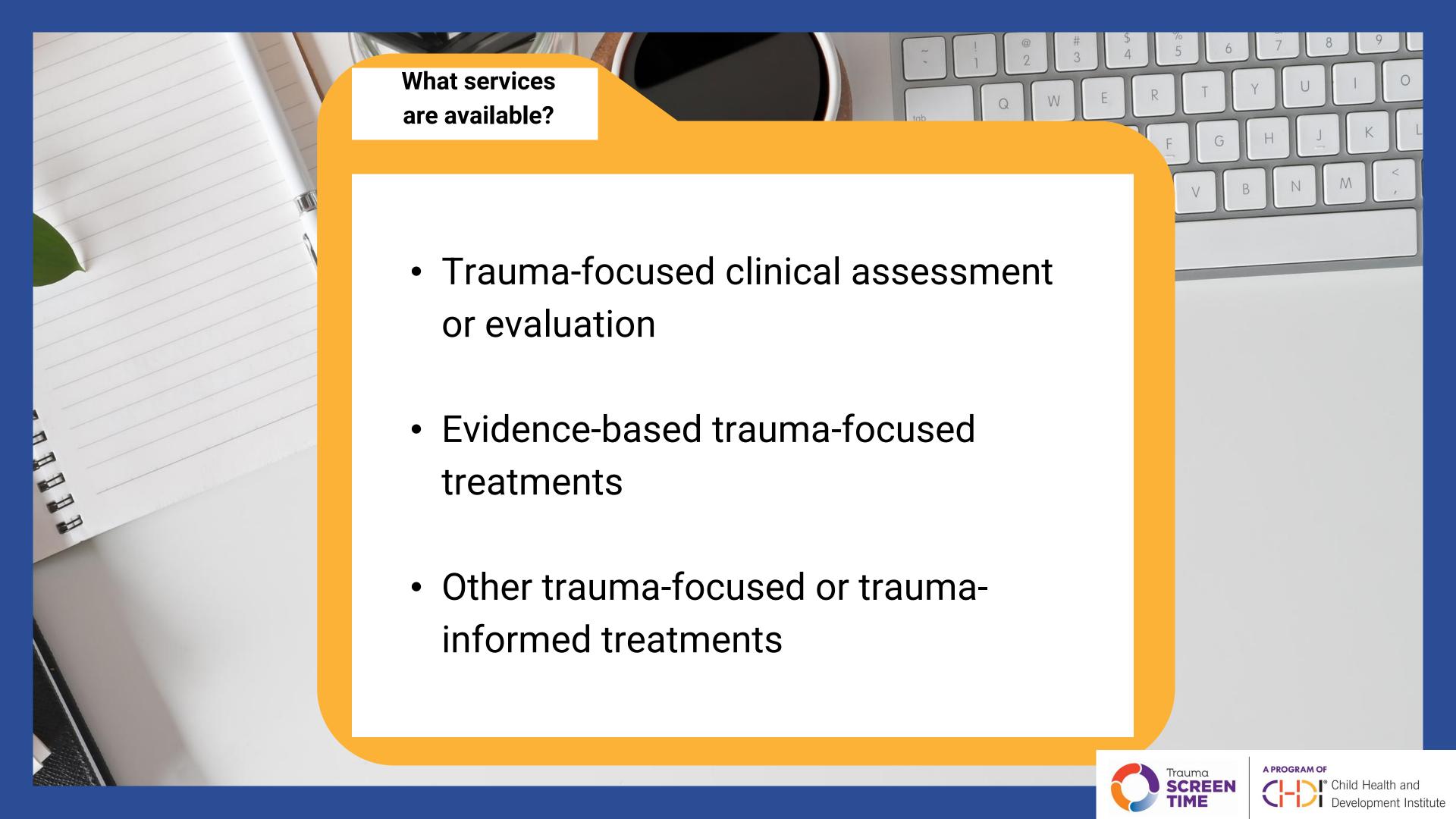
What resources will I need?

What services are available?









What

services are available?

Evidence-based trauma-focused treatments

Specific types of talk therapy that have been shown to be effective for children who have experienced trauma

For more information on these treatments go to NCTSN.org

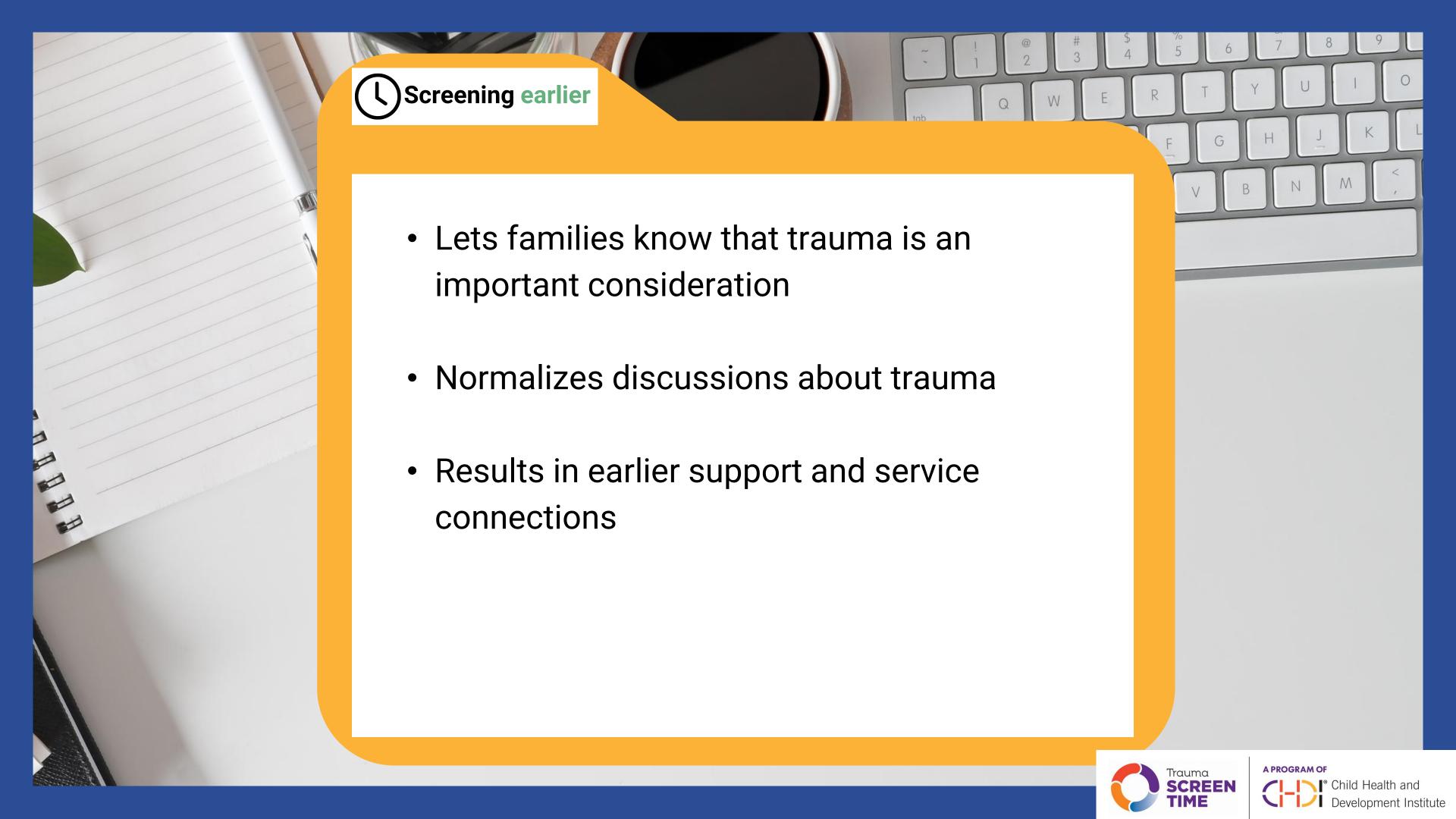


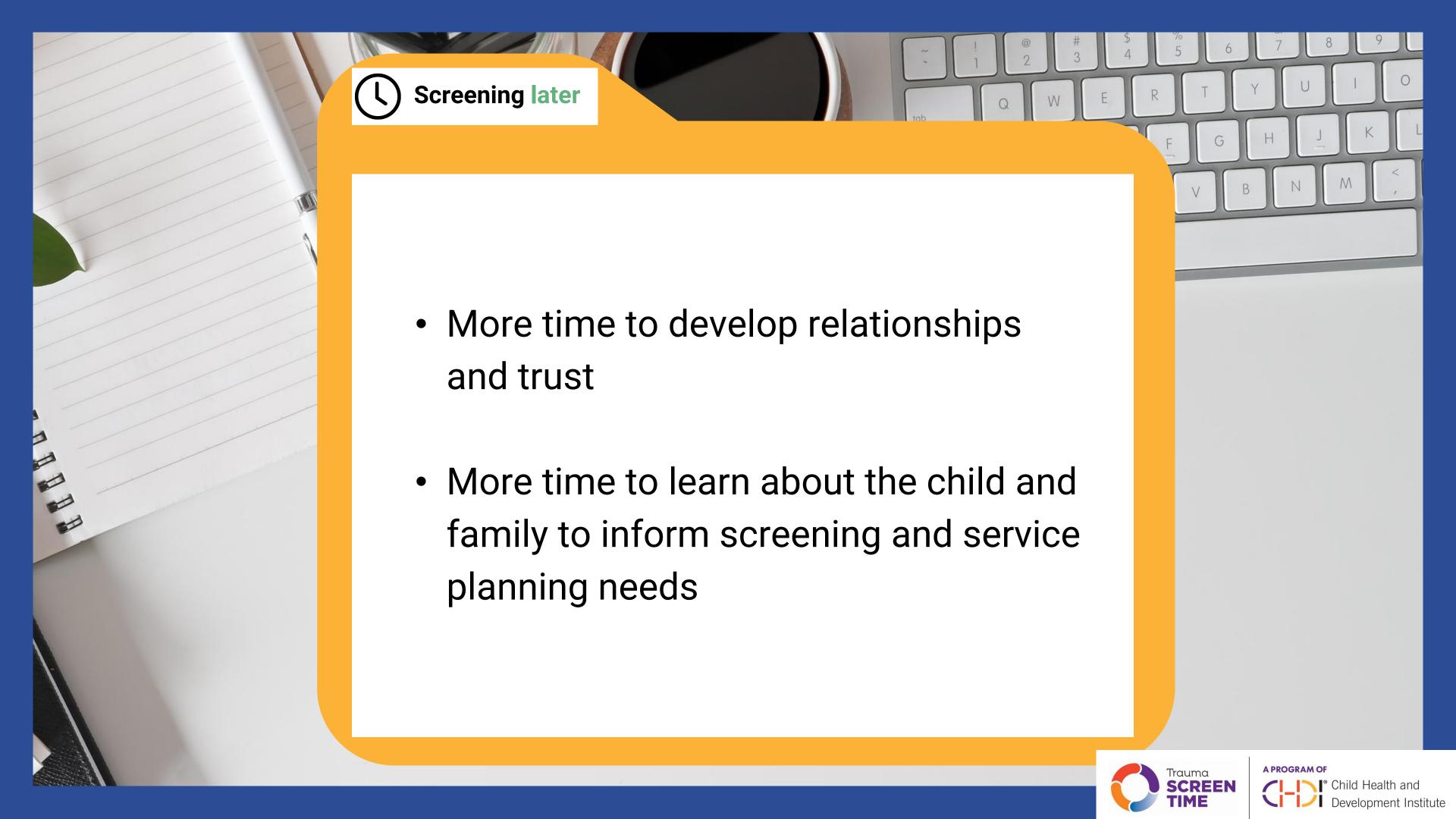


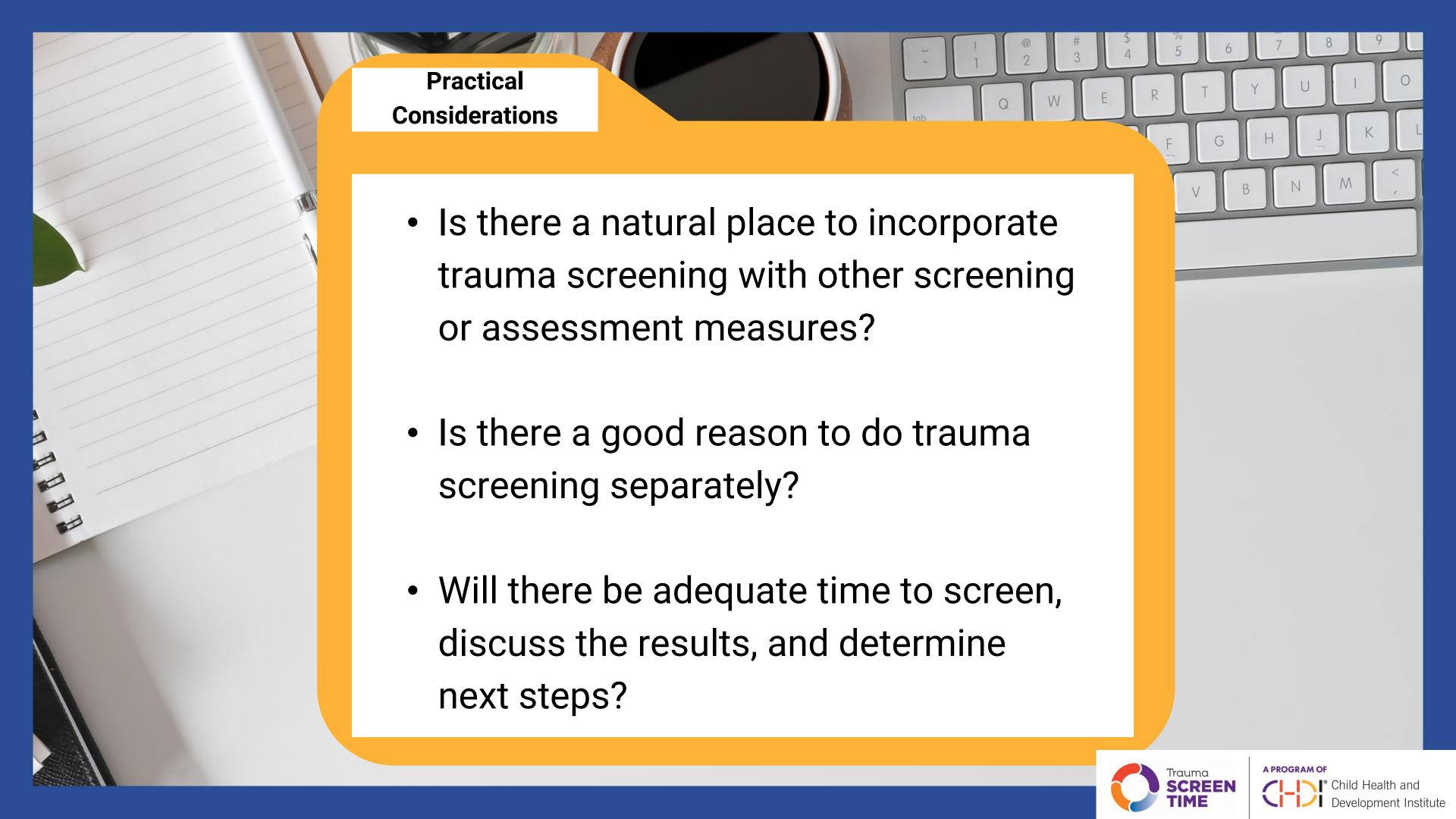


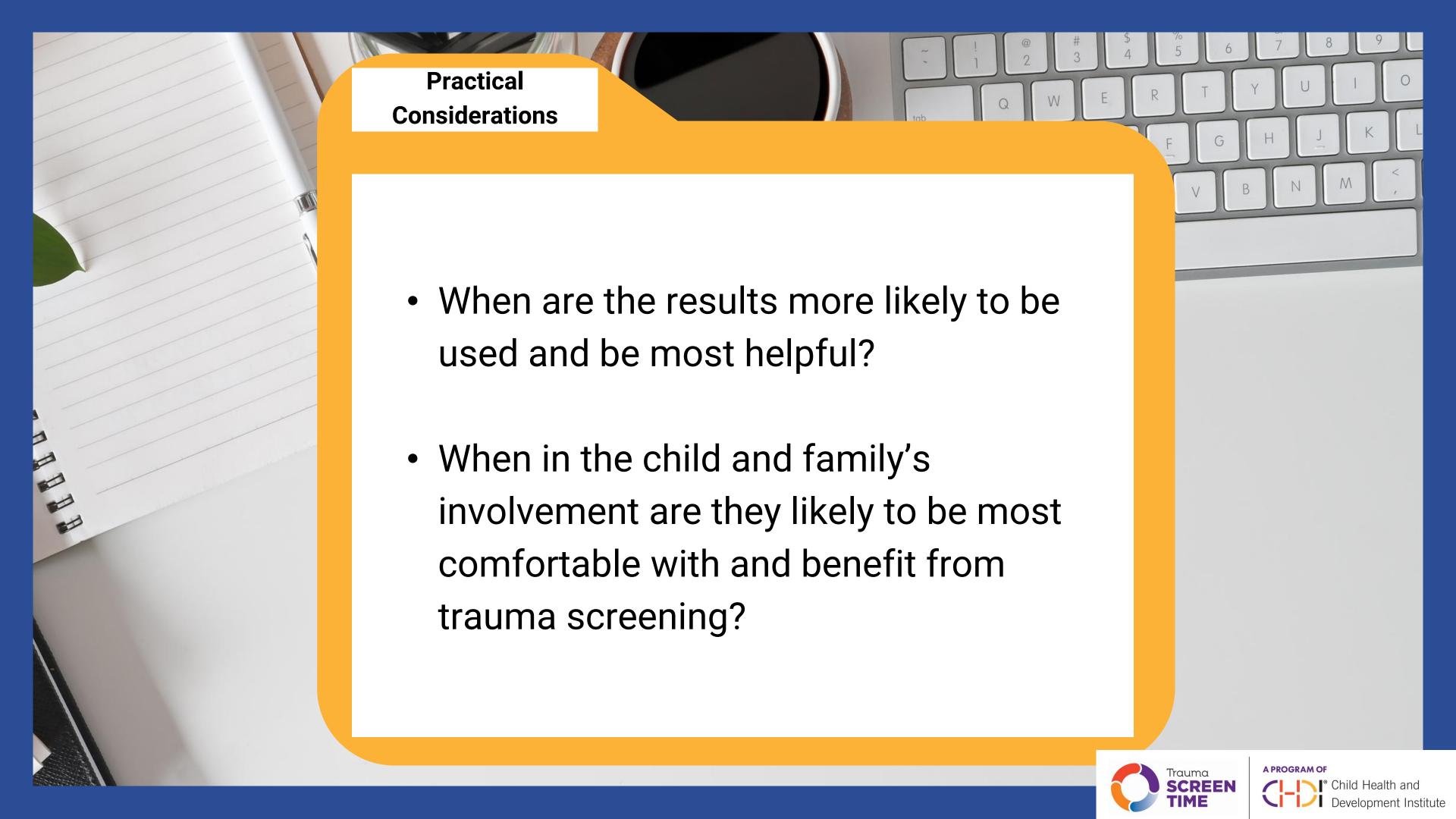








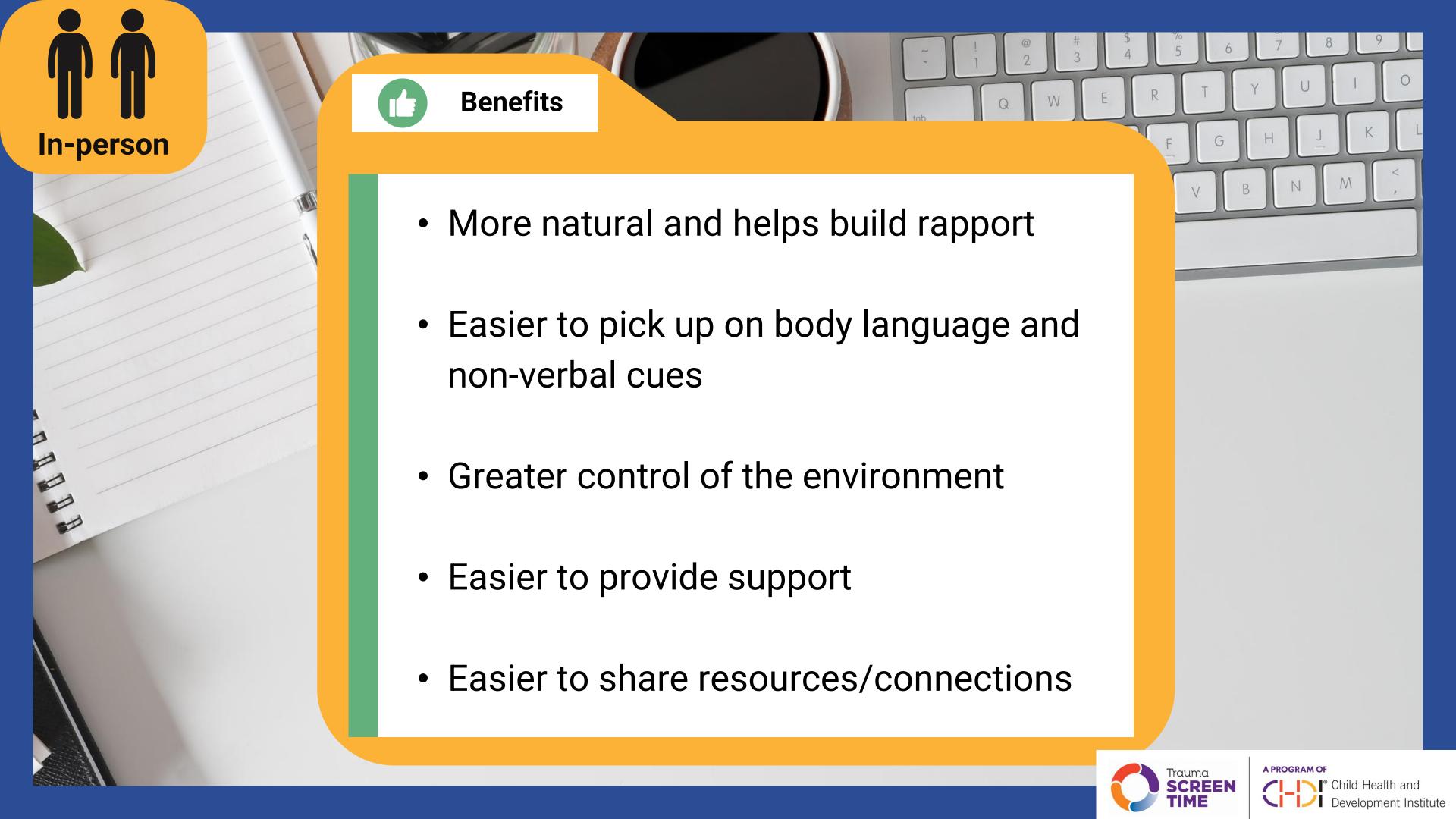


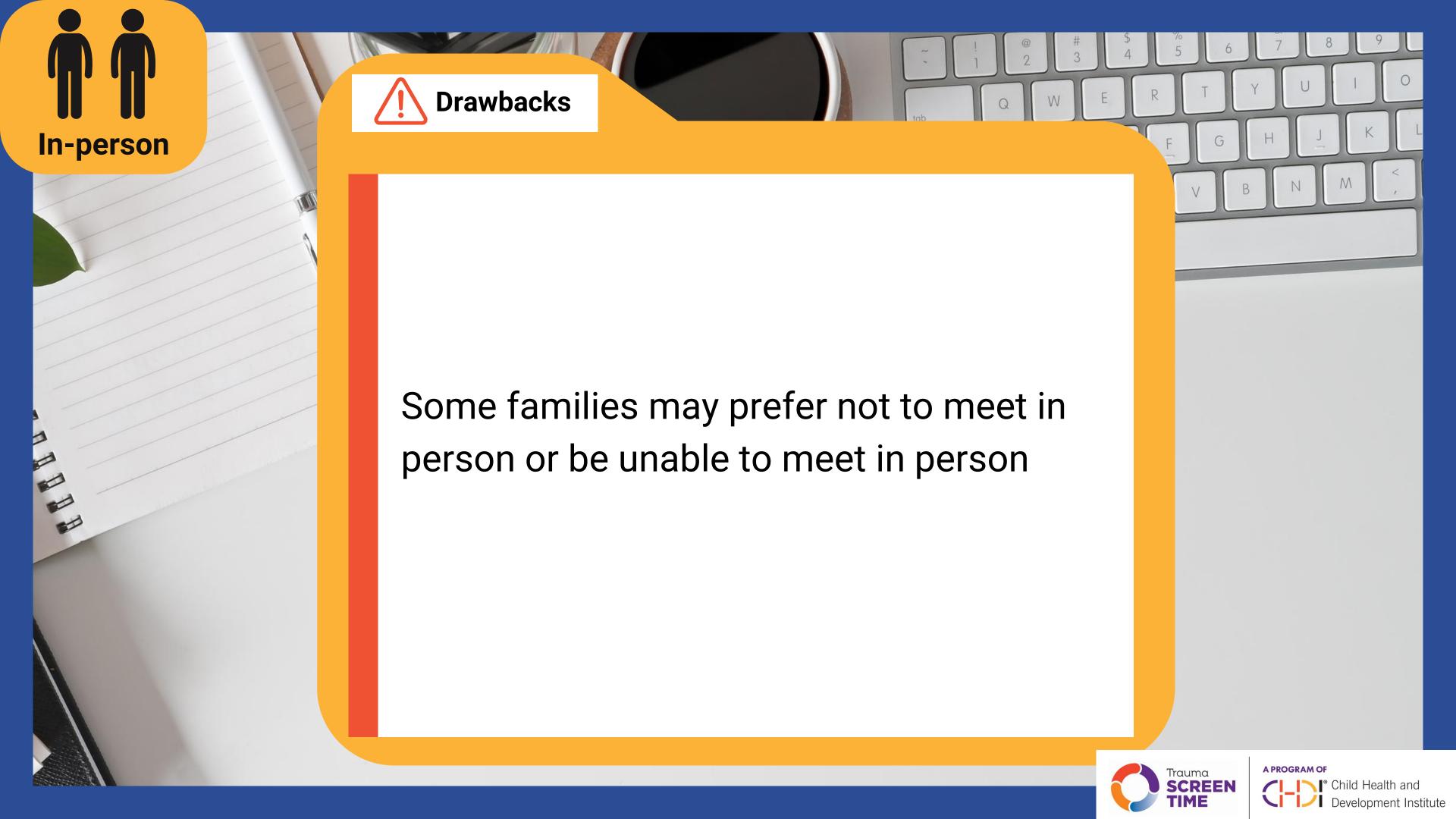


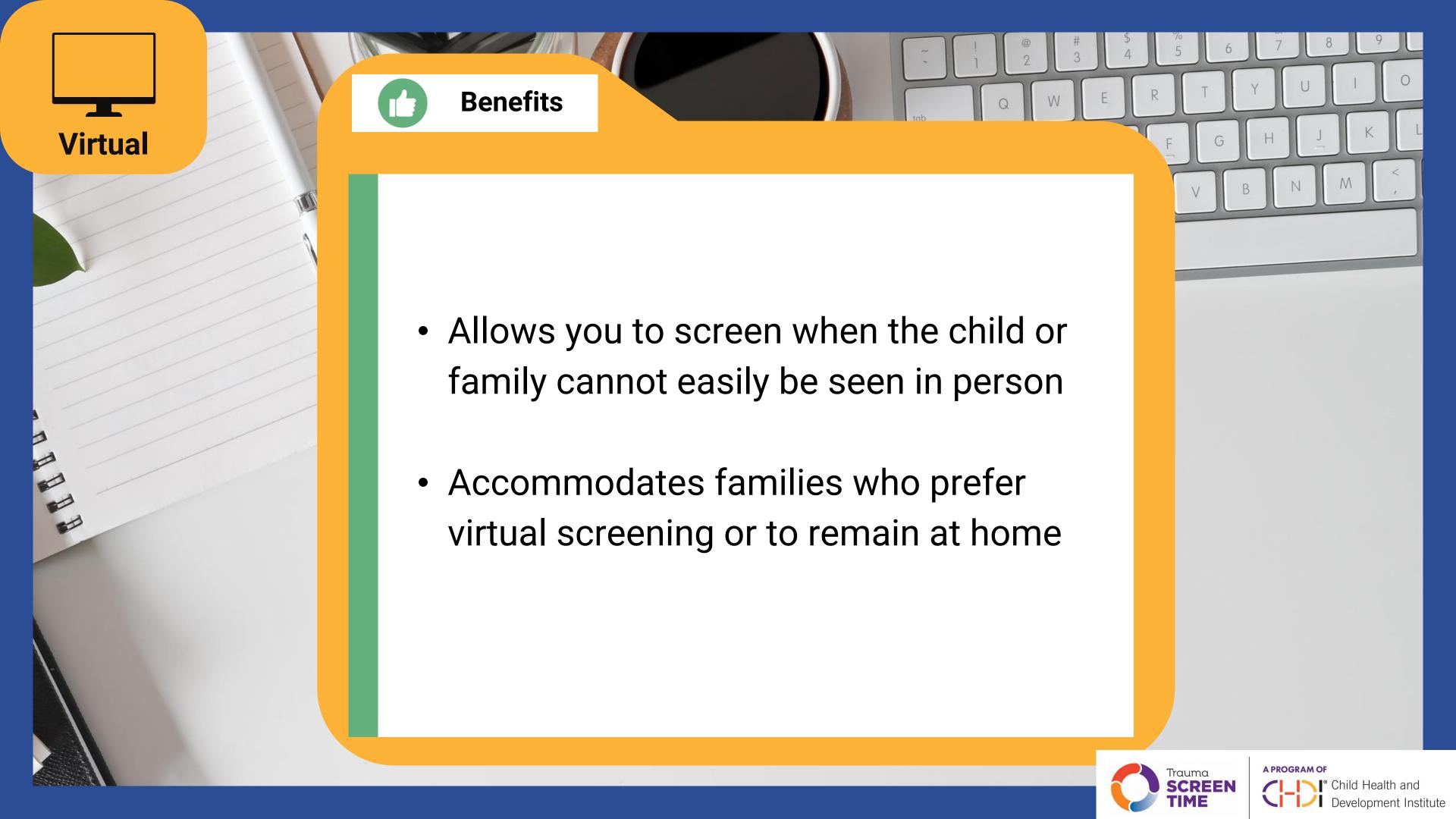


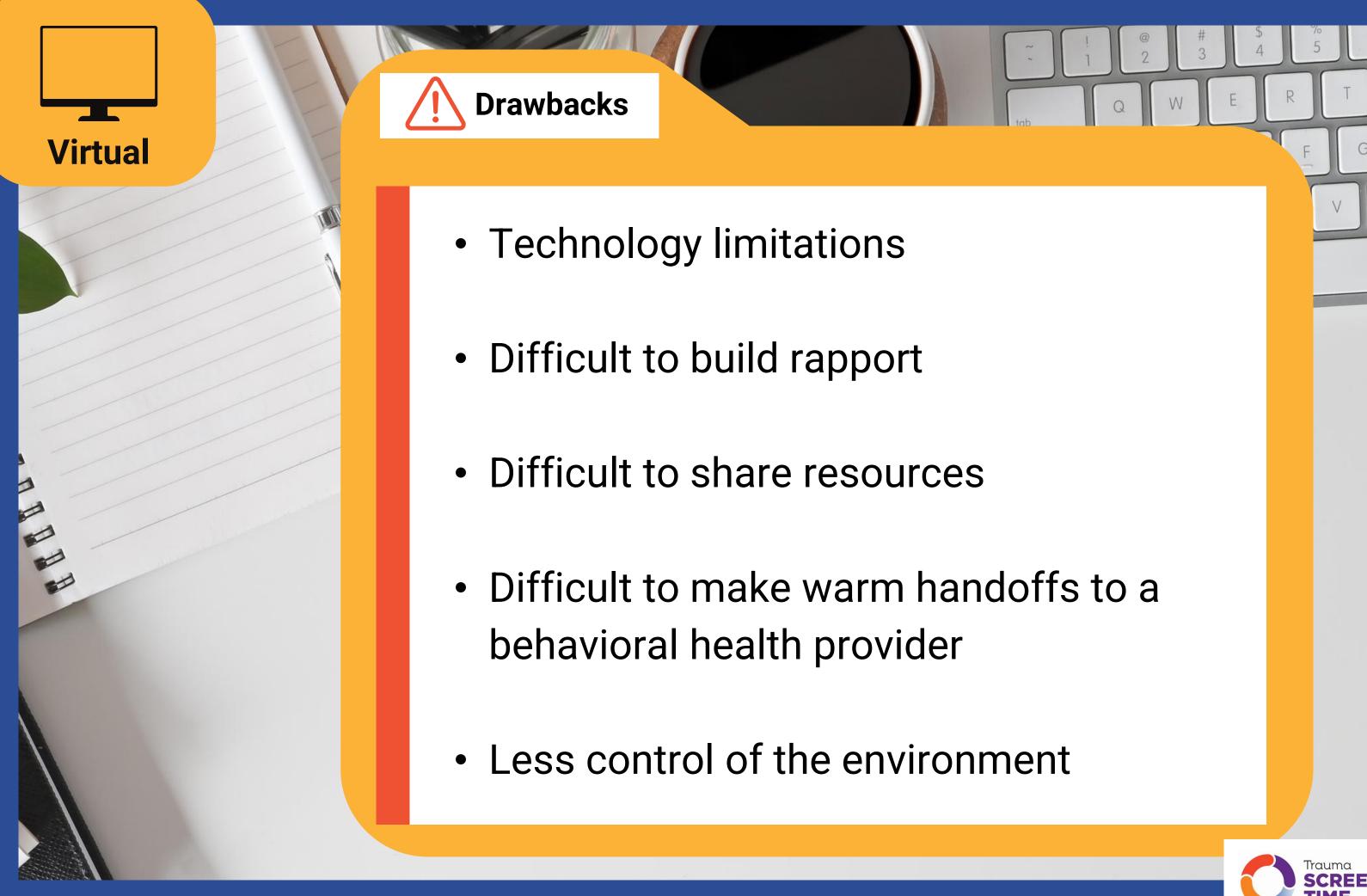






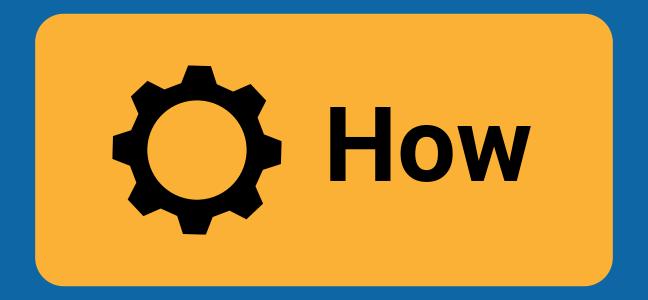


















will you conduct your screen?



Interview conducted by the screener



Self-report on paper or electronically









Benefits

 Provides a seamless way to describe screening, get permission to screen, complete the screening, and discuss results

- You can observe non-verbal cues
- You can answer questions and provide support in the moment











- Limited by staff capacity when screening large numbers of children
- Potential for socially desirable responses
- Perceived lack of privacy may affect responses







Self-report



Screening large numbers of children



Screening
universally
where fewer
children are
likely to screen
positive



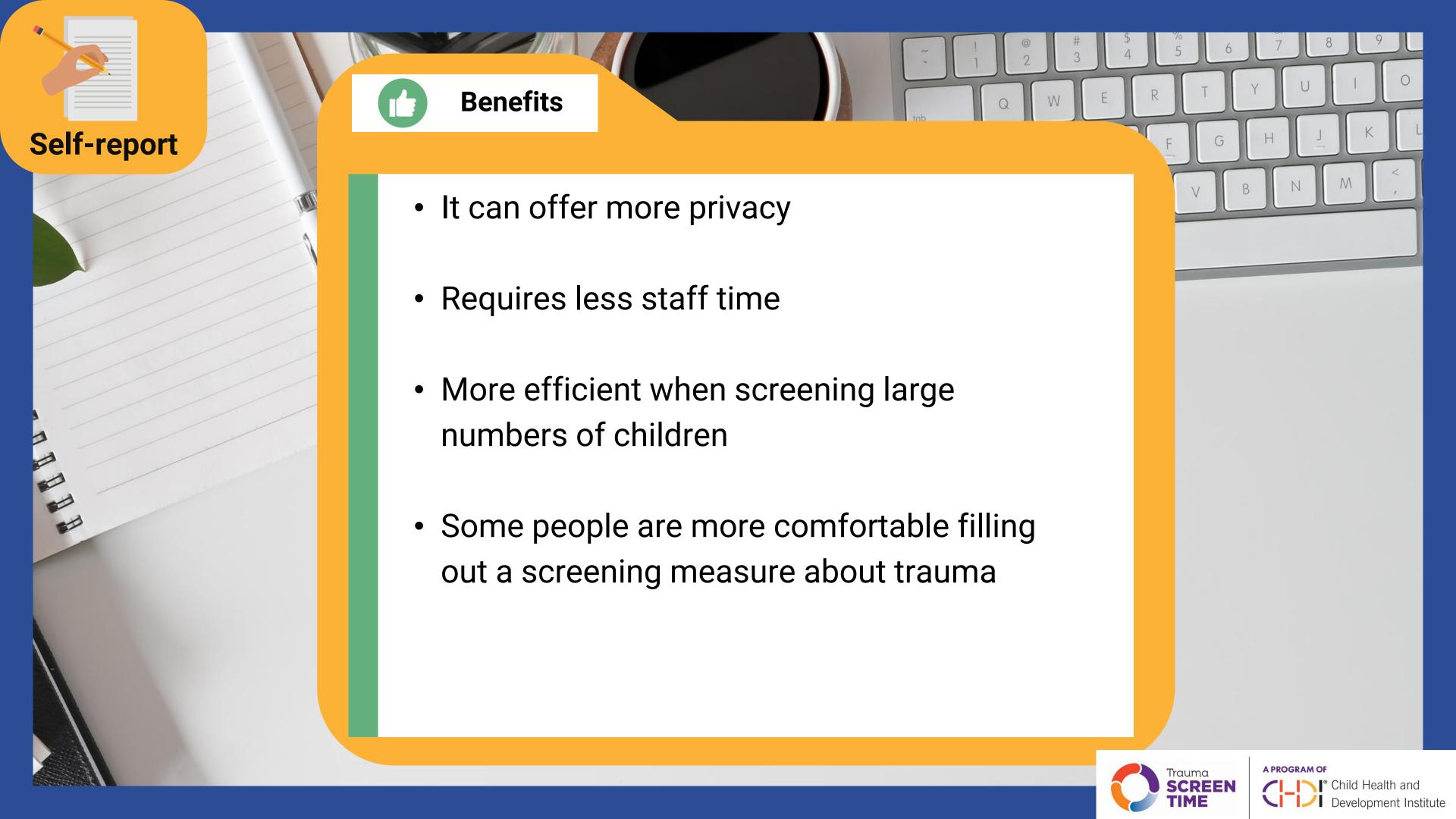
Where selfreport
measures
are the standard
of practice



Screening older children











- Can't observe non-verbal cues
- It can be more difficult to observe who is completing the screening measure and whether they are discussing it with anyone
- It can be more difficult to provide support or answer questions
- Reading ability may be a challenge for some children and caregivers
- Logistical challenges in some settings providing rapid follow-up to discuss results







do you handle challenging scenarios?



Suspected child abuse and mandated reporting



Concerns about suicide, self-injury, or serious harm to others



Child or caregiver experiences extreme distress





Mandated Reporting

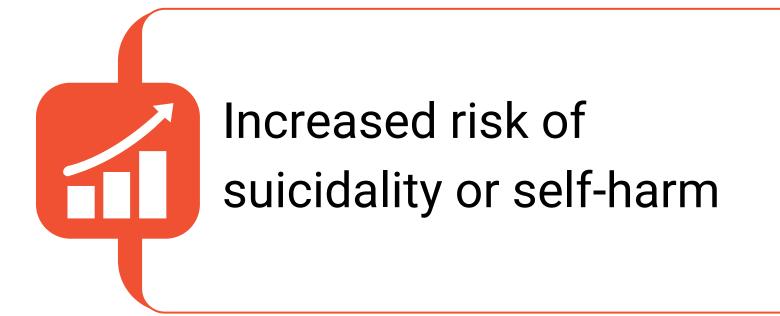


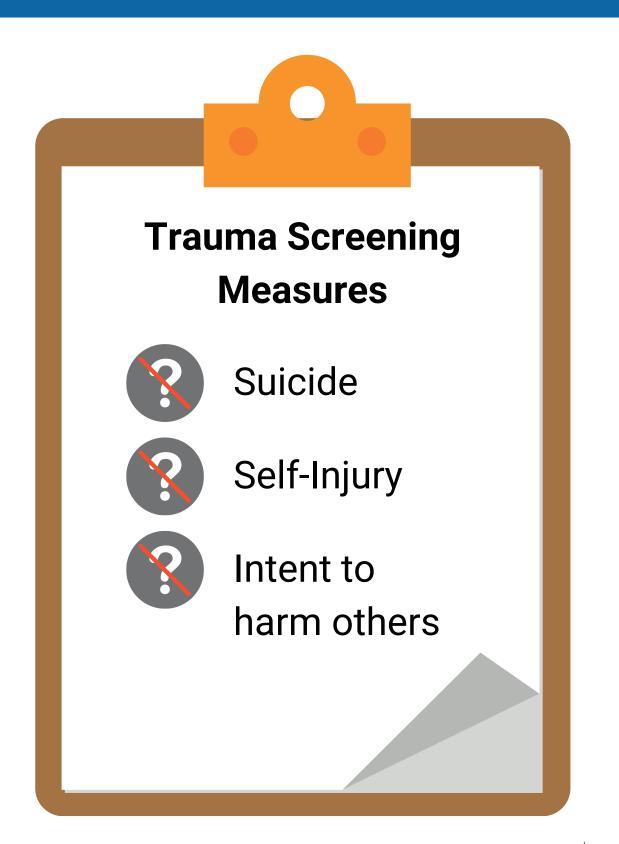
The Federal Child Abuse
Prevention and Treatment
Act (CAPTA)

















Children or caregivers may volunteer information about these issues



Concerns will be identified if your organization screens for suicide and depression







Concerns about self-injury/suicide

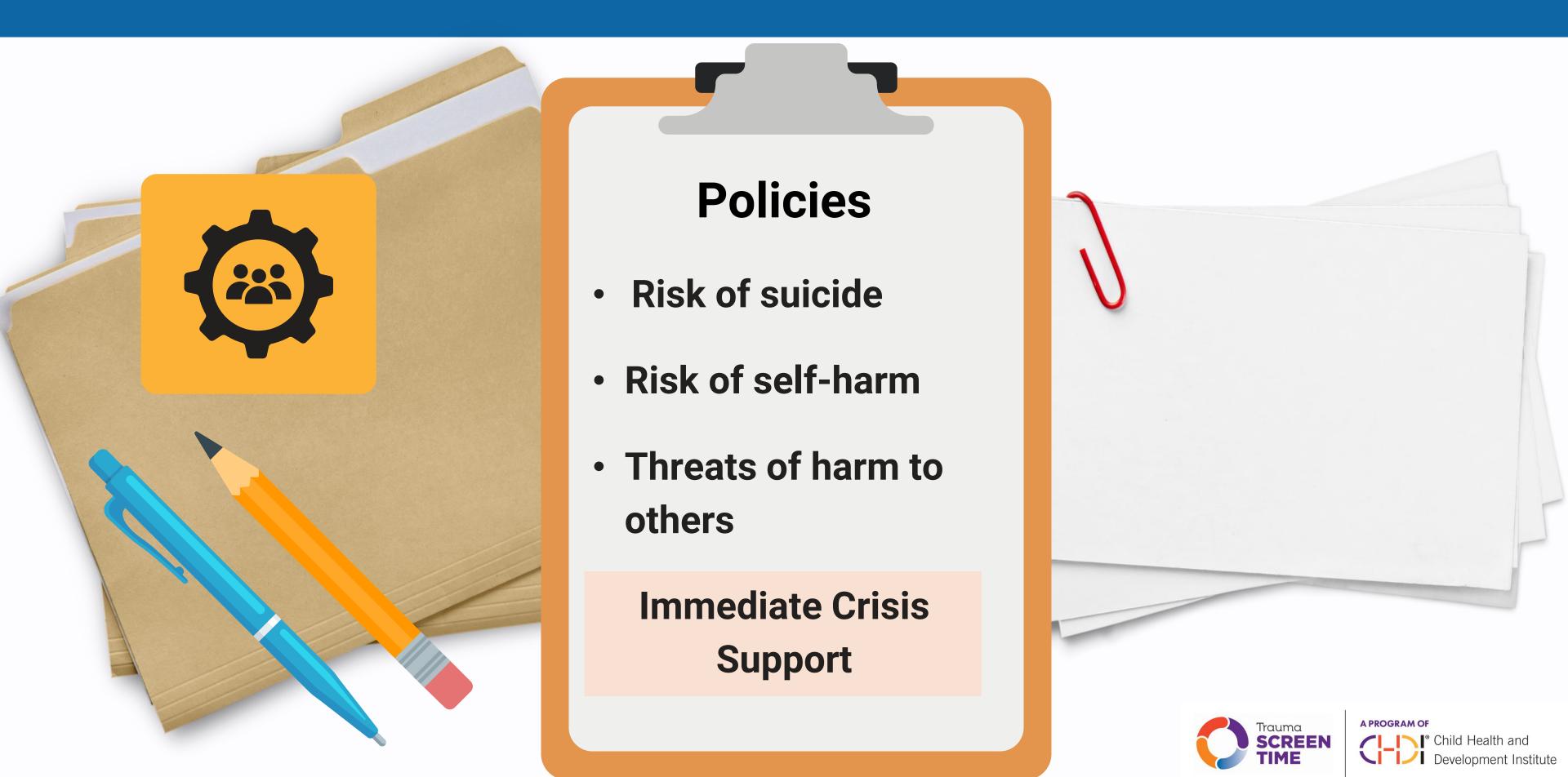


Ensure physical safety

Remain with the child and family until a crisis clinician or supervisor can assess the situation







Extreme Distress





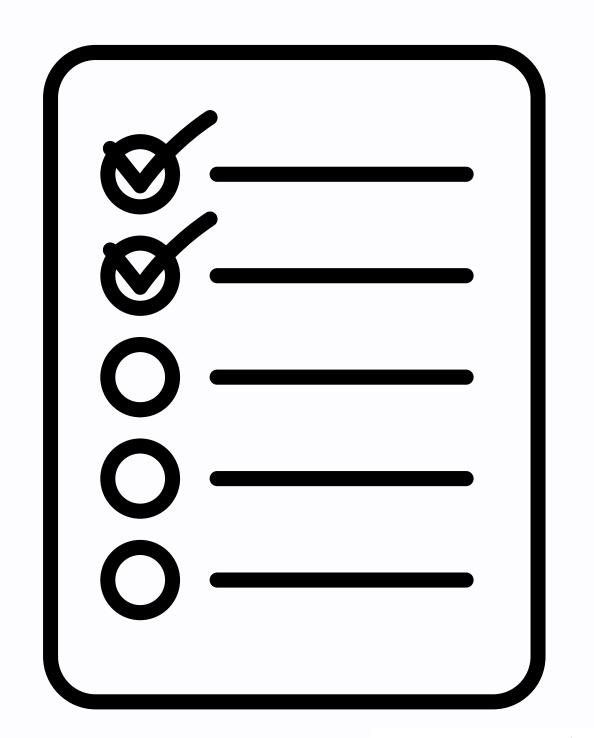


Extreme Distress



Plan

- Access to a counselor or therapist experienced with crisis management
- Provide support to staff following these situations







Any 729 Questions?







How do you Select a Screening Measure?





Resource: Key Considerations when Selecting a Screening Measure



Key Considerations When Selecting A Trauma Screening Measure

What do you screen for?

We recommend using a screening measure that assesses both trauma exposure and reactions.

Though there are many types of trauma, adversity, and reactions that can be screened for, very brief trauma screening typically focuses on potentially traumatic events and post-traumatic stress symptoms. We do not recommend screening for trauma exposure or adversity [including adverse childhood experiences (ACEs)] alone, without also screening for traumatic stress reactions.

How can you ensure a screening measure is feasible for busy settings?

We recommend using a screening measure that:

- Is brief (e.g., can be completed in a few minutes)
- Does not require clinical training to administer
- Is freely available

Does the screening measure have research support?

We recommend using a screening measure that is evidence-based and has clear cutoff scores to indicate needs and/or for making referrals.

Is the screening measure appropriate for your population?

Some screening measures have only been validated or used with:

- Certain age groups
- Certain populations, such as largely non-racial/ethnic minority groups
- Children in certain settings (e.g., schools, primary care, child welfare, juvenile justice)
- Those who speak certain languages

We recommend selecting a screening measure that has been validated for use with the population you are working with. If no such screening measure is available, consider using the next best measure, or one that has been validated with similar populations.

How does trauma screening integrate with other screening measures used by your organization?

When implementing a screening measure, you should consider:

- The overlap or compatibility of the screening measure with other measures your organization is using.
- The measures that your partners are using. Using the same measure as partners may improve the sharing of information and reduce duplicate screening.

Are there resources to help me select a screening measure?

To assist you in selecting a screening measure, a summary of measures document is available as part of this training course. This provides information on the exposures and reactions covered by a screening measure, who reports these, the number of items, the languages the measure is available in, the setting and population the measure was validated with, and the availability of the measure.





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





Does it measure potentially traumatic events and PTSD/traumatic stress reactions?

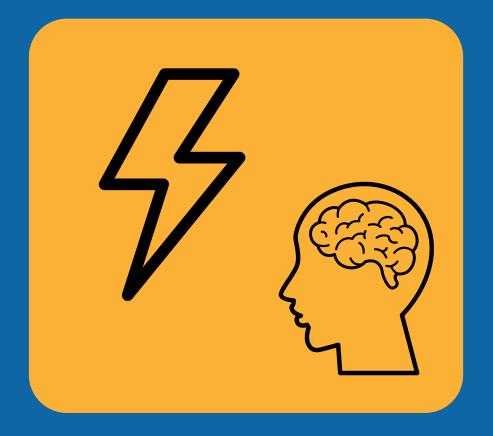
You could screen for:



Events or exposure to trauma



Effects or traumatic stress reactions



Both events and effects





Is it sufficiently brief in length and time required to be feasible?





Screening measures with 10 or fewer items are available



Children and families can complete screening in just a few minutes





Is it free to use or, if not, is there funding available to cover the cost?



- Many screening measures are available at no cost
- If there is a cost, consider funding availability





Does it have evidence of its validity and a clear cutoff score?



Screening measures that you use should be evidence-based:

- Differentiate children who do/do not report traumatic stress reactions
- Have clear cutoff scores or norms





Is the screening measure appropriate for your population?



Screening measures validated for use with specific populations and in different languages:















Does it provide information that adds to or is not available from other measures you use?







- Developmental delays
- Suicide risk
- Substance misuse



More information about child/family needs





Can it be integrated into an electronic health record or data system, if necessary?



Consider:

- Integration into your data system
- Any associated costs





Resource: Selecting a Screening Measure

Summary of Selected Trauma and Adversity Screening Measures



Summary of Selected Trauma and Adversity Screening Measures





Resource: Child Trauma Screen (CTS)

CTS Child Report (Age 6-17)

S. Strong feelings in your body when you remember something that happened (sweating, heart beats fast, feel sick). 6. Try to stay away from people, places, or things that remind you about something that happened. 7. Trouble feeling happy. 8. Trouble sleeping. 9. Hard to concentrate or pay attention.	Child Name/ID:	Age: Ge	ilder.		remale	ot
These things can sometimes affect what we think, how we feel, and what we do. Yes 1. Have you ever seen people pushing, hitting, throwing things at each other, or stabbing, shooting, or trying to hurt each other? 2. Has someone ever really hurt you? Hit, punched, or kicked you really hard with hands, belts, or other objects, or tried to shoot or stab you? 3. Has someone ever touched you on the parts of your body that a bathing suit covers, in a way that made you uncomfortable? Or had you touch them in that way? 4. Has anything else very upsetting or scary happened to you (loved one died, separated from loved one, been left alone for a long time, not had enough food to eat, serious accident or illness, fire, dog bite, bullying)? What was it? REACTIONS: Sometimes scary or upsetting events affect how people think, feel, and act. The next questions ask how you have been feeling and thinking recently. How often did each of these happen in the last 30 days? Strong feelings in your body when you remember something that happened (sweating, heart beats fast, feel sick). 5. Strong feelings in your body when you remember something that happened (sweating, heart beats fast, feel sick). 6. Try to stay away from people, places, or things that remind you about something that happened. 7. Trouble feeling happy. 8. Trouble sleeping. 9. Hard to concentrate or pay attention. 10. Feel alone and not close to people around you. 0	Administered By:	Da	ite Complet	ed:		
1. Have you ever seen people pushing, hitting, throwing things at each other, or stabbing, shooting, or trying to hurt each other? 2. Has someone ever really hurt you? Hit, punched, or kicked you really hard with hands, belts, or other objects, or tried to shoot or stab you? 3. Has someone ever touched you on the parts of your body that a bathing suit covers, in a way that made you uncomfortable? Or had you touch them in that way? 4. Has anything else very upsetting or scary happened to you (loved one died, separated from loved one, been left alone for a long time, not had enough food to eat, serious accident or illness, fire, dog bite, bullying)? What was it? REACTIONS: Sometimes scary or upsetting events affect how people think, feel, and act. The next questions ask how you have been feeling and thinking recently. How often did each of these happen in the last 30 days? Strong feelings in your body when you remember something that happened (sweating, heart beats fast, feel sick). 6. Try to stay away from people, places, or things that remind you about something that happened. 7. Trouble feeling happy. 8. Trouble sleeping. 9. Hard to concentrate or pay attention. 10. Feel alone and not close to people around you.	, , , , ,					
2. Has someone ever really hurt you? Hit, punched, or kicked you really hard with hands, belts, or other objects, or tried to shoot or stab you? 3. Has someone ever touched you on the parts of your body that a bathing suit covers, in a way that made you uncomfortable? Or had you touch them in that way? 4. Has anything else very upsetting or scary happened to you (loved one died, separated from loved one, been left alone for a long time, not had enough food to eat, serious accident or illness, fire, dog bite, bullying)? What was it? REACTIONS: Sometimes scary or upsetting events affect how people think, feel, and act. The next questions ask how you have been feeling and thinking recently. How often did each of these happen in the last 30 days? Strong feelings in your body when you remember something that happened (sweating, heart beats fast, feel sick). 6. Try to stay away from people, places, or things that remind you about something that happened. 7. Trouble feeling happy. 8. Trouble sleeping. 9. Hard to concentrate or pay attention. 10. Feel alone and not close to people around you. 1	rnese things can sometimes affect wh	at we think, now we fee	ei, and what	we do.	Yes	No
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CTS Caregiver Report (Age 6-17)

These things can sometimes affe	ect what we think, now we ree	i, and wha	we do.	Yes
 Has your child ever seen peop or stabbing, shooting, or tryin 	ole pushing, hitting, throwing thing g to hurt each other?	s at each ot	her,	
-	your child? Hit, punched, or kicker er objects, or tried to shoot or stab		′	
	our child on the parts of their body u or your child uncomfortable? Or l way?		-	
	ng or scary happened to your child			
separated from loved one, bee serious accident or illness, fire REACTIONS: Sometimes scary of The next questions ask how you	dog bite, bullying)? What was it?	people th	Ink, feel, ar	nd act.
serious accident or illness, fire	dog bite, bullying)? What was it? or upsetting events affect how r child has been feeling and th	people th	Ink, feel, ar	1-2 times
REACTIONS: Sometimes scary of The next questions ask how you How often did each of these happe 5. Your child has strong feelings	dog bite, bullying)? What was it? or upsetting events affect how r child has been feeling and th	people th hinking rec	Ink, feel, ar ently. 1-2 times	1-2 times
REACTIONS: Sometimes scary of The next questions ask how you How often did each of these happe 5. Your child has strong feelings something that happened (sw	or upsetting events affect how recalled has been feeling and the in the last 30 days? In their body when they remember yeating, heart beats fast, feel sick).	people th linking rec Never/ Rarely	Ink, feel, ar ently. 1-2 times per month	1-2 times per week
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CTS-YC Caregiver Report (Age 3-6)

Administered By: Date	Complet	ted:		
EVENTS: Sometimes, scary or very upsetting things happen to cl	hildren.			
These things can sometimes affect what we think, how we feel, a	nd wha	t we do.	Yes	No
Has your child ever seen people pushing, hitting, throwing things a or stabbing, shooting, or trying to hurt each other?	at each o	ther,		
Has someone ever really hurt your child? Hit, punched, or kicked that hard with hands, belts, or other objects, or tried to shoot or stab the		ly		
3. Has someone ever touched your child on the parts of their body the suit covers, in a way that made you or your child uncomfortable? On had your child touch them in that way?				
 Has anything else very upsetting or scary happened to your child separated from loved one, been left alone for a long time, not had 	•			
eat, serious accident or illness, fire, dog bite, bullying)? What was i	t?			
	t?			
eat, serious accident or illness, fire, dog bite, bullying)? What was i	ildren ti	, ,	and	
eat, serious accident or illness, fire, dog bite, bullying)? What was i	ildren ti	, ,	and	
eat, serious accident or illness, fire, dog bite, bullying)? What was i	ildren ti	, ,	and 1-2 times per week	
eat, serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, dog bite, bullying)? What was in the serious accident or illness, fire, accident or illness, accident or illness, fire, accident or illness, fire, accident or illness, fire, accident or illness, accident	Ilidren ti thinking Never/ Rarely	recently.	1-2 times	per v
eat, serious accident or illness, fire, dog bite, bullying)? What was in the control of the cont	Ilidren ti thinking Never/ Rarely	1-2 times per month	1-2 times per week	3 [
eat, serious accident or illness, fire, dog bite, bullying)? What was in the compact of the comp	Never/ Rarely	1-2 times per month	1-2 times per week	g [
eat, serious accident or illness, fire, dog bite, bullying)? What was in the control of the cont	ollidren ti thinking Never/ Rarely	recently. 1-2 times per month 1	1-2 times per week 2	3 [3 [
eat, serious accident or illness, fire, dog bite, bullying)? What was in the control of the cont	Never/Rarely 0 0	recently. 1-2 times per month 1	1-2 times per week 2	3 [3 [3 [
eat, serious accident or illness, fire, dog bite, bullying)? What was in the control of the cont	Never/Rarely 0 0 0 0 0 0 0 0 0 0 0 0 0	recently. 1-2 times per month 1	1-2 times per week 2	3 [
eat, serious accident or illness, fire, dog bite, bullying)? What was in REACTIONS: Sometimes scary or upsetting events affect how chact. The next questions ask how your child has been feeling and it. How often did each of these happen in the last 30 days? 5. Your child has strong feelings in their body when they remember something that happened (sweating, heart beats fast, feels sick). 6. Your child tries to stay away from people, places, or things that remind them about something that happened. 7. Your child has upsetting thoughts, pictures, or memories come into their head. 8. Your child is grouchy, angry, or has temper tantrums for no clear reason. 9. Your child is jumpy or scared easily (like if hearing a loud noise). 10. Your child feels alone and not close to people around them.	Never/Rarely 0 0 0 0 0 0 0 0 0 0 0 0 0	recently. 1-2 times per month 1	1-2 times per week 2	3 [3 [3 [3 [3 [
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Resource: TSSCA

Name of Child/Adolescent:	OOB:	Gend	er: 🗆M 🗆 F
Interviewer Name/ID:A	Assessment D	ate:	
below is a list of problems that people sometimes have after expsetting events might include being threatened or hurt, seeing ke your life was in danger.			
Have you ever experienced a bad or upsetting event? □Yes □	INo		
f yes, what was the bad or upsetting event? Feel free to list mo	ore than one.		
When thinking about your bad or upsetting event, how often ha	ave the follow	ving problems hap	ppened to yo
turing the past month?			
	\ /		
DURING THE PAST MONTH, HOW OFTEN HAVE YOU	Never	Sometimes	Often
 Had upsetting thoughts, images, or memories of the event come into your mind when you didn't want them to? 	□ ₀		
2. Felt afraid, scared, or sad when something reminded you about the event?	□₀		
3. Tried to stay away from people, places, or activities that reminded you of the event?	□₀		\square_2
Had trouble feeling happiness, enjoyment, or love?	□₀		
5. Been on the lookout for danger or other things that you are afraid of (for example, looking over your shoulder when nothing is there)?	□₀		
		+ -	
TOTAL			
TOTAL			
Ambit Naturals University of Minnarets 2015 Minnaredia MN 45cb4@www.n	du. This form ma	y be reproduced and us	ed for free with
Ambit Network, University of Minnesota, 2015, Minneapolis, MN. tfcbt@umn.e	Trav C & Gomin	to A H (2015) Hairon	city of Minness
ramout Network, Chiversity of Mannesota, 2015, Mannesotas, MN. (Congularity ermission from the Ambit Network. Cite this instrument as follows: Donisch, K., Fraumatic Stress Screen for Children and Adolescents (TSSCA).	Bray, C., & Gewi	AMBIT NETWORK	Colden's Plants





Any 729 Questions?





Part 2: March 10

- Best practices for the process of screening children and families
- Use results to increase understanding and guide next steps
- Use results to improve and maintain the screening process